



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

March 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

Monday, 4/4/22 7:00 PM	Online Video Meeting Please contact tcfnoshoreconnect@gmail.com if you would like to participate Topic: Open Sharing Session Facilitators: TBD
Wednesday, 4/20/22	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: Secondary Losses
Wednesday, 4/27/22 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: How We Have Changed Facilitators: TBD
Monday, 5/2/22 7:00 PM	Online Video Meeting Please contact tcfnoshoreconnect@gmail.com if you would like to participate Topic: Open Sharing Session Facilitators: TBD
Saturday, 5/14/22 1:30 - 3:30 PM	<u>A GARDEN FOR OUR CHILDREN</u>

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
dgctcf@aol.com



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

SHAYNE MICHAEL LOIZIDES

Shayne,
As long as I live
As long as I breathe
With every beat of my heart
I promise you will not be forgotten

We love and miss you so much.

Mom, Dr., Branden, Darred, Benjamin,
Reagan, Cassandra and Cameron ♡👉

-and-

JON JAMES McGLINCHEY

Dear Jon,
Although not for nearly long enough,
Thank you for gifting us
your bright handsome smile,
your comforting bear hugs
and your contagious laughter.
You are missed today as much
as you were yesterday
and forever will be.

Forever 28

Love,
Your sister

NOT, HOW DID HE DIE, BUT HOW DID HE LIVE?

By Anonymous

*Not, how did he die, but how did he live?
Not, what did he gain, but what did he give?
These are the units to measure the worth
Of a man as a man, regardless of his birth.
Nor what was his church, nor what was his creed?
But had he befriended those really in need?
Was he ever ready, with words of good cheer,
To bring back a smile, to banish a tear?
Not what did the sketch in the newspaper say
But how many were sorry when he passed away?*

THE ROBIN'S SONG By Genesse Gentry

It's spring once again. Our part of the world is turning back towards the sun; trees are leafing out; wildflowers are blooming. Robins are again singing to one another. And, I believe, also singing to those who are grieving.

Before my daughter Lori died, I was under the misperception that only the English robin had a glorious song. That smaller, red-breasted scalawag of a bird delights all who hear it, and I had felt that we in the United States had been short-changed when they'd misnamed its larger, boring American cousin the same sweet name. All I'd ever heard our robins do was cheep!

Then one June day, almost a year after Lori died, during one of the darkest times of my grief, my ears and heart flew open with surprise at a song I heard outside my window. I distinctly heard, in the midst of my pain, a bird singing loudly and clearly, "Cheer up! Cheer up! Cheerio! . . . Cheer up! Cheer up! Cheerio!" I went outside to see what marvelous bird might have been sent to sing to me. I could barely see the bird at the top of the neighbor's poplar tree, so, while hoping this exotic, magical bird wouldn't fly away while I was gone, I went to find our binoculars.

Rushing back, I could hear the bird from each room in the house. After adjusting the binoculars, I was truly amazed to see one of our "boring" American robins come clearly into view! As he continued singing clear as day, "Cheer up! Cheer up! Cheerio!" I marveled at this special message and wondered if my robin was the only one who sang these words. So I looked it up in my Audubon Society Field Guide to North American Birds and found that my robin was not an anomaly, but that robins are considered "the true harbinger of spring, singing "Cheer-up, cheer-up, cheerily."

I stood there that day filled with wonder. I wasn't hearing things; there it was in the bird book: "Cheer-up, cheer-up, cheerily." I thought to myself, "Cheerily . . . No, that isn't what I hear." We had lived in England for a year and our family, especially Lori, who loved to put on an English accent, often said "Cheerio!" to one another when we meant, "Goodbye" or "See you later!" There was no doubt in my mind as I stood there listening. It WAS cheerio. Lori could have found no more perfect way to try to cheer me up AND say "hello!"

