



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

June 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

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www.thecompassionatefriends.org

Upcoming Meetings

Monday, 7/3/23

7:00 PM

Online Video Meeting

Please contact tcfnoshoreconnect@gmail.com if you would like to participate

Topic: Open Sharing Session

Facilitators: TBD

Wednesday, 7/19/23

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: Does the Way Our Siblings Died Affect Our Grief?

Wednesday, 7/26/23

7:00 PM

In-Person Meeting

Please contact tcfnoshoreconnect@gmail.com if you would like to attend

Topic: Ask It Basket

Facilitators: TBD

Chapter Leader: David Paul
tcfnoshoreconnect@gmail.com

978-771-6345

Newsletter Editors: Eden Paul and Regan Lamphier
tcfnoshorenews@gmail.com

603-264-9391

Regional Coordinator: Dennis Gravelle

978-532-2736



JASON DIXEY

Always in our hearts.

Love, Mom and Dad,
Adam, Peyton and Riley

-and-

TODD MacDONALD

To Todd,
the most wonderful son
we could ever have hoped to
be in our lives for 38 years.

Far too short a time,
you are loved and missed
more than words can say.
We are comforted by the knowledge
that you were loved
by your friends and your coworkers
who continue to embrace your memory.

Love, Mom, Dad & Tracy



Don't Expect Me To Get Over The Death Of My Child

by Sarah Drouillard

from StillStandingMag.com

“Get over it.” Three small words that pack a huge punch to the gut. Especially when you use those three words when speaking to, or about, loss parents.

“Get over it.” Like you’ve lost a baseball card or broken a fingernail. Like it’s losing a job or that a relationship falls apart. Those may be hard, but it’s none of those things, not even close. Our daughter was a human being who lived, even if it was only for three days. She lived, she mattered, she changed our entire world. Then, out of nowhere, we dealt with the trauma of watching her suffer to live, and ultimately die. But we should just “get over it.”

Our grief has a time limit, and that limit is up. It is an inconvenience, a pain, a bore, an uncomfortable elephant in the room that no one knows how to deal with. Hearing us continue to talk about her, post about her, and live our lives for her is aggravating and annoying now. Ten months is too long; your time is up.

“Get over it.” Some would be shocked to hear that people have said those very things about us. Surely people are more understanding about the loss of a child? The truth is, they’re not. We have been told quite recently to “get over it,” and I’m seething with rage. Child loss is one of the loneliest places to ever be, and phrases like that make it even lonelier. For people who have never experienced this type of loss before to pass judgment on us is ridiculous.

Imagine for a moment, meeting your baby for the first time, and then just days later having to watch them suffer and take their last breath. Then having to decide whether to bury or cremate them, plan a funeral and put away all the baby things that were waiting at home. Try to imagine, when you look at your beautiful living children, what hell your life would be after that. And please tell me then, how would you go on?

I guess this serves as a lesson on life for me. I’ve learned that not everyone is kind. Not everyone is empathetic, caring and understanding. And, although it’s hard for me, I will not let those people’s negativity penetrate my heart and undo all of the healing I’ve worked so hard at. Those people are not the type of people I want in my life.

My wish and my goal are to surround myself with people who will lift me when I’m down, and who genuinely care for me. People who may not understand completely, but who walk beside me while I figure out how to heal. Those are my people, and I love them fiercely. Anyone who doesn’t agree with the way we grieve, or is annoyed by our process, can unfollow, unfriend, ignore us, and honestly – “Get over it.”



Still
by Becky Hemsley

I can't say I loved you. I just can't

Because it makes it sound as if

my love is past tense. Gone,

finished, ended. And that is so

far from the truth.

My love is not in the past. It will never be gone.

I love you now. Still.

You didn't take all this love away with you. It stays.
It lingers.

Some days it jumps up and hits me in the
face just to remind me that it is still here.
Still persevering.

Some days it nudges me. Challenges me to
keep going. Daring me to find the strength to get
through the day.

But mostly, it just resonates inside of me with
everything I do. With every step forward and every
glance back. Every close of my eyes. Every breath.

