



**The Compassionate Friends**  
**North Shore-Boston Chapter**  
**Supporting Family After a Child Dies**

Newsletter

August 2023

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 griever 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**

<p>Tuesday, 9/5/23 7:00 PM</p> <p><b>Online Video Meeting</b>          Please contact <a href="mailto:tcfnoshoreconnect@gmail.com">tcfnoshoreconnect@gmail.com</a> if you would like to participate  <b>Topic:</b> Open Sharing Session  <b>Facilitators:</b> TBD</p>
<p>Sunday, 9/10/23 9:00 AM - 12:00 PM</p> <p><b>WALK TO REMEMBER</b></p>
<p>Wednesday, 9/20/23</p> <p><b>Online Video Meeting - 7:00 PM</b>          Please contact <a href="mailto:tcfnoshoreconnect@gmail.com">tcfnoshoreconnect@gmail.com</a> if you would like to participate  <b>Topic:</b> How Grief is Affected by Seasonal Changes  <b>Facilitators:</b> TBD</p> <p>-and-</p> <p><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> Dealing With Other Family Members' Grief</p>
<p>Wednesday, 9/27/23 7:00 PM</p> <p><b>In-Person Meeting</b>          Please contact <a href="mailto:tcfnoshoreconnect@gmail.com">tcfnoshoreconnect@gmail.com</a> if you would like to attend  <b>Topic:</b> Open Sharing Session  <b>Facilitators:</b> TBD</p>

Chapter Leader: David Paul  
[tcfnoshoreconnect@gmail.com](mailto:tcfnoshoreconnect@gmail.com)

978-771-6345

Newsletter Editors: Eden Paul  
 Regan Lamphier

[eden.r.paul@gmail.com](mailto:eden.r.paul@gmail.com) and  
 603-264-9391

Regional Coordinator: Dennis Gravelle

[tcfnoshorenews@gmail.com](mailto:tcfnoshorenews@gmail.com)  
 978-532-2736

## KAYLA ANNE BELL

*Do not stand  
By my grave, and weep,  
I am not there,  
I do not sleep--  
I am the thousand winds that blow,  
I am the diamond glints in snow.  
I am the sunlight on ripened grain,  
I am the gentle, autumn rain.  
As you awake with morning's hush,  
I am the swift, up-flinging rush  
Of quiet birds in circling flight.  
I am the day transcending night.  
Do not stand  
By my grave, and cry--  
I am not there,  
I did not die.*

*(By Clare Harner)*

We love you and miss you, Kayla  
Love, Mom, Dad & Kieran

-and-

## BRIANNA LEE PAUL



*They say that when we look  
into the night sky,  
the starlight that appears  
was generated millions of years ago –  
yet here we are this night taking it in,  
seeing it and feeling it.*

*You died over 14 years ago  
but we continue to see your presence  
in all those that have known you.*

*Many years from now,  
perhaps a thousand years hence,  
a laugh, a smile, a twinkle in an eye  
will testify to your life and your light.*

We love you, Brianna.  
Dad, Mom, Erin, and Eden



## Until

By Lisa Barnes Hirschfeld

You've heard it said that  
Grief can feel like an ocean.  
At first you are in deep water  
Watching wave after wave roar over you  
With hardly any time to come up for air.  
You are tossed and tossed  
Until you don't know which way is up.  
For all you know,  
All the swimming you're doing  
Might be pushing you deeper and deeper  
Under the sea.  
You feel like your lungs are burning  
By the time you are able to suck in  
The oxygen you so desperately need.  
And here comes another wave and  
The cycle continues.  
Until.

One morning you wake up and you can breathe.  
Then you remember the ocean  
And you feel guilty that you forgot.  
And a wave hits you and  
The cycle continues.  
Until.

One morning you wake up and you can breathe.  
Then you remember the ocean  
And your head stays above water.  
For just a minute.  
And you take another breath  
And you remember the ocean and

You don't feel quite as guilty  
But then comes the waves.  
And the cycle continues.  
Wave upon wave, breath upon breath.  
Until.

One morning, you wake up and you can breathe.  
It's been a year. Or two. Or ten.  
And you realize you will never exit the water.  
The ocean is calmer now.  
You can breathe deeply without fighting for air.  
Until.

Here comes a wave, seemingly out of nowhere.  
It's surprising because you are getting used To  
calm waters and breathing easy.  
The wave knocks you off your feet  
And for a moment you are tossed  
For a second you don't know  
Which way is up or down.  
Then you remember the water  
Is only waist deep.

And you put your feet down and touch  
Sand.  
Sand that you placed, grain by grain,  
On the floor of the ocean  
Each time you went under the water  
And survived.

One day you might place so many  
Grains of sand that  
You aren't in the ocean anymore.  
Or you might stay in waist high water  
Forever.  
I don't know.  
I'm still waiting.  
Until....



You will never  
be able to escape  
from your heart.  
So it is better  
to listen to what  
it has to say.

-PAULO COELHO  
"THE ALCHEMIST"

"Grief never ends...  
but it changes. It's a passage,  
not a place to stay. Grief is not a  
sign of weakness, nor a lack of  
faith... It is the price of love.

