



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

June 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 3rd Wednesday of each month via Zoom Online at 7:00PM. We also hold an in-person meeting on the 4th 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
FAX: 630-990-0246**

www.thecompassionatefriends.org

Upcoming Meetings

**Tuesday, 7/5/22
7:00 PM**

Online Video Meeting

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

Topic: Open Sharing Session

Facilitators: TBD

Wednesday, 7/20/22

Online Video Meeting - 7:00 PM

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

Topic: Open Sharing Session

Facilitators: TBD

-and-

Sibling Group Online Video Meeting - 7:30 PM

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

Topic: Adjusting to the New Normal Without Your Sibling

Wednesday, 7/27/22

7:00 PM

In-Person Meeting (meeting will be limited to 15 participants)

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

Topic: Open Sharing Session

Facilitators: TBD

Monday, 8/1/22

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
tcfnoshoreconnect@gmail.com

978-771-6345

Newsletter Editors: Eden Paul and Regan Lamphier
tcfnoshorenews@gmail.com

603-264-9391

Regional Coordinator: Dennis Gravelle
dgtcf@aol.com

978-532-2736

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

TODD MacDONALD

Todd, as Spring begins,
we remember your love
for all things natural.
The tree that we planted
so long ago thrives,
and the kittens that you rescued
lived long and happy lives.
We feel so blessed
to have had you in our lives.
Your memory will stay with us
for the rest of our days,
and we hope to gather again
as a family some day, somewhere.

All our love, Mom, Dad and Tracy

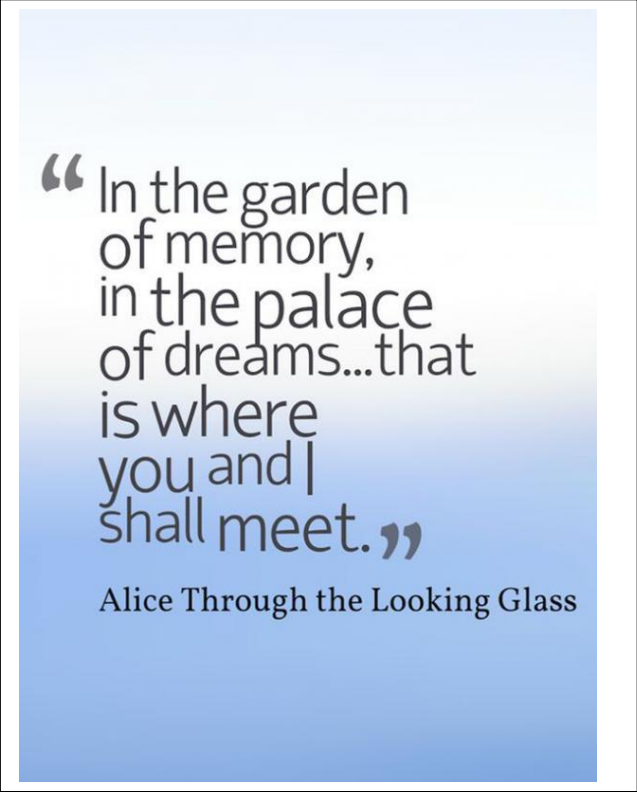
-and-

ALEXANDER the GREAT WHIPPLE

Dear Alexander, Happy 13th Birthday!
We Love you so very much!!
We miss you every day, and talk about you often.
We love to tell people about your love of Oreos.
Your sisters get great joy out of watching popcorn pop,
just like you did.
Keep an eye out on all of us from above.
WE LOVE YOU!!

Love, Mommy, Daddy, Julia and Elizabeth



<p>I'm There Inside Your Heart Author Unknown</p> <p>Right now I'm in a different place And though we seem apart I'm closer than I ever was, I'm there inside your heart.</p> <p>I'm with you when you greet each day And while the sun shines bright I'm there to share the sunsets, too I'm with you every night.</p> <p>I'm with you when the times are good To share a laugh or two, And if a tear should start to fall I'll still be there for you.</p> <p>And when that day arrives That we no longer are apart, I'll smile and hold you close to me, Forever in my heart.</p>	 <p>“ In the garden of memory, in the palace of dreams...that is where you and I shall meet.”</p> <p>Alice Through the Looking Glass</p>
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— What is Normal After Your Child Dies? —

Normal is having tears waiting behind every smile because your child is missing from all the important events in your life.

