



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

October 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 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, 11/7/22 7:00 PM	Online Video Meeting Please contact tcfnorthshoreconnect@gmail.com if you would like to participate Topic: Open Sharing Session Facilitators: TBD
Wednesday, 11/16/22	Online Video Meeting - 7:00 PM Please contact tcfnorthshoreconnect@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 Almeeb15@gmail.com if you would like to participate Topic: Remaking Holiday Traditions
Wednesday, 11/30/22 7:00 PM	In-Person Meeting (meeting will be limited to 15 participants) Please contact tcfnorthshoreconnect@gmail.com if you would like to attend Topic: Facing Difficult Dates Facilitators: TBD
Monday, 12/5/22 7:00 PM	Online Video Meeting Please contact tcfnorthshoreconnect@gmail.com if you would like to participate Topic: Open Sharing Session Facilitators: TBD
Sunday, 12/11/22 6:30 PM	CANDLELIGHT REMEMBRANCE SERVICE
Wednesday, 12/21/22	Online Video Meeting - 7:00 PM Please contact tcfnorthshoreconnect@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 Almeeb15@gmail.com if you would like to participate Topic: Honoring Our Loved Ones Throughout the Holidays
Wednesday, 12/28/22 7:00 PM	In-Person Meeting (meeting will be limited to 15 participants) Please contact tcfnorthshoreconnect@gmail.com if you would like to attend Topic: Open Sharing Session Facilitators: TBD

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

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

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

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

KAYLA ANNE BELL

Kayla,
We love you
and miss you always.

Love, Mom, Dad & Kieran

-and-

TIMOTHY GLENDINNING

Timothy Glendinning's Birthday Words

10/27 is your 26th birthday, and from your first grade in school
to your last grade in school your friend's words about you
have not changed too much.

I found a project from your first grade,
and I have listed what they had to say about Timothy:

*'A good friend'
'Great at writing'
'He is nice and fair'
'He always makes me laugh'
'Never stops smiling even if he tries to stop'
'Has a nice smile'
'First friend I made'
'He is positive'
'He is nice and strong and always smiles'*

Your friends in your last grade at college
had these words to say about Timothy:

*'Reminds us to always smile'
'Never seeing you without a smile is what made you, you'
'May your smile remain in the hearts of those you've touched'
'You are amazing, I'll never forget that smile and that laugh'
'I will always remember that light you carried'
'You walked into a room, I was playing piano in, and you just listened to me play Moonlight Sonata, I will never forget that
memory'
'I will always remember your beautiful smile'
'Your smile forever imprinted in my mind'
'Smile for Tim'*

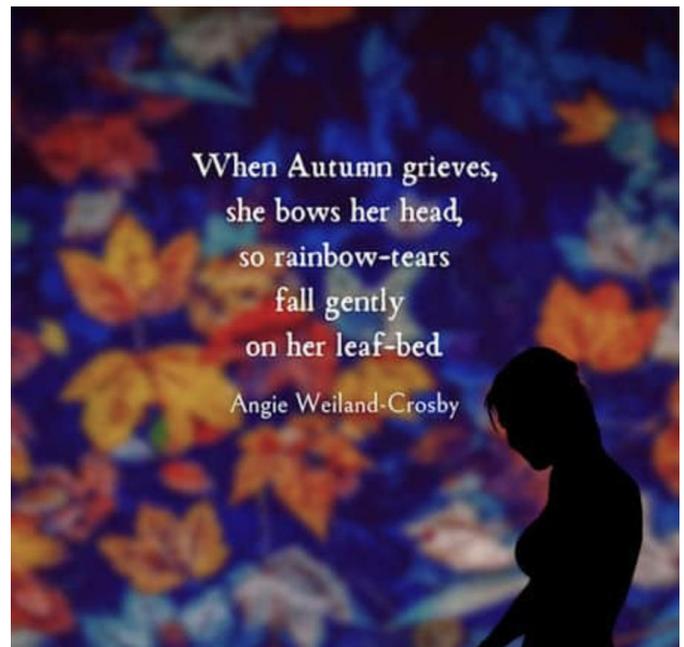
You will never change, you will always be you,
you will live in our hearts as you did



