



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

May 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.

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The Compassionate Friends, Inc.
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Toll-free: 877-969-0010
PH: 630-990-0010
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www.thecompassionatefriends.org

Upcoming Meetings

Wednesday, 5/25/22
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, 6/6/22
7:00 PM

Online Video Meeting
Please contact tcfnoshoreconnect@gmail.com if you would like to participate
Topic: Open Sharing Session
Facilitators: TBD

Wednesday, 6/15/22

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: Dealing With the "What If's?"

Wednesday, 6/22/22
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: From Shock to Grief to Reinvestment
Facilitators: TBD

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

Newsletter Editors: Eden Paul and Regan Lamphier 603-264-9391
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Regional Coordinator: Dennis Gravelle 978-532-2736
dgtcf@aol.com

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

GEORGE SILVA

While your Birthday has come around again,
your memories will never die.
Always remember that we love you
and miss you terribly.

Happy Birthday in Heaven George!
Love, Mom, Bob, Gus, Aimee and family.

-and-

Remembering U.S. Army SPC DAVID MULNO

On May 6th you would have been 33

You'll be gone 10 years come August 12

How the years flew by, but then again
Sometimes life stood still
Since you've left us, Dave, sometimes life
Feels like running....up....a.....hill

Running, running, never there
Like one of those awful dreams
Where you can't move forward
You're just stuck and nothing's what it seems
As I wake and the fog starts lifting
What's that feeling? What is it that I fear?
As consciousness dawns, it all floods back...
You're no longer here.

I used to write a poem about you, Dave
For High School scholarships each year
Each time a different story
So others would know you and hear...

Hear how you helped others many times
Your heart was big enough for two
Like that soldier who didn't end his life
He's still here – because of you.

You won't be here on your birthday
We'll reminisce about things you've done
We still love you and deeply miss you,
Our one and only son.

We love you, Dave.
Mom, Dad and Alyssa



Catching Butterflies

It often hurt to come upon reminders of my son.
Tho' often since I lost him
I would search around for one. Which always brought
on sadness and the tears that I would shed, faces,

all things that I would dread.

But then one day I came upon a man who'd lost his
son.
I found that things I ran from, he wouldn't even shun.

and I said I wondered why? He told me that he called
them "Catching Butterflies."

This view of his intrigued me;
I wanted to hear more.
And learned that he took all of them
and carefully would store,
all of the reminders that
I chose to push away,
he would tuck deep down inside his heart each and
every day.

Now a name or likeness
when catching me off guard, does not upset me as it
did
and I don't find it hard
For now instead I see these times as opportunities
To see my son awakened in these new fresh
memories.

were caused by names or

But rather he would treasure

Dottie Williams TCF Pittsburgh PA

I Heard Your Voice In The Wind Today

I Heard Your Voice In The Wind Today - Unknown

I heard your voice in the wind today
and I turned to see your face;
The warmth of the wind caressed me
as I stood silently in place.

I felt your touch in the sun today
as its warmth filled the sky;
I closed my eyes for your embrace
and my spirit soared high.

I saw your eyes in the window pane
as I watched the falling rain;
It seemed as each raindrop fell
it quietly said your name.

I held you close in my heart today
it made me feel complete;
You may have died...but you are not gone
you will always be a part of me.

As long as the sun shines...
the wind blows...
the rain falls...
You will live on inside of me forever
for that is all my heart knows.

The bittersweet balm of Father's Day as a bereaved dad, and how you can help By Jayson Greene (from the Washington Post 6/14/19)

This weekend will be Father's Day. As a bereaved parent, I both dread the day and quietly long for the recognition it brings. I am a father, after all, to one child still here and one who is not, and to receive acknowledgment for that is a balm. It is, of course, a torment of sorts.

For those who have lost children, these holidays can be particularly trying times — their social media feeds will be flooded with picture-perfect representations of families and their children. Many turn their phones off on these days, unable to expose themselves to the drip-feed of other people's happiness. As Mother's Day is for mothers of children who are gone, these holidays often find us succumbing to our darker feelings — simmering anger, envy, self-pity, depression.

