



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

January 2022

To all those newly bereaved, who are receiving this newsletter for the first time and to all our Compassionate Friends, we wish you were not eligible to belong to this group, but we want you to know that you and your family have many friends. We, who received love and compassion from others in our time of deep sorrow, now wish to offer the same support and understanding to you. Please know we understand, we care, and we want to help. You are not alone in your grief.

Meetings are held the 1st Monday and 4th Wednesday of each month via Zoom Online at 7:30PM. We also hold an in-person meeting on the 3rd Wednesday of each month at the Aldersgate Methodist Church, 235 Park Street, North Reading at 7:00 P.M. We are a self-sustaining organization with no funds except what we receive through donations from members and newsletter recipients. Please join with us at a meeting.

Grief support after the death of a child

The Compassionate Friends is a national nonprofit, self-help support organization that offers friendship, understanding, and hope to bereaved parents, grandparents and siblings. There is no religious affiliation and there are no membership dues or fees.

The secret of TCF's success is simple: As seasoned grievers reach out to the newly bereaved, energy that has been directed inward begins to flow outward and both are helped to heal.

The vision of The Compassionate Friends is that everyone who needs us will find us and everyone who finds us will be helped.

National Office:
The Compassionate Friends, Inc.
48660 Pontiac Trail #930808
Wixom MI 48393
Toll-free: 877-969-0010
PH: 630-990-0010
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www.thecompassionatefriends.org

Upcoming Meetings

Monday, 2/7/22
7:00 PM

Online Video Meeting

Please contact tcfnoshoreconnect@gmail.com if you would like to participate

Topic: Open Sharing Session

Facilitators: Millie

Wednesday, 2/16/22

In-Person Meeting - 7:00 - 8:30 PM (meeting will be limited to 15 participants)

Please contact tcfnoshoreconnect@gmail.com if you would like to attend

Topic: Finding Hope After Loss

Facilitators: Dave

-and-

Sibling Group Online Video Meeting - 7:30 PM

Please contact Aimeeb15@gmail.com if you would like to participate

Topic: Where Are You Currently In Your Grief?

Wednesday, 2/23/22
7:00 PM

Online Video Meeting

Please contact tcfnoshoreconnect@gmail.com if you would like to participate

Topic: Open Sharing Session

Facilitators: TBD

Chapter Leader: David Paul 978-771-6345
tcfnoshoreconnect@gmail.com

Newsletter Editors: Eden Paul and Regan Lamphier 603-264-9391
tcfnoshorenews@gmail.com

Regional Coordinator: Dennis Gravelle 978-532-2736
dgatcf@aol.com



The North Shore-Boston Chapter website is sponsored this month in loving memory of:

ETHAN LAMPHIER

Ethan,
As each new year begins
we remember you and wish
that you were still here with us.
But that's not surprising,
we do that every single day.
You are so very missed, beautiful boy.
We treasure every memory,
every laugh and smile
that we had together.
Thank you for choosing us
to be your family.

We love you,
Mama, Ga, and Thomas

-and-

TODD MacDONALD

Todd, the world seems
empty at times without you,
and we long to hear your laugh,
and your many "Big Bang" moments
that we will never forget.
We care for your cats, and hope that
Ginger has found you wherever you are.
I care for your Prius and miss you
in the light and laughter that you brought
to our mundane daily chores.
Be well, my Son, you are with us every day.

Love, Mom, Dad and Tracy

RESOLUTIONS FOR THE NEW YEAR

- • Try not to focus on the future—take it one day at a time .
- • Allow yourself time to cry, both alone and with your loved ones
- • Don't shut out family and friends from your thoughts and feelings. Share them at these difficult times. You may all become closer for it.
- • Try to be realistic about your expectations—of yourself, your spouse or partner, living children, family and friends. Each of us is an entity, therefore different. How can there be perfect understanding?
- • When a good day comes, relish it. Don't feel guilty and don't be discouraged because it doesn't last. It will come again and multiply .
- • Take care of your health. Even though the mind might not rest, a sick body will only compound your troubles. Drink lots of water, rest (even if you don't sleep) and exercise as you are able. Help your body heal as well as your mind.

Adapted from Mary Ehman's article, TCF Valley Forge, PA

“So it’s true,
when all is
said and done,
grief is the
price we pay
for love.”

- E.A. Bucchianeri

I resolve to mourn.

That's it. That's really the only resolution I need this year.
As long as I work on mourning my grief, this year will be one of momentum and positive personal growth and healing.

When I'm in grief, active mourning is the linchpin resolution. It makes all other goals and hopes possible. What a powerful tool mourning is.

I See You, I Feel You

By Nicole Thomas

**I see your smile
In the rays
Of the radiant sun,

Your eyes
In the sparkle
Of the midnight stars,

Your spirit
In the clouds
Flying in the sky,

And your beauty
In every day's
Dusk and dawn.