Nine springs have passed since then, and although I will always deeply miss Lori's physical presence in my life, those darkest of times are thankfully now mostly in the past. It is spring once again and as I hear the robin singing so hopefully in the highest branches, it takes me back to that summer day, and I smile, remembering. And I think of all those who are now in the darkest depths of their own grief and pray they too will hear this lovely song.

Grief is in two parts. The first is loss. The second is the remaking of life.

—
ANNE ROIPHE

Spring and Grief by Corinne Roosevelt Robinson

I SEE my love in every little child
Whose eyes meet mine with laughter in their blue; I hear him in
the note, half sweet, half wild,
When bird calls bird their promise to renew;
I feel him in the ardor of the sun
That woos the fragrance from the waking flower, And maple buds,
rose flushed by beauty, won
To swift fulfilment of the Sun God's power.
The world is young once more as he was young, With life and
love reborn in everything—
O singing hearts! My own is faint and wrung;
The rapture and the riot of the Spring
Can but enhance the throb of my despair—
I miss him most when joy is everywhere!

UPCOMING EVENTS

A Garden for our Children

Saturday May 14th

1:30PM – 3:30PM

Aldersgate United Methodist Church – 235 Park St. North Reading MA

Flowers will be supplied and will be planted in the garden area to the right of the church's main entrance. Our volunteers will plant the flower you select in the garden for you and your family. There will be wooden popsicle sticks available on which to write the name of your child, grandchild or sibling, which will be planted next to their flower. This will be a Flower Garden for Our Children and will be a beautiful addition to the church's entrance area. Please feel free to bring your family and friends.

TCF 45th National Conference

August 5-7, 2022

Houston TX



TCF 45th National Conference
Houston, TX - August 5-7, 2022

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.

Our Children Remembered



Aram Karakashian son of Pat and Garo Karakasian
David Conant Siljeholm son of Anita Siljeholm
Ricardo Melo son of David and Theresa Melo
Brian T Wilson son of Linda Wilson
Jon Paul Rahall son of Bernadette Rahall
Tanya Jean Duncan daughter of Dawn Lee Black and Dan Golan
David Patrick Blais son of Sally Blais
Deacon Winslow Harris Debra Glabeau
Dillon Patrick Dwyer son of Wayne Dwyer
Robert DeCarlo son of Janet DeCarlo Staples
Nicholas Alden Chittick son of Joann Chittick
Joseph DeLuca son of June Doherty, nephew of Gloria Phelan, grandson of Helen Donadio
Kaleigh Lambert granddaughter of Irene Lambert
Hunter Fredrick Siebel grandson of Vita and Gordon Trainor
Julian Matthew Mok son of Lawrence and Beatrix Mok
Sheryl Kelley Daughter of Donna and Robert Maloney
Patricia Gail Kingston daughter of Elaine and John Kingston

March Angel Dates



Shane Michael Loizides son of Janet Sutcliffe, sibling of Branden Loizides
Maria Lorraine Andrews daughter of Michelle Smith
Ryan Covino son of Linda and Bill Covino
Alfonso Daniel Sisneros son of Bob & Laura Reich
Joseph DeLuca son of June Doherty, nephew of Gloria Phelan, grandson of Helen Donadio
Julian Mok son of Lawrence and Beatrix Mok
Simon Aaron Turner Grandson of Cheryl and Marc Turner
Jennifer Margot Jacob daughter of Claudette Jacob
Tanya Anne Phillips daughter of Marilyn and George Phillips
Derek Frechette son of Janet Frechette
Andrew Geljookian son of Nancy & John Geljookian
Scott Barry Peterson son of Tim & Patty Peterson
Susan Eaton daughter of Patti Eaton
Christopher Howland Webber son of Joanie Howland and Bill Webber
Jon James McGlinchey son of Jim and Laureen McGlinchey
Justin McLeod son of Kim McLeod
Maren Cao daughter of Xuandong Cao

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 Patricia Kingston

Remembering you on your Birthday. You will never be forgotten.

Love Mom



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 – March 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
tfnoshorenews@gmail.com