Four years ago, my daughter Greta was killed by a falling brick on the Upper West Side. The accident was freakish, a perfect storm of negligence and timing. She had been such a powerful little person, a force to be

reckoned with even at 10 months old. Whether it was putting on socks, walking up stairs, or brushing her teeth — which consisted only of wetting a toothbrush and sucking off the water, over and over, until I gently pried it from the iron grip of her toddler fingers — Greta radiated unconquerable certainty. She was sure of herself, of who “Greta” was, and this world seemed to exist for her benevolent conquest. I still cannot imagine that energy, so happily invincible, being snuffed out so quickly and unceremoniously. It is the part of the loss that still leaves me gasping, years later.

Ever since that freak accident, I have become acutely aware of what it means to feel expelled from the society of parents, one that I felt I had worked so hard to join. In the weeks and months after Greta’s death, I felt an awful need to walk up to parents — complete strangers — and inform them that I, too, had once been a parent. I resisted, but the words burned in me as if I had shouted them. Children’s laughter, once the happiest sound in the world, became oddly mocking, even cruel, in my ears. I would walk past a young girl, maybe 7 or 8, attempting a barefoot cartwheel in the grass and watch her flop over, laughing, and feel nothing but bitterness. Everywhere I went I saw parents with daughters slightly older than Greta — they were either reminders of what I missed or visions of what I missed out on.

Anyone who has lost a child has a complicated relationship to the notion of “luck,” but I am deeply aware that in many respects my wife and I are impossibly fortunate. We have a son, Harrison, born 15 months after his sister died. Therefore, Father’s Day is very different for me than it is for other bereaved parents, for whom the choice to have another child is often not even an option. But even for us, it is a balancing act — despite visible evidence, I remain a father of two.

There is an absence in my life that is ever-present, and she is named Greta. On days when other families post selfies of their clamoring children and their quarreling siblings, her absence becomes more vivid to me than ever before.

So what to do, and, most importantly, what to say? I have been asked this question, by too many well-meaning and kind souls to count. What do you say to a friend or loved one suffering from grief over a lost child, particularly on days such as Father’s Day? I am no grief expert, so I will quote one: “Above all, grief must be witnessed.” These are the words of David Kessler, an

author and public speaker on grief who runs workshops across the country. I was lucky enough to meet David early on in our grief journey, and in following his lead and in meeting many other bereaved parents I have learned some truths.

First of all: No matter the intensity of the pain a grieving parent may feel, the pain of invisibility is worse. When grieving a child, you learn early to live within the vast cognitive dissonance that is your life. You become an expert at distinguishing between kinds of pain. There is good pain, and there is bad pain, and the only good kind of pain comes from acknowledging your child’s existence. Do not be afraid to speak the name of a deceased child for fear of causing the parent pain. Their name was given to them in love, it was spoken in love, and to speak it is to strike that joyful note again. There is nothing that parents love to talk about more than their children. That never changes, even when the child is no longer here. The worst and loneliest thing a grieving parent can feel is the suspicion the world has forgotten their child. Speak the child’s name; you may bring tears to that parent’s eyes, but they will be at least partly of gratitude.

Individual parents grieve in individual ways, of course. Just as with love, each of us has our unique way of expressing ourselves. But while the names we give the feelings inside vary from person to person, the feelings themselves do not, at least not much. Every grieving parent you know is probably a little sadder than usual on Mother’s Day, or Father’s Day. Or Christmas, Hanukkah, or Halloween. Their wounds feel a little rawer, their grief a little more palpable. Do not be afraid of them, or their grief. Do not worry that you are going to hurt them further by acknowledging them; they are already in pain. Tell them that you see them. Tell them that you love their children.

Perhaps you do not need to wish them a “happy” Father’s Day. But perhaps, if you feel moved to do so, you could wish them a peaceful one.