I feel your strength
In the ocean's
Crashing waves

Your passion
In the drops
Of the pouring rain,

Your soul
In the breeze
Of a beautiful day,

And your heart
With every
Beat of mine.**



In Loving Memory



**Jessica B. Cormier
September 4, 1991 ~ January 3, 2012
10 Year Memorial**



THE TROUBLE WITH CONDOLENCES By Carol Smith

“What’s the worst thing someone ever said to you?” I’ve gotten this question so many times in the twenty-seven years since I lost my son Christopher. Newly bereaved parents often asked it in disbelief after well-meaning friends and relatives said exactly the wrong thing at the wrong time. Older grievers, like me, sometimes asked it in solidarity when we recognized our common grief.

For me, the answer to that question was: “At least you had him for seven years.”

When I heard “at least you had him,” the translation in my head was “you’re being ungrateful for the seven years you had.” What I heard in my head was you’re not entitled to be sad because he wasn’t supposed to live in the first place or, at the very least, you had seven years to prepare for this.

You’re never prepared.

There were other miscues. I sometimes heard variations on this theme: “If I lost my child, it would kill me.” What I heard was, if you are still standing, your grief must not be so bad. Intrusive questions were just as hard.

I am not alone in this. Each of us has our own horror stories. They’re in a better place; you can have another baby; you’re not given more than you can handle. None of these are the comfort they’re intended to be. I have said all the wrong things myself to others who are grieving, words I immediately regretted flying out of my mouth.

There are reasons we say these things, even when we should know better. What happened?

People who ask, “What happened?” are really trying to build a case for why it can’t happen to them. Same with its corollary: “Everything happens for a reason.” If there’s no reason – that’s an intolerable thought. What they are really saying is, I can’t permit you to grieve because it means I might have to grieve someday too. They’re afraid. I understand that. I’m afraid, too.

You’re so strong.

When people say, “You’re so strong,” or some other version meant as a compliment about how well you’re “handling it” or how successful you’ve been at “moving on,” they are indirectly admitting their own fear and insecurity that they are not up to the task of consoling you. This makes them feel powerless in a way that also makes them feel vulnerable. It’s a weird rationale, but people reach for it. It must have happened to you because you can “handle it.”

I know just how your feel.

When people say “I know just how your feel. My (fill in the blank) just died,” they are also saying, I don’t want this horrible thing that happened to take you away from me. They want their own experience to cleave you to them. They may also be sending up a subconscious flare that the news of your loss has triggered old losses for them as well. They seek comfort from you in the moment you need comfort from them.

It’s gotten easier over time to stand back and be able to consider what lies behind the words people say. I no longer get the hot flash of anger when people say the “wrong” thing to me. I try to remember to be grateful people tried, no matter what gets said, and to recognize it takes courage on their part to say something to begin with. The truth is, there is no one right thing to say. What’s comforting to one person may not be to another. Not only that – what’s comforting one day, may not be the next.

All these years later, I don’t remember the exact words people used during the acute stages of my grief, but I do remember their faces and the fact they tried to comfort me when I was most in need.

Our Children Remembered



Shane Michael Loizides son of Janet Sutcliffe sibling of Branden Loizides
Todd MacDonald son of John and Janet MacDonald
Daniel M. Scafidi son of Martin and Barbara Scafidi / stepson of Sandra Scafidi
Geoffrey Gonzalez son of Iris Gonzalez
Maria Lorraine Andrews daughter of Michelle Smith
Neal Richard O'Brien Jr. son of Neal and Nancy O'Brien
Craig Gentleman son of Mary and Jack Gentleman
Christina Laura-Ann Saviano Daughter of Laurie Saviano
Jonathan (Jed) Lazar son of Jon and Noreen Lazar
Darien Sanford-Castro son of Diane Sanford
Christopher Michael Rollins son of Nancy & Rick Rollins
Zachary Doyle Hilton son of Patricia Doyle
Katherine Stephanie Grant daughter of Laurie Grant
Robert Kagacha son of Sarah Kagacha
Mario Miller son of Maria Sallese
Alex Vitale son of Rob & Robin Vitale
Nathaniel (Nate) Doiron son of Stacey & Linus Doiron and grandson of Dorothy Molley
Faith-Ena Davianna Watkins daughter of Andria Nemoda and Michael Watkins
Brian Robert Pellegrino nephew of Alyse and Joe Bonfiglio
Lucas Kump grandson of Linda Bump



