



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

January 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 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, 2/6/23 7:00 PM	Online Video Meeting Please contact tcfnoshoreconnect@gmail.com if you would like to participate Topic: Open Sharing Session Facilitators: TBD
Wednesday, 2/15/23	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: Finding Out Your Sibling Died
Wednesday, 2/22/23 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: Coping With Everyday Life Facilitators: TBD
Monday, 3/6/23 7:00 PM	Online Video Meeting Please contact tcfnoshoreconnect@gmail.com if you would like to participate Topic: Sibling Panel Presentation Facilitators: TBD
Wednesday, 3/15/23	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: Navigating Other Relationships Our Siblings Had

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

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

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



JOEL WESLEY LINDQUIST

You are still in our hearts.
Sending you our loving thoughts,
to infinity and beyond.

Love,
Mom, Dad and Andrew

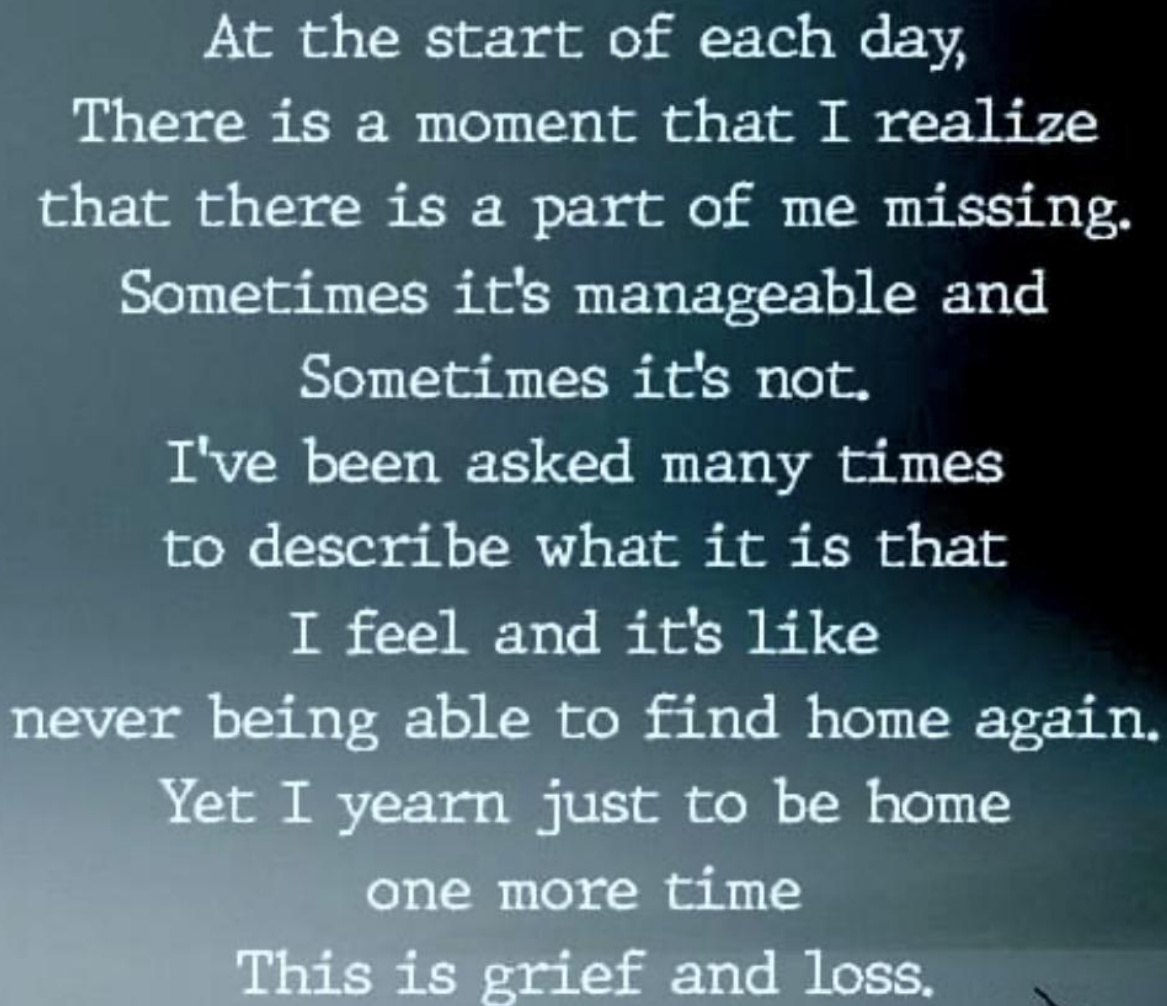
-and-

TODD MacDONALD

Todd, the days are difficult
without you each year
as the Holidays arrive.
We are comforted knowing
that as the years go by,
we come ever closer
to seeing you yet again.

Love,
Mom, Dad & Tracy





At the start of each day,
There is a moment that I realize
that there is a part of me missing.
Sometimes it's manageable and
Sometimes it's not.
I've been asked many times
to describe what it is that
I feel and it's like
never being able to find home again.
Yet I yearn just to be home
one more time
This is grief and loss.

IT'S OKAY

IT'S OKAY TO GRIEVE: The death of a loved one is a reluctant and drastic amputation, without any anesthesia. The pain cannot be described, and no scale can measure the loss. We despise the truth that the death cannot be reversed, and that somehow our dear one returned. Such hurt! It's okay to grieve.

