



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

September 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

Wednesday, 10/18/23

Online Video Meeting - 7:00 PM

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

Topic: Open Sharing Session

-and-

Sibling Group Online Video Meeting - 7:30 PM

Please contact Aimeeb15@gmail.com if you would like to participate

Topic: Favorite Things About Your Sibling

Wednesday, 10/25/23

7:00 PM

In-Person Meeting

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

Topic: Staying Connected to Our Children

Monday, 11/6/23

7:00 PM

Online Video Meeting

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

Topic: Family Vacations and Holiday Gatherings

Chapter Leader: David Paul
tcfnoshoreconnect@gmail.com

978-771-6345

Newsletter Editors: Eden Paul
Regan Lamphier

eden.r.paul@gmail.com and
603-264-9391

Regional Coordinator: Dennis Gravelle

tcfnoshorenews@gmail.com
978-532-2736



TIMOTHY GLENDINNING

In Memory of Timothy

It is 6 years since we had a final 'see ya later' at your college on Labor Day. Who would have ever thought that was our last minute together. A lot has happened since that day, and I thought I would let you know some of the things we have done In Memory of Timothy:

Your final resting place is just down the road in Mt. Vernon Cemetery, we all go there to have time with you, and I always talk to you about many things over the last 6 years, I appreciate you listening to all of us.

Endicott College has a granite bench gifted by your Class of 2019, it overlooks the water fountain in the pond, I often go there and leave a green bracelet with your name on it from the college.

There is a Memorial Brick on the Endicott walkway along the pond, In Memory of Timothy, Class of 2019.

St. Peter's church in Harwich also has a Memorial Brick in the garden, In Memory of Timothy, along with one for Besa (grandmother) and her parents and her brother.

The Ipswich Country Club has a plaque on the sixth hole "Another Day in Paradise" In Memory of Tim. We go there and plant flowers on 9/5 and then we go to the Agawam diner for breakfast just like you did with the Green's Crew on many mornings.

I put up a skateboard/cross near the area where this all started In Memory of Timothy, with the inscription 'You Will Always Be A Gull' as noted by Endicott President-Doc Wylie.

Your old BFN (Be F...ing Nice) sign-off is often used on items: Boats, Bikes, Scooters, anywhere I think you might get a kick out of your old hash tag In Memory of Timothy.

We have a life size poster of you (photo from Endicott while you were out on the trail) in the kitchen. It has caught a few folks by surprise, but it's nice to see your smile greet us in the morning, noon, or night.

We miss you every day, and on your angel day of 9/5, the 'In Memory of Timothy' moment will be stronger than ever. You will always be in our hearts and prayers, we love you, and one day we will have that smile together like we did when we said 'see ya later'...

Love

Mom, Dad and Katherine



A LOVE LETTER FROM THOSE WHO HAVE PASSED ON...

Take the LOVE you have for me
And radiate it outwards
Allowing it to touch and impact others.

Take the MEMORY you have of me
And use it as a source of inspiration
To live fully, meaningfully and intentionally.

Take the IMAGE you have of me in your mind
And allow it to fuel you
To take action
Seize the day
And be reminded of what is most important in life.

Take the CARE you have for me
And let it remind you
To care for yourself fully
And shower yourself with your own love.

And take the pain and GRIEF you feel
Following my loss
And alchemize it into
Love, compassion and beauty
Build a castle
From the wreckage of my passing
And allow it to unlock your greatness and potential
And empower you to become more than you ever thought you were capable of being.

And know that I can never truly leave you
And will always remain beside you
Watching over you in spirit.

And that the LOVE I have for you lives on
Through the connections you form



The kindness and compassion you share
And the future relationships and friendships you cultivate.

And until we are one day reunited
I will remain with you
Through the storms and chaos of life
And am always beside you
Walking with you, laughing with you, crying with you and smiling with you.
And I am proud of you for being strong I am proud of you for
being brave And I am proud of you for being you.

- Tahlia Hunter ♡👉

Ugly Shoes

I am wearing a pair of shoes.
They are Ugly Shoes.
Uncomfortable shoes.
I hate my shoes.

Each day I wear them, and each day I wish I had another pair.
Some days my shoes hurt so bad that I do not think I can take another step. Yet, I continue
to wear them.

I get funny looks wearing these shoes.
They are looks of sympathy.
I can tell in others eyes that they are glad they are my shoes and not theirs. They never talk
about my shoes.

To learn how awful my shoes are might make them uncomfortable.
To truly understand these shoes you must walk in them.
But, once you put them on, you can never take them off.
I now realize that I am not the only one who wears these shoes.
There are many pairs in this world.

Some women are like me and ache daily as they try and walk in them.
Some have learned how to walk in them so they don't hurt quite as much. Some have worn the shoes so long
that days will go by before they think about how much they hurt.

No woman deserves to wear these shoes.
Yet, because of these shoes I am a stronger woman.
These shoes have given me the strength to face anything.
They have made me who I am.
I will forever walk in the shoes of a woman who has lost a child.





