



# The Compassionate Friends

## North Shore-Boston Chapter

### Supporting Family After a Child Dies

Newsletter

November 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 1<sup>st</sup> Monday and 3<sup>rd</sup> Wednesday of each month via Zoom Online at 7:00PM. We also hold an in-person meeting on the 4<sup>th</sup> 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 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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**PH: 630-990-0010**  
**FAX: 630-990-0246**

[www.thecompassionatefriends.org](http://www.thecompassionatefriends.org)

#### Upcoming Meetings

Wednesday, 11/30/22 7:00 PM	<b>In-Person Meeting</b> (meeting will be limited to 15 participants) Please contact <a href="mailto:tcfnorthshoreconnect@gmail.com">tcfnorthshoreconnect@gmail.com</a> if you would like to attend <b>Topic:</b> Facing Difficult Dates <b>Facilitators:</b> TBD
Monday, 12/5/22 7:00 PM	<b>Online Video Meeting</b> Please contact <a href="mailto:tcfnorthshoreconnect@gmail.com">tcfnorthshoreconnect@gmail.com</a> if you would like to participate <b>Topic:</b> Open Sharing Session <b>Facilitators:</b> TBD
Sunday, 12/11/22 6:30 PM	<b>CANDLELIGHT REMEMBRANCE SERVICE</b>
Wednesday, 12/21/22	<b>Online Video Meeting - 7:00 PM</b> Please contact <a href="mailto:tcfnorthshoreconnect@gmail.com">tcfnorthshoreconnect@gmail.com</a> if you would like to participate <b>Topic:</b> Open Sharing Session <b>Facilitators:</b> TBD -and- <b>Sibling Group Online Video Meeting 7:30 PM</b> Please contact <a href="mailto:Aimeeb15@gmail.com">Aimeeb15@gmail.com</a> if you would like to participate <b>Topic:</b> Honoring Our Loved Ones Throughout the Holidays
Wednesday, 12/28/22 7:00 PM	<b>In-Person Meeting</b> (meeting will be limited to 15 participants) Please contact <a href="mailto:tcfnorthshoreconnect@gmail.com">tcfnorthshoreconnect@gmail.com</a> if you would like to attend <b>Topic:</b> Open Sharing Session <b>Facilitators:</b> TBD

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## **JIMMY KIRIAKOS**

### **We Miss You**

We miss you in the morning  
and when the sunset fades away,  
the ache within our hearts  
just will not go away.

Our hearts fill with love for you  
when we think how much you cared,  
as we relive all the happiness  
and the joy that we all shared.  
You're with us every moment  
and in every move we make  
the memories we have of you  
that we never will forsake.

Love, Your Family & Friends

*-and-*

## **TOM & CHRISTOPHER POPE**

Tom and Christopher,

We are so grateful for the  
parts you played in our lives.  
As we celebrate Thanksgiving  
this month, we give thanks  
for the life lessons you taught us,  
for the love we continue to share,  
and for the everlasting memories.

You are forever with us!

Love, Mom, Dad, Dave,  
Kelly, Ian,  
your nephew, Tom & your niece, Nell



## To The Friend Who Left Me After My Son Died

by Jenna Jury

“No matter what life brings, no matter where we go, I promise I will always be by your side.”

That is what the folded letter read – the one you passed to me in between 2nd and 3rd period. It was folded into a perfect triangle with hearts and “I love you” scribbled on the front. When I got home I stuck it in a box buried deep in my closet. The one that held all your notes.

I cherished them. Relied on them really. Knowing you would always be there. It was comforting in an unknown world believing I had someone who would walk alongside me no matter what. What you wrote was true at the time. We had always been there for one another. Through school, graduation, college. weddings. I considered you my best friend.

Then my son died.

I stood next to my son’s tiny casket 5 years after you passed me that note in the hall. When I looked out among the crowd there was a sea of familiar faces. Beautiful and amazing people gathered with us to celebrate our son’s life and grieve with us. Your face, though, was nowhere to be found.

Your absence did not go unnoticed. I put it out of my mind. Pretended I didn’t see, but you not being there was painful. You texted me a few days later to let me know you were thinking of me. Sorry I couldn’t be there, you said, I had plans that day. Then silence. As the weeks and months pulled me further from my son, your absence in my life became bigger. A gaping chasm staring me in the face. You stopped by a few times. But I became too uncomfortable for you to be around.