January Angel Dates



Aram Karakashian son of Pat and Garo Karakasian
Deirdre Helene Olson daughter of Catherine E.B. Olson
Glenn Buttrick son of Heidi Scott
Peter Costas son of Barbara Costas, Sibling of Alaine Costas
Victor Vogis son of Victor and Margo Vogis
Jonathan Corey son of Reenie McCormack and Ron Corey
Brianna Lee Paul daughter of David & Melinda Paul sister of Erin and Eden Paul
Robert Anthony Viera son of Arlene Viera
Courtney Marie Corning daughter of Ginny & Jack Corning
Christopher Muraca son of Maria Muraca
Jessica Cormier daughter of Walter Cormier and Barbara Melesciuc sibling of Nicole Cormier
Joel Wesley Lindquist son of Roy and Mariann Lindquist
Matthew Dalimonte son of Patti Dalimonte
Julia Elizabeth Vanella daughter of Joseph Vanella, Jr.
Kaleigh Lambert granddaughter of Irene Lambert
Shane Lambert grandson of Irene Lambert
Faith-Ena Davianna Watkins daughter of Andria Nemoda and Michael Watkins
Quinlan Weekes son of Lindsay and Jaunel Weekes
Eliot Lee Bennett son of Eric and Elizabeth Bennett
Robert DeCarlo son of Janet DeCarlo Staples
Katy Warde daughter of Peg Warde
Daniel Rogers son of Donna Rogers
Anthony Diaz son of Gail Scimone

As a regular feature, the newsletter is used to acknowledge the Birthdays and Anniversaries of the death of our children/siblings at the request of parents/siblings. Permission must be given for us to print your child's name. For privacy reasons we do not print dates. You only need to give permission once and we will keep it on record.

Childs Name: _____ Birth Date: _____ Angel Date: _____

Parents: _____

Send to: David Paul 48 Castle View Dr, Gloucester, MA 01930

Note: If your child's information is missing or not correct please send the correct data to be posted in the next edition to: tcfnoshorenews@gmail.com

	<p>Our telephone friends are here to help you if you feel the need to connect with someone outside of our usual meeting night. We are not professionals – we are all bereaved parents seeking to find a way through our grief.</p> <p>Please be considerate in the timing of your calls to these volunteers.</p>	
Beverly	Carmen Pope, son, 3 days, anencephaly; son, 11, boating accident	978-998-4087
Billerica	Jeff Moore, son, 17, moped accident	978-663-8539
Gloucester	Melinda & David Paul, daughter, 20, sudden cardiac arrest	978-771-6345
Haverhill	Crystal Chambers, sibling, 28, cause unknown	508-523-2810
North Andover	Catherine Olson, daughter, 27, pedestrian accident	978-681-8341
Salem, NH	Regan Burke, son, 8, pneumonia/cardiac arrest	603-264-9391
Winchester	Reenie McCormack, son, 20, drowning	781-729-1878
Woburn	Nancy Whipple, son, 22 months, cancer	781-938-5840





Love Notes



In Memory of Erik Sean Rakos

In my heart and in my mind, you are with me all the time. I love you Erik.

MaMa

In Memory of Ethan Lamphier,

As each year begins, we remember you and wish that you were still here with us. But that's not surprising, we do that every single day. You are so very missed beautiful boy. We treasure every memory, every laugh and smile that we had together. Thank you for choosing us to be your family

We love you - Mama, Ga, and Thomas

This section is reserved for personal messages in memory of our children, grandchildren, and siblings. Donations received help to cover the operating costs of the chapter; monthly meetings, refreshments, newsletter mailing, etc. While not expected, any donations are always appreciated.

Thank you to all who continue to leave donations in the box at every meeting

Love Notes are a way to share a message in memory of your child/grandchild/sibling. Donations received with Love notes help with the cost of publication of this newsletter.

Please send your Love Notes with donation by mail to

Bob Boulanger, 42 Chatham Rd. Billerica, MA 01821, or give them to the leader at the monthly meetings. Please use the form below to assure notes are posted exactly as you want them. Love Notes for the next newsletter must be received by the **15th of the previous month**.

Love Gifts for future dates may be sent at any time; month to be published: _____

Love Gift from _____ In memory of _____

Message: _____

TO OUR NEW MEMBERS

Coming to your first meeting is the hardest thing to do. Try not to judge your first meeting as to whether or not TCF will work for you. The second, third, or fourth meeting might be the time you will find the right person or just the right words that will help you in your grief or comfort you. Remember we have all been there and even though circumstances may be different, we really do understand. You are not alone.

TO OUR SEASONED MEMBERS

We need your encouragement and support. You are the string that ties our group together. Each meeting we have new parents. Think back.... remember hearing from others farther along than you...“your pain will not always be this bad it really does get better” Come to the meetings and share your wisdom. Show others that there is hope, from someone who has found it.

THE COMPASSIONATE FRIENDS

c/o Bob Boulanger
42 Chatham Road
Billerica, MA 01821

RETURN SERVICE REQUESTED

**DATED MATERIALS
PLEASE FORWARD**



The Compassionate Friends

North Shore-Boston Chapter
Supporting Family After a Child Dies

NEWSLETTER – January 2022



National Website: www.compassionatefriends.org

The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

***** CHAPTER WEBSITE: www.TCFNoShore-Boston.org *****

Help us save money and paper.....

To receive these newsletters via email please send an email to the editor
tcfnoshorenews@gmail.com