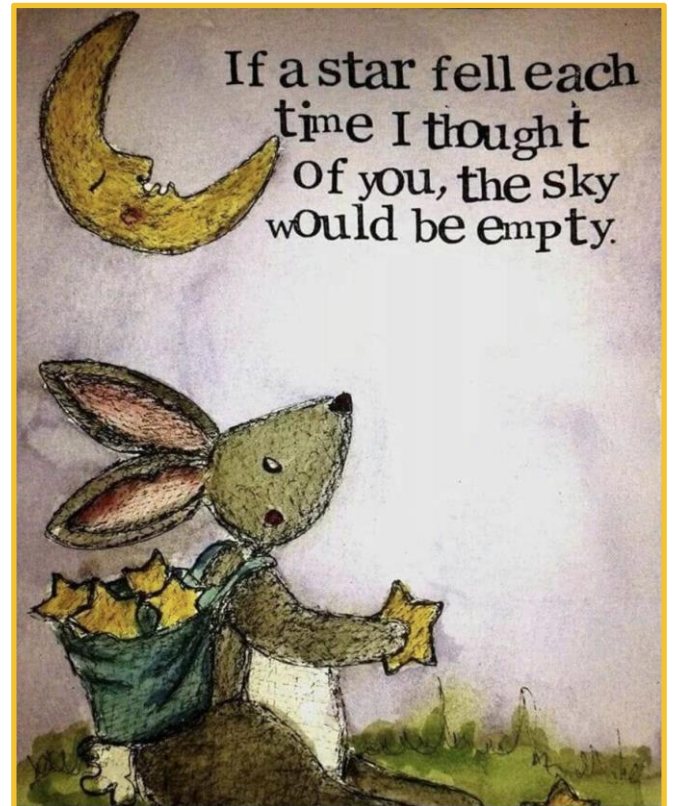
My love is not dependent on you being here.

There is nowhere far enough,
and nothing permanent enough
to stop me from loving you.

So I will not say I loved you.

Because I love you.

Still.



Our Children Remembered




Christopher John Pope Son of Carmen and Jeff Pope
Alexander John Whipple son of Richard & Nancy Whipple
Jason Dixey son of Sandy & Barry Dixey
Harrison Andrew Lambert son of Gregory & Sigrid Lambert
Eric Kronk son of Kathy & Walter Kronk
Jeannie O'Hare daughter of Jean and Tom O'Hare
Donald Tottingham son of Mal and Bobbie Tottingham
Tanya Anne Phillips daughter of Marilyn & George Phillips
Jason Michael Sobanek son of Karen Cioff
Joey Brancato son of Andy Brancato
Marc Ouellette son of Donna Marcotte and Bob Ouellette
Ella Rose Biggio daughter of William & Allison Biggio
Roger Gregory Costa son of Alice & Gil Costa
Susan Rita Bean daughter of Ellen Bean
Rebecca Jean Knight daughter of Betty & Owen Knight
Danielle Lynn Acoin daughter of Susan & Michael Acoin
Steven Ronan son of Susan Eldred
Michael Joseph Glionna son of Terry Glionna
Jackson Mace son of Jeanne Mace brother of Lauren Steeves
Alison Neenan Herman daughter of Christine Neenan
Alicia Carol Gillespie daughter of Carol Fiore
Seraphina Harrell Daughter of Thomas and Rene Harrell
Kaleigh Rainone daughter of Colleen and Dean Jaynes
Daniel Harriman Son of Cindy Collins
Michael Barrett son of Tony Barrett and Susan Greco
Bernard Brown III son of Bernie Brown
Gram Patrick Bazylinski son of Dennis and Catherine Bazylinski
Conor Bates son of Eileen Bates



Christopher John Pope son of Carmen and Jeff Pope
Andrew Adams Wilder son of Mark and Betty Wilder
Jon Paul Rahall son of Bernadette Rahall
Darien Sanford-Castro son of Diane Sanford
Todd MacDonald son of John and Janet MacDonald
Bryan Robert Cadigan son of Debbie Daly
David Eric Czarnota son of Karen Czarnota
James Kimball Carlsen son of Kathy Carlsen
Amy Elizabeth Palmetier daughter of Judy & Joe Palmetier
Kara Lynne Irving daughter of Jean and Jerry Irving
Bobby Moore son of Jeff Moore
Hunter Fredrick Siebel grandson of Vita and Gordon Trainor
Brent Robert DiLibero Barbara and Bob DeLibero
Alicia Carol Gillespie daughter of Carol Fiore
Alison Neenan Herman daughter of Christine Neenan
Roger Gregory Costa son of Alice and Gil Costa
Susan Rita Bean daughter of Ellen Bean
Rebecca Jean Knight daughter of Betty and Owen Knight
Danielle Lynn Acoin daughter of Susan and Michael Acoin
Stephen Baglioni Son of Peter Baglioni
Megan Sawyer Daley daughter of Kathy and Dan Daley
James (Jimmy)Reppucci sibling of Crystal Reppucci
Benjamin Thomas Huxtable grandson of Alaina & Peter Huxtable
Charlee Charette Daughter of Christopher and Samantha Charette
Tom Alfieri son of Diane Alfieri
Lucas Kump grandson of of Linda Bump
Charlie Carmillo son of Paul & Amie Carmillo
Mary Curran Daughter of Tom and Catherine Curran, sibling of Ryan, Kelly & Meghan

Bernard Brown III son of Bernie Brown
David Panzeri son of Frank and Louise Panzeri

	<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

"We do not have to rely
on memories to
recapture the spirit of
those we have loved and
lost – they live within our
souls in some perfect
sanctuary which even
death cannot destroy."

Nan Witcomb





Love Notes



In memory of our son, Donald, on his Birthday June 30th
Malcom and Roberta Tottingham



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

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NEWSLETTER – June 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