IT'S OKAY TO CRY: Tears release the flood of sorrow, of missing and of love. Tears relieve the brute force of hurting, enabling us to "level off" and continue our cruise along the stream of life. It's okay to cry.

IT'S OKAY TO HEAL: We do not need to "prove" we loved him or her. As the months pass, we are slowly able to move around with less outward grieving each day. We need not feel "guilty", for this is not an indication

that we love less. It means that, although we don't like it, we are learning to accept death. It's a healthy sign of healing. It's okay to heal.

IT'S OKAY TO LAUGH: Laughter is not a sign of "less" grief. Laughter is not a sign of "less" love. It's a sign that many of our thoughts and memories are happy ones. It's a sign that we know our memories are happy ones. It's a sign that we know our dear one would have us laugh again. It's okay to laugh.

From <http://www.hopes-wi.org/SurvivorsGuide>

THE ELEPHANT IN THE ROOM

There's an elephant in the room.

It is large and squatting,

so it is hard to get around it. Yet we squeeze by with, "How are you?" and, "I'm fine," and a thousand other forms of trivial chatter.

We talk about the weather;

we talk about work;

we talk about everything else—

except for the elephant in the room.

There's an elephant in the room.

We all know it is there.

We are thinking about the elephant
as we talk together.

It is constantly on our minds.

For, you see, it is a very big elephant.

It has hurt us all, but we do not talk about the elephant in the room.

Oh, please, say her name.

Oh, please, say "Barbara" again.

Oh, please, let's talk about
the elephant in the room.

For if we talk about her death,

perhaps we can talk about her life.

Can I say, "Barbara" to you
and not have you look away?

For if I cannot,

then you are leaving me alone
in a room—with an elephant.

~ Terry Kettering


Our Children Remembered

 **January Birthdays** 

Shane Michael Loizides son of Janet Sutcliffe sibling of Branden Loizides
Todd MacDonald son of John and Janet MacDonald
Daniel M. Scafidi son of Martin and Barbara Scafidi / stepson of Sandra Scafidi
Geoffrey Gonzalez son of Iris Gonzalez
Maria Lorraine Andrews daughter of Michelle Smith
Neal Richard O'Brien Jr. son of Neal and Nancy O'Brien
Craig Gentleman son of Mary and Jack Gentleman
Christina Laura-Ann Saviano Daughter of Laurie Saviano
Jonathan (Jed) Lazar son of Jon and Noreen Lazar
Darien Sanford-Castro son of Diane Sanford
Christopher Michael Rollins son of Nancy & Rick Rollins
Zachary Doyle Hilton son of Patricia Doyle
Katherine Stephanie Grant daughter of Laurie Grant
Robert Kagacha son of Sarah Kagacha
Mario Miller son of Maria Sallese
Alex Vitale son of Rob & Robin Vitale
Nathaniel (Nate) Doiron son of Stacey & Linus Doiron and grandson of Dorothy Molley
Faith-Ena Davianna Watkins daughter of Andria Nemoda and Michael Watkins
Brian Robert Pellegrino nephew of Alyse and Joe Bonfiglio
Lucas Kump grandson of Linda Kump

 **January Angel Dates** 

Aram Karakashian son of Pat and Garo Karakasian
Deirdre Helene Olson daughter of Catherine E.B. Olson
Glenn Buttrick son of Heidi Scott
Peter Costas son of Barbara Costas, Sibling of Alaine Costas
Victor Vogis son of Victor and Margo Vogis
Jonathan Corey son of Reenie McCormack and Ron Corey
Brianna Lee Paul daughter of David & Melinda Paul sister of Erin and Eden Paul
Robert Anthony Viera son of Arlene Viera
Courtney Marie Corning daughter of Ginny & Jack Corning
Christopher Muraca son of Maria Muraca
Jessica Cormier daughter of Walter Cormier and Barbara Melesciuc sibling of Nicole Cormier
Joel Wesley Lindquist son of Roy and Mariann Lindquist
Matthew Dalimonte son of Patti Dalimonte
Julia Elizabeth Vanella daughter of Joseph Vanella, Jr.
Kaleigh Lambert granddaughter of Irene Lambert
Shane Lambert grandson of Irene Lambert
Faith-Ena Davianna Watkins daughter of Andria Nemoda and Michael Watkins
Quinlan Weekes son of Lindsay and Jaunel Weekes
Eliot Lee Bennett son of Eric and Elizabeth Bennett
Robert DeCarlo son of Janet DeCarlo Staples
Katy Warde daughter of Peg Warde
Daniel Rogers son of Donna Rogers
Anthony Diaz son of Gail Scimone

	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. Please be considerate in the timing of your calls to these volunteers.	
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



- "There is no pain so great as the memory of joy in present grief."
Aeschylus
- "As long as I can I will look at this world for both of us. As long as I can I will laugh with the birds, I will sing with the flowers, I will pray to the stars, for both of us."
Sascha
- "When you are sorrowful, look again in your heart, and you shall see that in truth you are weeping for that which has been your delight."
Kahlil Gibran
- "What soap is for the body, tears are for the soul."
Jewish proverb
- "A life with love will have some thorns, but a life without love will have no roses."
Anonymous



Love Notes



In Memory of Theodore McBride,

Spreading Theodore's gift of love to help and support others.



*We wish you the special gifts
of this holiday season...*

Peace, Joy and lasting Happiness.

*Please accept this random act of kindness
in loving memory of our Theodore.*

Love, Theodore's Dada



In Memory of My Son Erik Sean Rakos

"A man is not dead until he is forgotten."

I love you, Erik. I will never forget you.



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 – January 2023



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