Our Children Remembered



May Birthdays

Tyler Weymouth Sibling of Andrew Weymouth
Benjamin Clark son of Nancy Wescott
George Silva son/stepson of Ester and Bob Boulanger, Sibling of Aimee Gordon
Eric Howard Krasker son of Barry and Cheryl Krasker
Jennifer Margot Jacob daughter of Claudette Jacob
Ryan Liam Teague son of Susan Teague
Jennifer Gianocostas daughter of Skip Gianocostas and stepdaughter of Diane Gianocostas Christopher Burke
son of Dotty and David Burke
Madigan Drummond daughter of David Drummond
Corey Noel son of Gary Noel
SPC David Mulno son of Cathy and Harry Mulno
Kara Lynne Irving daughter of Jean and Jerry Irving
Patrick Barry son of Joanne Barry
Olivia Mary Marchand daughter of Jody Marchand
Jaxton Donais nephew of Kayla Welch
Amber Zapatka Daughter of Lise and Ed Zapatka
Sarah Nicoll Boyle daughter of Jackie and Mark Nicoll
Bobby Moore son of Jeff Moore
Eric Joshua Smith son of Stacey and Bill Smith
Courtney Marie Corning daughter of Ginny & Jack Corning
Steven Kaminski son of Joanne Kaminski
Daniel Esposito son of Julie and Joseph Esposito
Kenneth Barclay son of Rachel and Philip Barclay
Joseph Blasetti son of Donna Blasetti



May Angel Dates



Deacon Winslow Harris son of Debra Glabeau
Eric Joshua Smith son of Stacey and Bill Smith
Jason Michael Sobanek Son of Karen Cioffi
Conor Bates son of Eileen Bates
Wendy Kagan Snyder daughter of Billie and Sumner Kagan
Sheryl Lynn Becker daughter of Millie & Jerry Becker
Tritan James Rice son of Brian Rice
Nicole Hufnagle daughter of Janet and Gary Hufnagle
Julian Cayer son of Matt & Lauren Cayer
Alyssa Lynne Nanopoulos daughter of Andrew & Nancy Nanopoulos
Maxwell O'Hanlon son of Brady and Kim O'Hanlon
Brittany Lynn McCauley Daughter of Nancy and Patrick McCauley
Shane Patrick Murphy son of Karen and Kevin Murphy
Donald Tottingham son of Mal and Bobbie Tottingham
Robert Maloney Son of Donna and Robert Maloney
Dakota Thomas son of Jeanne Mace & brother of Lauren Steeves
Todd MacDonald son of John and Janet MacDonald
Sean Michael Reynolds son of LouAnne Reynolds
Xavier Salaman son of Susan Salaman
Edward Michael Hedrington son of Jo Hedrington
Sam Cioffi son of Doug Cioffi
Michael Gannon Sibling of Alice and Gil Costa

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

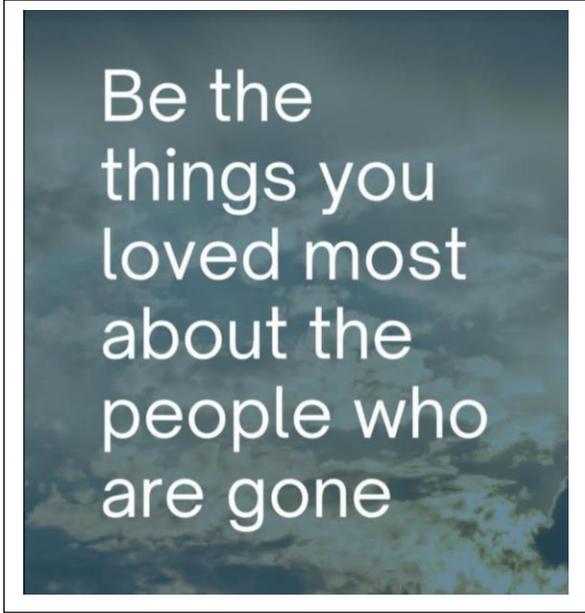
TCF Spring Event 2022 - *A Garden for our Children*

On May 14th we held our annual Spring Event – A Garden for Our Children. It was a beautiful day and was attended by about 35 of our members and their families. If you come by the Aldersgate Methodist Church in North Reading you will see the flower garden next to the main entrance. Much thanks to Tim Glendinning and Sandy Kiriakos for all their great work in organizing the event and thank you to all that were able to attend.





Love Notes



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 – May 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