Grieving the Loss of a Child: Coping & Moving Forward

## Ways to Cope with the Loss of a Child

1. Reach out for support from loved ones
2. Attend a grief support group
3. Express your feelings creatively
4. Take care of yourself physically and emotionally
5. Keep the memory of your loved one alive
6. Allow yourself time to grieve
7. Stick to positive coping skills



CHOOSING therapy

## 6 Ways to Cope with Grief & Loss



*"Walk on, walk on  
With hope in your heart  
And you'll never walk alone."*

*Rodgers and Hammerstein,  
Carousel*




 **August Birthdays**

Alfredo Alexis Trejo son of Alfredo & Lilliam Trejo  
David Eric Czarnota son of Karen Czarnota  
Andrew Geljookian son of Nancy & John Geljookian  
Eric Hill son of Peggy & Tom Hill  
Glenn James McCloy son of June & Jim McCloy  
Brianna Lee Paul daughter of David & Melinda Paul  
Sibling of Eden and Erin Paul  
Robert Hale Tavares son of Lorraine Snow  
Victor Vogis son of Victor & Margo Vogis  
Daniel Ronan son of Susan Eldred  
Megan Sawyer Daley daughter of Kathy and Dan Daley  
Julia Elizabeth Vanella daughter of Joseph Vanella, Jr.  
Christopher Dennis Lane son of Marilyn Lane  
Julian Cayer son of Matt & Lauren Cayer  
Anthony Travalini son of Anne Travalini  
Andrew Brooks Son of David and Waldina Cameron  
Nicole Hufnagle daughter of Janet and Gary Hufnagle  
Mathew Carr Son of Patty Carr & Brother of Sarah Carr  
Quinlan Weekes son of Lindsay and Jaunel Weekes  
Tritan James Rice son of Brian Rice  
Peter Merrill son of Martha Merrill  
Jade Anna Williamson daughter of Adam Williamson & Jenny Chong  
Joshua J. Williams son of Donna Williams  
Mitch Lortz son of Jeff Lortz  
Shaun Carnes son of Diane and Alan Pajak  
Timothy Burke son of Anna Bourque  
Alyssa M. Joy daughter of David Joy

 **August Angel Dates**

Derek Anthony Broughton son of Edward & Louise Broughton  
John Arthur Driscoll son of John & Susan Driscoll  
Geoffrey Gonzalez son of Iris Gonzalez  
Amber Mace daughter of Tammy Mace  
Gale McLaughlin daughter of Joan & Frank McLaughlin  
SPC David Mulno son of Cathy and Harry Mulno, sibling of Alyssa Mulno  
Jeannie O'Hare daughter of Jean & Tom O'Hare  
Michael John Smithers son of Marnie Smithers  
Katherine Stephanie Grant daughter of Laurie Grant  
Jade Anna Williamson daughter of Adam Williamson & Jenny Chong  
Mathew Carr Son of Patty Carr & Brother of Sarah Carr  
Mitch Lortz son of Jeff Lortz  
David John Santucci son of John & Marie Santucci  
Colin Ambrose McComber son of Shari McComber  
Steven Ronan son of Susan Eldred  
Griffin Nathan Lamar son of Nicole and Nathan Lamar  
Rosamond Leslie "Lindsey" Huntoon daughter of Louise Huntoon  
Seth Bottari son of Steve and Sarah Bottari  
Brooke Romswell niece of Susan Haggerty  
Ziggy Prior Lowe son of Danielle Chiapella & Josh Lowe  
Michael O'Connell nephew of Len and Louise Morrison  
Frankie Simpson son of Carolyn Skane  
Michael Barrett son of Tony Barrett and Susan Greco  
Kayla Bell daughter of Stephen and Paulette Bell  
Christopher Burnett son of Annmarie Conway

	<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

## Chapter Events

---



### WALK TO REMEMBER

Sunday, September 10, 2023

9:00 AM - 12:00 PM

Ipswich River Park

15 Central Street

North Reading, MA

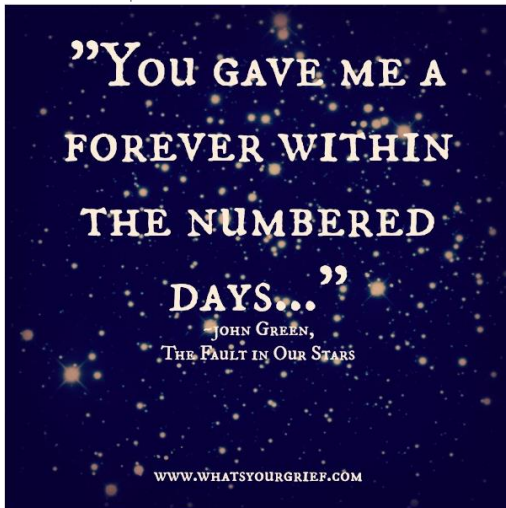
See Details on how to Participate Here: [TCF Nosth Shore-Boston Walk to Remember Registration](#) or visit our website

#### Photo Buttons for the Event

At this year's Walk to Remember you can bring a photo of your child, grandchild or sibling to the event and we can make a photo button for you. If you plan to have a photo button made, please plan to arrive early. We can start making photo buttons at 8:30AM.



## 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 – August 2023



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)