Autumn is here once again
As it comes every year.
And with the leaves
My falling tears.
This time of year
is the hardest of all
My heart is still breaking,
Once again it is fall.
Memories once so vivid
Are seeming to fade.
My time spent with you
Seems some other age.
This season reminds me
Of grief and of pain.
But yet teaches hope
And joy once again.
For trees are still living
Beneath their gray bark,
And you my sweet child
Are alive in my heart.
Cinda Schake

SIBLINGS WALKING TOGETHER
(FORMERLY THE SIBLING CREDO)

We are the surviving siblings of The
Compassionate Friends.
We are brought together by the deaths of our
brothers and sisters.
Open your hearts to us, but have patience with us.
Sometimes we will need the support of our
friends.
At other times we need our families to be there.
Sometimes we must walk alone, taking our
memories with us,
continuing to become the individuals we want to
be.
We cannot be our dead brother or sister;
however, a special part of them lives on with us.
When our brothers and sisters died, our lives
changed.
We are living a life very different from what we
envisioned,
and we feel the responsibility to be strong even
when we feel weak.
Yet we can go on because we understand better
than many others
the value of family and the precious gift of life.
Our goal is not to be the forgotten mourners that
we sometimes are, but to walk together to face
our
tomorrows as surviving siblings of The
Compassionate Friends.



TCF, Butler, PA

The Fall of Freddie the Leaf

Spring came. Freddie, the leaf, was born on a branch of a tall tree along with hundreds of other leaves. Together they danced in the breeze and played in the sun.

Daniel was the largest leaf and Freddie's best friend. He explained to Freddie that they were part of a tree in a park and about birds, the sun, and the moon.

Freddie loved being a leaf. In summer many people came to the park.

"Let's all give them some shade," said Daniel. "Making people happy is part of our purpose in life."

Old people sat

under the tree and talked. Children ran around and laughed. It was fun to watch them.

Summer passed and fall came. The leaves turned red and yellow. They were all very beautiful.

One day some of the leaves were blown off by a strong cold wind. The leaves became frightened. "What's happening?" they said.

"It's the time for leaves to change their home," Daniel said. "Some people call it dying." "Will we all die?" Freddie asked.

"Yes," Daniel answered. "Everything dies."

"I won't die!" said Freddie.

But his friends started to fall one after another. Soon the tree was almost bare. "I'm afraid of dying," Freddie told Daniel.

"We're all afraid of things we don't know," Daniel said. "But you were not afraid when spring became summer, or when summer became fall. Changes are natural."

"Will we return in spring?" Freddie asked.

"I don't know, but Life will. Life lasts forever and we're part of it," answered Daniel.

"We only fall and die. Why are we here?" Freddie asked again.

Daniel said, "For the friends, the sun and the shade. Remember the breeze, the people, and the colors in fall. Isn't that enough?"

That afternoon, Daniel fell with a smile. Freddie was the only leaf left.

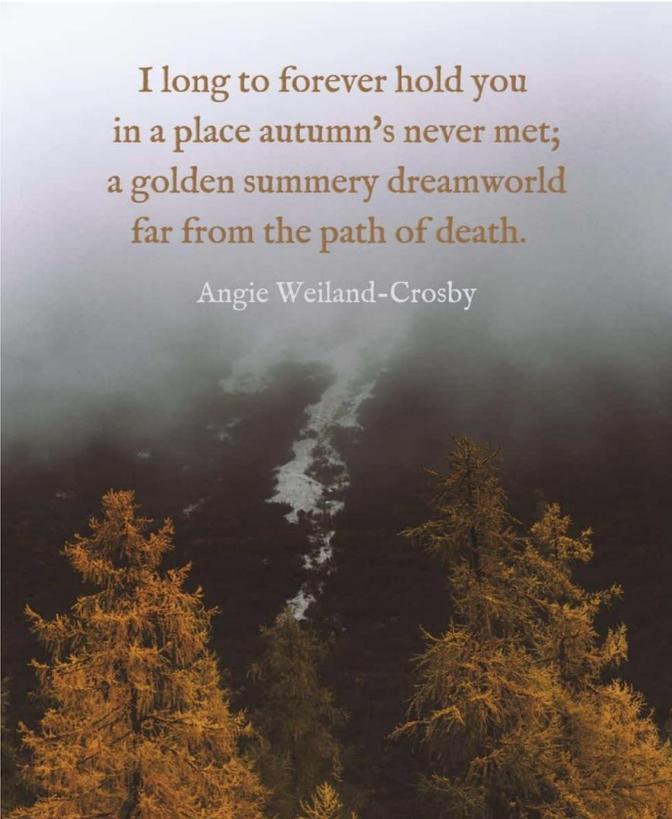
The first snow fell the next morning.