Normal is feeling like you can't sit another minute without getting up and screaming, because you just don't like to sit through anything anymore.

Normal is not sleeping very well because a thousand what if's & why didn't I's go through your head constantly.

Normal is reliving the day your child died, continuously through your eyes and mind, holding your head to make it go away.

Normal is having the TV on the minute you walk into the house to have noise, because the silence is deafening.

Normal is telling the story of your child's death as if it were an everyday, commonplace activity, and then seeing the horror in someone's eyes at how awful it sounds. And yet realizing it has become a part of your "normal."

Normal is each year coming up with the difficult task of how to honor your child's memory and their birthdays and survive these days.

Normal is a heartwarming and yet sinking feeling at the sight of something special your child loved.

Normal is having some people afraid to mention your child.

Normal is making sure that others remember your child.

Normal is everyone else eventually going on with their lives.

Normal is weeks, months, and years after the initial shock, the grieving gets worse, not better.

Normal is not listening to people compare anything in their life to your loss unless they too have lost a child. Nothing compares.

Normal is realizing you do cry every day.

Normal is being impatient with everything and everyone except someone stricken with grief over the loss of their child.

Normal is sitting at the computer crying, sharing how you feel with other grieving parents.

Normal is being too tired to care if you paid the bills, cleaned the house, did the laundry or if there is any food.

Normal is asking God why he took your child's life instead of yours.

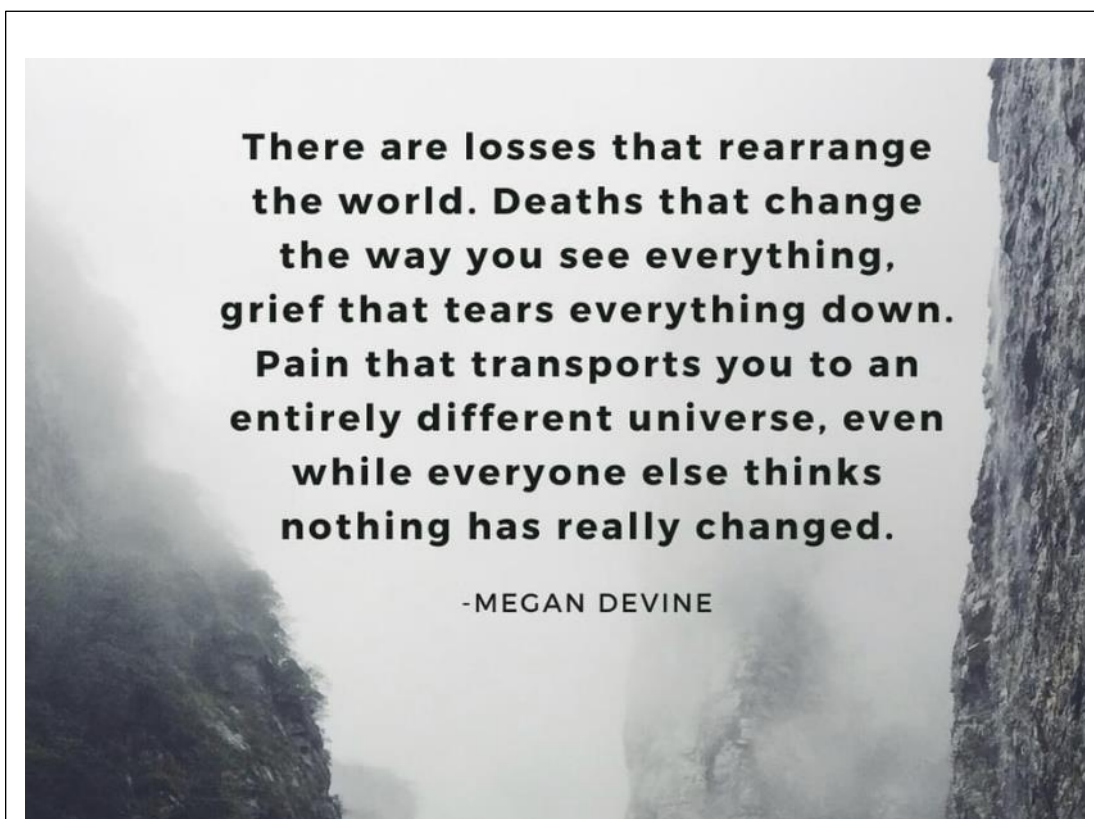
Normal is learning to lie to everyone you meet and telling them you are fine. You lie because it makes others uncomfortable if you cry. You've learned it's easier to lie to them than to tell them the truth that you still feel empty and lost.

