



# The Compassionate Friends

## North Shore-Boston Chapter

### Supporting Family After a Child Dies

Newsletter

July 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 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

Monday, 8/7/23

7:00 PM

##### Online Video Meeting

Please contact [tcfnoshoreconnect@gmail.com](mailto:tcfnoshoreconnect@gmail.com) if you would like to participate

Topic: Open Sharing Session

Facilitators: TBD

Wednesday, 8/16/23

##### Online Video Meeting - 7:00 PM

Please contact [tcfnoshoreconnect@gmail.com](mailto: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](mailto:Aimeeb15@gmail.com) if you would like to participate

Topic: Feeling Overlooked / Forgotten in Your Grief

Wednesday, 8/23/23

7:00 PM

##### In-Person Meeting

Please contact [tcfnoshoreconnect@gmail.com](mailto:tcfnoshoreconnect@gmail.com) if you would like to attend

Topic: Sibling Panel Presentation

Facilitators: TBD

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

978-771-6345

Newsletter Editors: Eden Paul and Regan Lamphier  
[tcfnoshorenews@gmail.com](mailto:tcfnoshorenews@gmail.com)

603-264-9391

Regional Coordinator: Dennis Gravelle

978-532-2736



## **JAMIE & CARY THABET**

My Dear Beautiful Boys,  
It is now 6 years and almost 5 years  
since I have heard your voice,  
your laugh, seen your smile,  
and had a hug.

How can this be possible?  
It feels like just yesterday and  
at the same time a lifetime ago.

Jamie and Cary,  
You are my greatest joy and happiness.  
You made me the happiest  
I have ever been  
and in leaving me you made me  
the saddest I will ever be.

Happy Birthday my sweet, sweet boys...  
I love you to the moon and back

Mum



-and-

## **TOM & CHRISTOPHER POPE**

Tom & Christopher,  
139 months . . . 3 days . . .  
a lifetime of love . . .  
We know that you are  
eternally with us  
and we are so grateful  
for the gift of your lives.  
We will carry you in our  
hearts forever!

Love,  
Mom, Dad, Kelly, Dave

## SUMMER

*Posted on June 23rd, 2023*

Summer in Michigan can warm the heart and heat the body. There are soft silky nights spent viewing dots of light in the heavens. Beaches, barbecues, baseball, family reunions, fireworks, carnivals and cool drinks make the summer a special time of the year for a Midwesterner eager to shed winter's coat. School's out while vacations blend together for happy times. Even blue skies push the gray away in the peninsula state begging us to view, if not experience, the outdoors.

Someone is not there in their normal place and the season of the year will never change that fact. Determination to make "things" better is a laudable, though often quite challenging goal. Having a good time between spring and fall may be a difficult task when a good day may be a notable achievement. The simple act of attempting to have fun may be a simple, innocent act of honoring our child's memory. Every month seems to bring specific special thoughts and those fun times may bring along some unwanted baggage of sad moments that will never go away, but they will become more manageable, more easily carried.

It seems that if we keep busy sometimes "things" get better even if it's only for a little while. An idle mind is the devil's workshop is another one of those phrases that seem to finally have some meaning for the bereaved. Find something, anything, to occupy the mind and the heart will most likely follow, if only briefly. If there is no time to think then there is no time for heartache, and this fragile formula may work on occasion to soothe the soul, providing rare relief from the staggering, stunning, seemingly endless pain.

Other times it is just too overwhelming, too exhausting to keep one step ahead of the darkness that reality has inflicted. We are transported back to when "things" were different, normal, better, so briefly we let go of hope and that is ok, it happens. The fight for survival is not easy but it is possible. The struggle may be measured by where we have been, how far we have come, as well as where we are. Congratulate yourself for making it this far. We may share many similarities, but no one knows your hard road better than you.

I think that our son Brian is having the best summer of all. That is what I choose to think, choose to know, choose to feel. So when I close my eyes tonight I will remember fireworks and sparklers of the past, the amusement parks yet to be visited. The happy faces of yesterday's memories will visit while dreaming of the hugs of tomorrow in that most beautiful perfect summer, that someday forever summer, together.