I wanted to talk about my son. You didn’t. You wanted to talk about breakups and jobs. Small talk. I had difficulty conjuring up the will to live. Everything seemed too frivolous to me. Especially small talk. I cried and you didn’t know what to do with those tears. So you stopped coming around. Then you stopped texting and calling altogether. It seemed we were no longer friends. And maybe we weren’t.

Maybe my grief was too painful for you. Maybe you didn’t know what to say. Or it is possible you felt every move and word you said would be critiqued by me, in my raw heartache. Eventually, you dropped out of my life all together.

It was easier for you to not be around my sadness. My pain. My grief. Did you think about if it was easier for me? I know my heartache was hard. I know it was difficult because I had to live through it. And I still do it. Death is hard. The death of a baby? The death of a baby is downright impossible to bear. Why bear it if you don’t have to? Why open up your eyes and heart to this pain voluntarily?

When my son died I was catapulted into a life that I did not know existed. This is a world where I feel like an outsider. A world where a simple question like “how many children do you have?” or “all girls, huh?” causes my heart to race and my palms to sweat. A world where I have to answer the hard questions about death and sickness and life from a child who cannot tie her own shoes yet. This is a world where I have to consume the heartache and grief of my living children over a sibling they never even met, carrying their pain alongside them, as they try to navigate an alternative life.

It is a life in which I have to be mindful of my own triggers, putting my needs above others, when I hide yet another pregnancy announcement from my Facebook or stay home from the third baby shower in a month. A world I cannot expect you to understand. It is a world I had wanted you in any way.

My son’s death forced me into an open door. I didn’t have a choice. My family and husband did not have a choice. Every one else had a choice.

Many friends and family members chose to follow us in without hesitation. They chose the muck and pain they didn’t understand because they chose us, without hesitation.

I watched as you stood at the doorway. You lingered. What was inside scared you. It was painful. The decor was ugly

to look at. The reality too much for you to bear. You turned around slowly, hoping I wouldn't notice and then you were gone.

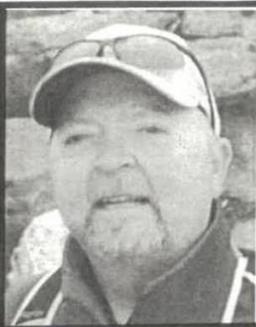
But I did notice. I don't write this to make you feel guilty. I don't write this to hurt you. The reason I write this, is because I want you to know I understand. I pray you never have to experience the agony of losing a child. I pray those close to you never walk through the doorway of child loss.

But if one day someone close to you is shoved through the child loss door, please do not be scared this time to get down in the muck and pain. Do not be afraid to experience the heartache with your friend. They do not need your perfect words. And they do not need you to fix them. They need you to be there. To walk alongside them as they navigate the unknown. They need you to choose them. They need you not to be scared to enter this world with them.

Because as scared as you may feel staring into the doorway of child death...Your friend is a thousand times more petrified than you.



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



**DAVID PAUL | Chapter Leadership Award**

The recipient of this award is a chapter leader who has made significant contributions that have fostered and furthered the philosophy of TCF by practicing or promoting its mission and goals.

David and his wife, Melinda, lost their amazing daughter, Brianna, suddenly in 2009 at the age of twenty to an undiagnosed heart arrhythmia. He and Melinda joined The Compassionate Friends within weeks of Brianna's death and feel that TCF has helped guide them to a perspective that they did not believe possible after such a tragic loss. David has been the chapter leader of the North Shore-Boston Chapter of The Compassionate Friends for the last several years. He and Melinda continue to share the practical world with their two surviving daughters, Erin and Eden, while also learning new ways to stay connected to Brianna in the ultimate one.

The Compassionate Friends  
**45<sup>th</sup> National Conference**  
*Program Book*  
AUGUST 5-7, 2022 · HOUSTON, TX



Walk to Remember  
The Compassionate Friends  
Supporting Families After a Sudden Loss

