



# The Compassionate Friends

## North Shore-Boston Chapter

### Supporting Family After a Child Dies

Newsletter

September 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.*

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

#### Upcoming Meetings

Wednesday, 9/28/22 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
Monday, 10/3/22 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
Wednesday, 10/19/22	<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> Open Sharing Session
Wednesday, 10/26/22 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> Loss of an Adult Child / Loss of a Young Child <b>Facilitators:</b> TBD
Monday, 11/7/22 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
Wednesday, 11/16/22	<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> Remaking Holiday Traditions
Wednesday, 11/23/22 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
TBD	<b>CANDLELIGHT REMEMBRANCE SERVICE</b>

Chapter Leader: David Paul 978-771-6345  
[tcfnorthshoreconnect@gmail.com](mailto:tcfnorthshoreconnect@gmail.com)

Newsletter Editors: Eden Paul and Regan Lamphier 603-264-9391  
[tcfnorthshorenews@gmail.com](mailto:tcfnorthshorenews@gmail.com)

Regional Coordinator: Dennis Gravelle 978-532-2736  
[dgctcf@aol.com](mailto:dgctcf@aol.com)

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

**TIMOTHY GLENDINNING**

Dear Timothy,  
Here are a few words:  
We Remember and Love You

By Dad

(Rabbi Chaser, Yoshi Zwieback ideas from Prayer for Memories)

In each sun rise and every setting sun  
We remember you and love you  
In each season over the last five years  
We remember you and love you  
In each flower, leaf, and snowflake  
We remember you and love you  
In each holiday, birthday, or family gathering  
We remember you and love you  
In each day since your passing  
We remember you and love you  
In every breath we take  
We remember you and love you  
You will always be a part of us  
-----

Dear Timothy,  
5 years on 9/5/22, that is  
unbelievable, yet here we are.  
There are days when  
it was only minutes from  
that knock on the door.  
We all remember you and  
love you each and every day.  
There are no words to  
truly say what we  
want to say today.  
Only love in our hearts.  
Love, Mom, Dad & Katherine



# Resilience

In her book, *Resilience*, Elizabeth Edwards contemplated her life and her impending death. She lost her oldest son, Wade when he was 16. She once said she was not so afraid of death since Wade's death. I understand her words. I'm not so afraid of death either, some days I long for death, so I can see my Wyatt.

Death is my passage to being with Wyatt again, I long to see him; to sit and talk with him; to watch him grow; to be his mom; to see his future. If death takes me to him then I am not afraid of death.

Resilience comes in how I am dealing with Wyatt's death. Resilience is knowing that I can get up each morning even though when I look in his room I know I will not see him. Resilience is smiling at other's happiness even when my heart is broken. Resilience is sharing company with friends when I wish to cover my head and hide in darkness. Resilience is taking the time to speak and be cordial when really I want to scream and show my anguish. Resilience is knowing my heart will never heal and still choosing to live.

One of the things Elizabeth Edwards said was we have to be resilient, we must make the best out of our situation, make the best of what this world gives us.

That is resilience. I will be resilient.

Marian W. Lambeth  
TCF Tallahassee, FL  
In Memory of my son, Wyatt

## HELPING OTHERS HELP YOU – TEN RULES FOR SELF-HEALING

By Ruth Jean Loewinsohn

Tell friends to call you often. Explain that after the first couple of months you'll need their calls.

Tell your friends to make a specific date with you; none of this "we must get together for lunch". Remind them that you're bound to have "down" times and their patience would be appreciated.

Tell them to please feel free to talk about the person that has died — and don't avoid that person's name. It's important for friends to understand that you may appear to be "doing so well" but on the inside you still hurt. Grief is painful, it's tricky and it's exhausting.

Ask your friends to care but not to pity you.

Make plain that friends and relatives can still treat you as a person who is still in command and can think for yourself.

Tell your friends that it's all right to express their caring. It's OK for them to cry; crying together is better than avoiding the pain.

Let your friends know too, that it's all right to say nothing. A squeeze or a hug are often more important than words.

Let people know that they can invite you to socialize, but that you might decline.

Ask your friends to go for walks with you. You and your friends can "walk off" feelings. Walks promote conversation and help fight depression.