September Birthdays


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
Justin Pappas-Kirk son of Lauri Pappas-Kirk and Peter Kirk
Jake Straw son of Michelle Straw
Erin McLaughlin daughter of Jan McLaughlin
Sidney Mae Olson daughter of Mary Beth Ellis and Eric Olson

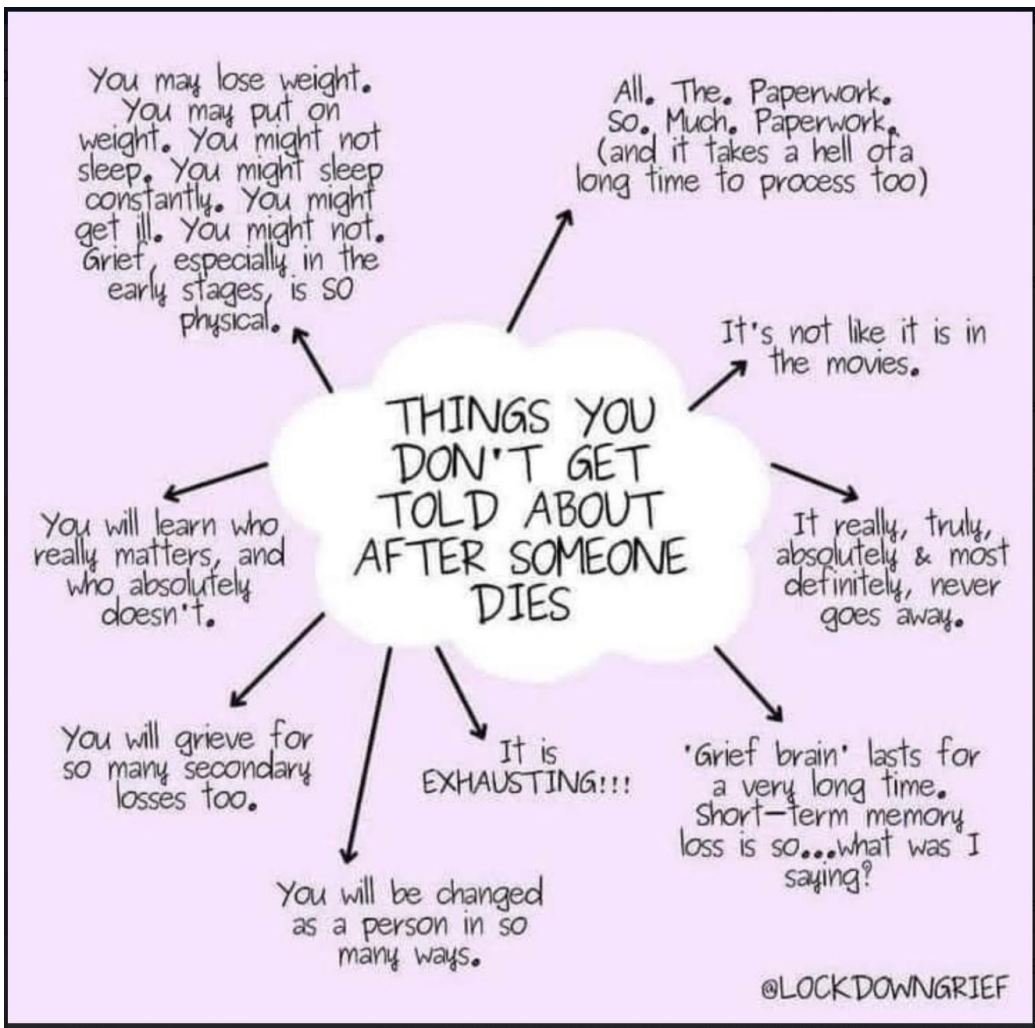


September Angel Dates

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
Julianna Edel sister of Katharine Edel
Gram Bazylnski son of Dennis Bazylnski

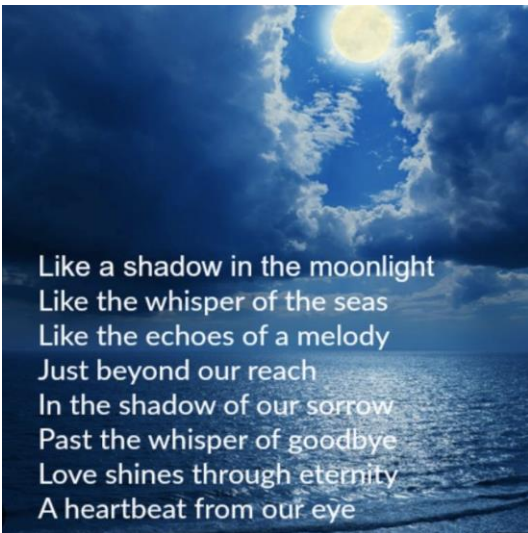


	Our telephone friends are here to help you if you feel the need to connect with someone outside of our usual meeting night. We are not professionals – we are all bereaved parents seeking to find a way through our grief. Please be considerate in the timing of your calls to these volunteers.	
Beverly	Carmen 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





Love Notes




“

All of us bring light to exciting solutions never tried before

For it is our hope that implores us, at our uncompromising core,

To keep rising up for an earth more than worth fighting for.

– AMANDA GORMAN



Hope fills the holes of my frustration in my heart.” – Emanuel Cleaver



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 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