The wind came and took Freddie from his branch. It didn't hurt at all.

As he fell, he saw the whole tree for the first time. He remembered Daniel's words, "Life lasts forever." Freddie landed on the soft snow. He closed his eyes and went to sleep.

In the tree and the ground, there were already plans for new leaves in spring.

Adapted from the novel by Leo Buscaglia, PhD



I long to forever hold you
in a place autumn's never met;
a golden summery dreamworld
far from the path of death.

Angie Weiland-Crosby



When Autumn knew that she must leave,
grief befell every tree.

Angie Weiland-Crosby

Our Children Remembered

 **October Birthdays**

John Queenan son of Margie Queenan
Katy Warde daughter of Peg Warde
Susan Eaton daughter of Patti Eaton
Lindsey Dias daughter of Bruce Dias
James Vincent Barreira son of Susan Barreira
Robert Anthony Viera son of Arlene Viera
Alyssa Lynne Nanopoulos daughter of Andrew & Nancy Nanopoulos
Christian E. Frechette grandson of Janet Frechette
Jimmy Reppucci sibling of Crystal Reppucci
Samantha Ruth Fargo daughter of William and Justine Fargo
Timothy Glendinning son of Tim and Barbara Glendinning
Max Durham son of Andrew & Mary Durham
Benjamin Huxtable grandson of Alaina & Peter Huxtable
Charlie Carmillo son of Paul & Amie Carmillo
Christopher Howland Webber son of Joanie Howland and Bill Webber
Max Durham son of Andrew & Mary Durham
Elliot Weaver son of Kerri Ann & Alex Weaver
Kayla Bell daughter of Stephen and Paulette Bell
Miguel Alonzo son of Yasmin Alonzo
Lenardo Clement son of Muriel Clement
Maren Cao Daughter of Xuandong Cao

 **October Angel Dates**

Patricia Gail Kingston daughter of Elaine and John Kingston
Erik Sean Rakos son of Frances Rakos
Christopher Genna son of Joseph & Leslie Genna
Daniel Noah (Danny) Fine son of Gail and Stephen Fine
Paul A. Nestor son of Geri & Bob Gatchell
Christopher Dennis Lane son of Marilyn Lane
Nicholas Erbafina son of Susan and Charlie Erbafina Sibling of Jackie Erbafina
Neal Richard O'Brien Jr. son of Neal and Nancy O'Brien
Jonathan (Jed) Lazar son of Jon and Noreen Lazar
Andrew Brooks Son of David and Waldina Cameron
Alyssa Rose Conte daughter of Janice and David Conte
Nicholas Sean Carey son of Linda Calandrella
Alex Vitale son of Rob & Robin Vitale
Victor Hugo Batista DeMacedo son of Patricia Dos Santos
Ethan Costello son of Kelly Costello
Neil Wetzler son of Philomena Wetzler
Kristina Latham daughter of Kerry and Kevin Latham, Sibling of Josh Latham
Corey Noel son of Gary Noel
David Conant Siljeholm son of Anita Siljeholm
Anderson James Elam son of Lynette Elam
Scott Nagel son of Fiona Nagel
Patricia Gail Kingston daughter of Elaine and John Kingston
Daniel Esposito son of Julie and Joseph Esposito
Jackson Mace son of Jeanne Mace & Sibling of Lauren Steeves



	<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
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

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

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



Love Notes



In Memory of Daniel "Danny" Noah Fine

"The real voyage, whatever the boat is into the soul"
You are always in our hearts and minds.

Love Mom Dad, Aron and Rebecca

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: _____

The Compassionate Friends

Worldwide Candle Lighting

Join us on December 11, 2022

"...that their light may always shine."

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 – October 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