*I always said that the one  
thing I could not survive  
was the loss of a child.  
I was right. The person  
I was is gone. I took  
her place.*

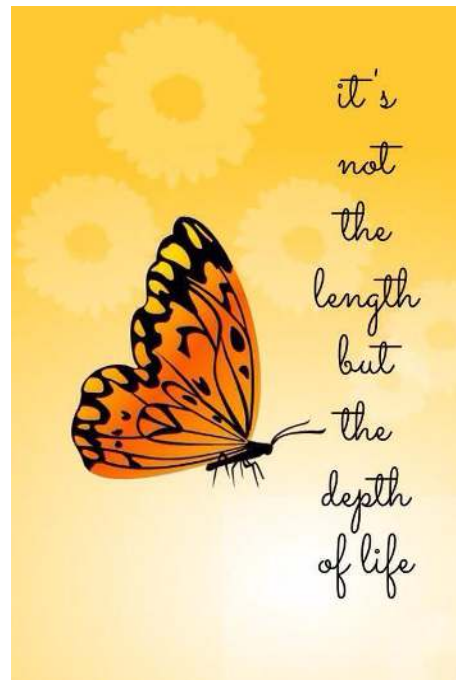
—  
KIRSTEN WOOD



I miss her all the time. I know in my head that she has gone. the only difference is that I am getting used to the pain. It's like discovering a great hole in the ground. To begin with, you forget it's there and keep falling in. After a while, it's still there, but you learn to walk round it.

— Rachel Joyce

PICTUREQUOTES.COM




## *Our Children Remembered*



Robert Joseph Biondo son of Lorraine & Robert Biondo  
Joey Bolivar son of Reggie and Cindi Bolivar  
Derek Anthony Broughton son of Edward and Louise Broughton  
Jessica Cormier daughter of Walter Cormier and Barbara Melesciuc & sibling of Nicole Cormier  
Bryan Robert Cadigan son of Debbie Daly  
Kelly Dawkins Lavigne daughter of Frank and Maureen Dawkins  
Shane Lambert grandson of Irene Lambert  
Erik Sean Rakos son of Frances Rakos  
Glenn Buttrick son of Heidi Scott  
Marquis Bergendahl son of Pauline and Chris Whynot  
Michael Sverdlove son of Harry and Grace Sverdlove  
Scott Peterson son of Tim and Parry Peterson  
Peter Costas son of Barbara Costas, sibling of Alainie Costas  
Nicholas Charles Erbafina, son of Susan and Charles Erbafina sibling of Jackie Erbafina  
Ryan Sherman Loughlin son of Cynthia Sherman  
Alyssa Rose Conte daughter of Janice and David Conte  
Kyra Grace Koman daughter of Kathy and Stu Koman  
Ashley St Onge daughter of Rick and Chris St Onge  
Victor DeMacedo son of Patricia Dos Santos  
Aderson James Elam son of Lynette Elam  
Renee Mithen daughter of Kathleen Ravagno  
Madeleine Elise Fox daughter of Elizabeth Fox  
Shea Thomas Patno son of Tim and Desiree Patno  
Kevin Gannon Sibling of Alice and Gil Costa  
Justin McLeod son of Kim McLeod  
David Marsh son of Marilyn Marsh



James Vincent Barreira son of Susan Barreira  
Nicholas Alden Chittick son of Joann Chittick  
Alfredo Alexis Trejo son of Alfredo and Lilliam Trejo  
Kelly Dawkins Lavigne daughter of Frank and Maureen Dawkins  
Harrison Andrew Lambert son of Gregory and Sigrid Lambert  
Aaron DiBella son of Suzanne DiBella  
Lia Madigan daughter of Maile and Daniel Madigan  
Sarah Nicoll Boyle daughter of Jackie and Mark Nicoll  
Mark Jepson sister of Shannon Kaiser  
Daniel Edwards brother of Rebecca Edwards  
Timothy Glendinning son of Tim and Barbara Glendinning  
Brendan Burgess son of Catherine and Bill Burgess  
Dillon Patrick Dwyer son of Wayne Dwyer  
Benjamin Clark son of Nancy Wescott  
Michael Glionna son of Terry Glionna  
Lindsey Dias daughter of Bruce Dias  
Joshua Williams son of Donna Williams  
Gregory Stames son of Donna Bouley  
AJ Ryan son of Shirley Loranger  
Jillian Anne Sullivan daughter of Jacqueline Sullivan  
Timothy Burke son of Anna Bourque  
Philip Reddy Jr. son of Philip Reddy  
Dennis Costa Sibling of Alice and Gil Costa  
Edward Chretien son of Donna Chretien  
David Marsh son of Marilyn Marsh  
Jason Dube son of Eileen Rosato

	<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

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](mailto:tcfnoshorenews@gmail.com)



## Love Notes



For what is once given cannot be taken,  
except from the eye and the touch of the hand. ~  
Polly Toland



*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 – September 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  
[tfnoshorenews@gmail.com](mailto:tfnoshorenews@gmail.com)