## Our Children Remembered



### November Birthdays

AJ Ryan son of Shirley Loranger  
Cadyn Nathaniel Douglas son of Cheryl Coss and Andre Douglas  
Gregory Stames son of Donna Bouley  
Amy Elizabeth Palmetier daughter of Judy & Joe Palmetier  
James Kimball Carlsen son of Kathy Carlsen  
Maxwell O'Hanlon son of Brady and Kim O'Hanlon  
Amanda L Dick daughter of Kathy Nelson  
Christopher Muraca son of Maria Muraca  
Brittany Lynn McCauley Daughter of Nancy and Patrick McCauley  
Jon James McGlinchey son of Jim and Laureen McGlinchey  
Ethan Henry Lamphier son of Regan Burke and Bill Lamphier  
Jared Linzey son of Sharyn & Tom Linzey  
Michael Gannon sibling of Alice and Gil Costa  
Philip Everett Reddy son of Phil Reddy  
Michael Gannon Sibling of Alice and Gil Costa  
Bella-Francisca Kamga daughter of Pearl Kamga



### November Angel Dates



Christina Laura-Ann Saviano Daughter of Laurie Saviano  
Daniel M. Scafidi son of Martin and Barbara Scafidi / stepson of Sandra Scafidi  
Talia Rose Ronga daughter of Debra Ronga  
Jimmy Kiriakos son of Sandy Tsakirgis  
Thomas "Scott" Gray son of Laura Gray  
Madigan Drummond daughter of David Drummond  
George Silva son of Ester and Bob Boulanger and sibling of Aimee Gordon  
Steven Kaminski son of Joanne Kaminski  
Ryan Liam Teague son of Susan Teague  
Joey Brancato son of Andy Brancato  
Marc Ouellette son of Donna Marcotte and Bob Ouellette  
Robert Troiano son of Karen Troiano  
Stanley Parsons son of Laura Desisto  
Cary Thabet son of Sheila Khaire Thabet  
Marc Donovan son of Carol and Neil MacDonald  
Michael Sawyer son of Diane Sawyer  
Peter Merrill son of Martha Merrill  
Ryan Sherman Loughlin son of Cynthia Sherman  
Joey Domenici son of Carla Domenici  
Penney Richards daughter of Dave & Penny Richards  
Emily Anne Driscoll daughter of David F. Driscoll and Rosanne Benedetto Driscoll  
Nicholas Ryan Amirault son of Rick & JoAnne Amirault  
Nicholas Amirault sibling of Holly Polito  
Diane Buckley daughter of Anna Bourque  
Elliot Weaver son of Kerri Ann & Alex Weaver  
Miguel Alonzo son of Yasmin Alonzo

I can limp with grief &  
dance with joy  
all at once,  
I don't have to choose anymore.  
I weep and smile in the same moment  
a once confusing struggle  
these two emotions have become  
so deeply webbed inside of me,  
they are no longer opposites,  
they are one.

EATIE JAMESON

Like  
scattered seeds,  
memories  
bloom forever.

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: [tcfnohorneews@gmail.com](mailto:tcfnohorneews@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><b>Please be considerate in the timing of your calls to these volunteers.</b></p>	
Beverly	Carmen Pope, son, 3 days, anencephaly; son, 11, boating accident	978-998-4087
Reading	Sheila Thabet, son, 19, Pedestrian accident, Son 20, accidental overdose	781-670-0335
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

## **2022 Candlelight Remembrance Service**

Our Chapter will hold its annual Candlelight Remembrance Service on **Sunday evening, December 11, 2022 starting at 6:30 PM** at the Aldersgate United Methodist Church, 235 Park Street, North Reading, MA. When we gather we will remember our children in a beautiful ceremony conducted by members of our group. The ceremony will include readings, music, the lighting of candles and a slide show. Family members and friends are invited to attend.

The slide show for Our Children Remembered will take place during the event. In order to prepare the slide show, any changes or additions need to be e-mailed (see below for email address) **no later than Nov 25th.**

For our newer parents, the slide show is a compilation of pictures of children, grandchildren and siblings of members of the North Shore-Boston Chapter of TCF. We currently have over 100 families represented. You may submit up to 3 photos of your child, which will be posted as space permits on each slide. Pictures should be 5x7 or smaller, and should be as close as possible to the age of your child's angel date. Pictures should be single poses when possible, not group shots; however, as long as there is at least one single pose, a family picture is acceptable.

Submission should include your **child's name** as you wish it to be posted, **birth date, death date and age at time of death.**

All photos should be submitted electronically to: [tcfnoshoreconnect@gmail.com](mailto:tcfnoshoreconnect@gmail.com)



## Love Notes



In Memory of Daniel Scafidi

*We love you and miss you. I think of you every day.*

**Dad, Sandra and 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:**

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## 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 – November 2022



National Website: [www.compassionatefriends.org](http://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](http://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](mailto:tcfnoshorenews@gmail.com)