## PAT O'DONNELL

In 2000, Pat O'Donnell and his wife, Janet, were devastated by the tragic death of their 18-year-old son, Brian, in an automobile accident. They credit their local chapter of The Compassionate Friends for helping them rediscover hope in their lives. Pat eventually served as a chapter leader and served as a member of the national TCF Board of Directors. Janet and Pat served as co-chairpersons for the 2006 TCF National Conference in Dearborn, Michigan. They have one other son, Andy. Since Pat's brother Billy passed away in 1972, he has suffered the loss of his brothers, Jim and Tom. Pat can be contacted at [billyodee@yahoo.com](mailto:billyodee@yahoo.com)

## Chapter Events

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### 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


## *Our Children Remembered*



Sheryl Lynn Becker daughter of Millie & Jerry Becker  
David Conant Siljeholm son of Anita Siljeholm  
Derek Frechette son of Janet Frechette  
Edward Michael Hedrington son of Jo Hedrington  
Tiffany Marie Hines daughter of Jeff and Debbie Hines  
Reid Robert Sacco son of Gene & Lorraine Sacco  
James Devlin Thabet son of Sheila & Khaire Thabet  
Cary Thabet son of Sheila & Khaire Thabet  
Wendy Kagan Snyder daughter of Billie and Sumner Kagan  
Andrew W. Taylor son of Constance Taylor  
Stephen Baglioni Son of Peter Baglioni  
Rosamond Leslie "Lindsey" Huntoon daughter of Louise Huntoon  
Michael Sawyer son of Diane Sawyer  
Darcie Forrestall daughter of Sally and Tim Morse  
Conor Bates son of Eileen Bates  
Griffin Nathan Lamar son of Nicole and Nathan Lamar  
Jax Gamal Lee Son of Aisha Lumumba  
Ziggy Prior Lowe son of Danielle Chiapella & Josh Lowe  
Michael O'Connell Nephew of Len and Louise Morrison  
Daniel Rogers son of Donna Rogers  
Marc Donovan son of Carol and Neil MacDonald  
Brooke Romswell niece of Susan Haggerty  
Seth Bottari son of Steve and Sarah Bottari  
Robert Troiano son of Karen Troiano  
Peter Thomas son of Jeanne Mace and brother of Lauren Steeves  
Robert Maloney Son of Donna and Paul Maloney  
Anthony Diaz son of Gail Scimone  
Andre Luis Ribeirinha-Braga son of Dianne & Sergio Braga  
Nancy Ellen Scotina Sibling of Jill Preshong  
Anne Good sister of Mary Good  
Daniel Edwards Brother of Rebecca Edwards  
Mark Eric Jepson brother of Shannon Kaiser  
Gabriel Feld son of Phyllis Feld  
Calvin Gil son of Julie Sheaves  
David Panzeri son of Larry and Louise Panzeri  
Tyler Fountain son of Kimberly Chandler



Lino J Brosco son of Leno and Emilia Brosco, sibling of Rose Ames  
Christian E. Frechette grandson of Janet Frechette  
Jared Linzey son of Sharyn & Tom Linzey  
Thomas Hart (Tom) Pope son of Carmen and Jeff Pope  
James Devlin Thabet son of Sheila & Khaire Thabet  
Jordan Zaff son of Driss Zaff  
Samantha Ruth Fargo daughter of William and Justine Fargo  
Jax Gamal Lee Son of Aisha Lumumba  
Tyler Weymouth Sibling of Andrew Weymouth  
Amber Zapatka Daughter of Lise and Ed Zapatka  
Brian Robert Pellegrino nephew of Alyse and Joe Bonfiglio  
Christopher Drelich son of Zib and Bonnie Drelich  
Brendan Tobin son of Marie and Tim Tobin  
Joseph Blasetti Jr Son of Donna and Joseph Blasetti  
Seraphina Harrell daughter of Rene Harrell  
Shea Thomas Patno son of Tim and Desiree Patno  
Ian Douglas Byrnes son of Julie Krakauer  
Shaun Carnes son of Diane and Alan Pajak  
Jake Straw son of Michelle Straw  
Joseph Saidah son of Mary, Saidah

	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. <b>Please be considerate in the timing of your calls to these volunteers.</b>	
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

### TCF North Shore-Boston Chapter at National Conference

The Compassionate Friends National Conference was held July 7<sup>th</sup> – 9<sup>th</sup> in Denver, CO this year and was attended by over 850 people. Our chapter was well represented. All who participate agree that it is an amazing event and well worth the effort. The 2024 Conference will be held in New Orleans and our chapter offers scholarships to our members who are interested in attending.

#### Over 850 Attended the Conference



TCF North Shore-Boston Chapter Attendees





## Love Notes



Happy Birthday Reid and congratulations! You are an uncle and heavenly Godfather to a beautiful baby girl who carries your name, Amelia Reid Sacco! We know that you are watching over her. We can just see your playful grin as you witness her appetite, one that is as hearty as her dad's. Weston, like us, wishes you were here with us. We miss every part of you but especially now for Amelia to miss your humor, strength, and that deep love you had for your brother. How proud you would be seeing him as a dad today. Stay close to him, he misses you more and more as time goes on and each milestone that you both dreamed of together. The strong family bond you brought to us will last forever. Cancer tried to break that bond, but never will.

We love you, always and forever, until we meet again, Mom, Dad, Weston, and your Godchild Amelia Reid.



*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 – July 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)