And last of all...

Normal is hiding all the things that have become "normal" for you to feel, so that everyone around you will think that you are "normal."

Written by A Grieving Mother

—
It takes a village. Join ours. ABedForMyHeart.com



Our Children Remembered



June Birthdays

Christopher John Pope son of Carmen and Jeff Pope
Alexander John Whipple son of Richard & Nancy Whipple
Jason Dixey son of Sandy & Barry Dixey
Harrison Andrew Lambert son of Gregory & Sigrid Lambert
Eric Kronk son of Kathy & Walter Kronk
Jeannie O'Hare daughter of Jean and Tom O'Hare
Donald Tottingham son of Mal and Bobbie Tottingham
Tanya Anne Phillips daughter of Marilyn & George Phillips
Jason Michael Sobanek son of Karen Cioff
Joey Brancato son of Andy Brancato
Marc Ouellette son of Donna Marcotte and Bob Oullette
Ella Rose Biggio daughter of William & Allison Biggio
Roger Gregory Costa son of Alice & Gil Costa
Susan Rita Bean daughter of Ellen Bean
Rebecca Jean Knight daughter of Betty & Owen Knight
Danielle Lynn Acoin daughter of Susan & Michael Acoin
Steven Ronan son of Susan Eldred
Michael Joseph Glionna son of Terry Glionna
Jackson Mace son of Jeanne Mace brother of Lauren Steeves
Alison Neenan Herman daughter of Christine Neenan
Alicia Carol Gillespie daughter of Carol Fiore



June Angel Dates

Christopher John Pope son of Carmen and Jeff Pope
Andrew Adams Wilder son of Mark and Betty Wilder
Jon Paul Rahall son of Bernadette Rahall
Darien Sanford-Castro son of Diane Sanford
Todd MacDonald son of John and Janet MacDonald
Bryan Robert Cadigan son of Debbie Daly
David Eric Czarnota son of Karen Czarnota
James Kimball Carlsen son of Kathy Carlsen
Amy Elizabeth Palmetier daughter of Judy & Joe Palmetier
Kara Lynne Irving daughter of Jean and Jerry Irving
Bobby Moore son of Jeff Moore
Hunter Fredrick Siebel grandson of Vita and Gordon Trainor
Brent Robert DiLibero Barbara and Bob DeLibero
Alicia Carol Gillespie daughter of Carol Fiore
Alison Neenan Herman daughter of Christine Neenan
Roger Gregory Costa son of Alice and Gil Costa
Susan Rita Bean daughter of Ellen Bean
Rebecca Jean Knight daughter of Betty and Owen Knight
Danielle Lynn Acoin daughter of Susan and Michael Acoin
Stephen Baglioni Son of Peter Baglioni
Megan Sawyer Daley daughter of Kathy and Dan Daley
James (Jimmy) Reppucci sibling of Crystal Reppucci
Benjamin Thomas Huxtable grandson of Alaina & Peter Huxtable
Charlee Charette Daughter of Christopher and Samantha Charette
Tom Alfieri son of Diane Alfieri
Lucas Kump grandson of Linda Bump
Charlie Carmillo son of Paul & Amie Carmillo


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

	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. Please be considerate in the timing of your calls to these volunteers.	
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

UPCOMING EVENT

TCF North Shore-Boston Chapter 7th Annual

Walk to Remember

Sunday, September 25th 2022

9:00AM – 12:00PM

Ipswich River Park 15 Central St North Reading MA



The **Walk To Remember** is a way for us to gather together and honor the lives of our children, grandchildren and siblings. It also serves as our chapter's largest annual fundraiser and thereby supports our chapter's mission. Family members and friends are invited.



Love Notes



“In memory of our son Donald on his 30th birthday”

Malcolm and Roberta Tottingham



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 – June 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