



# The Compassionate Friends

## North Shore-Boston Chapter

### Supporting Family After a Child Dies

Newsletter

August 2024

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 In Person at 7:00PM at the Aldersgate Methodist Church, 235 Park Street, North Reading at 7:00 P.M. We also hold an Online meeting via Zoom on the 4th Wednesday of each month at 7:00PM.** 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.**  
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**Wixom MI 48393**  
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**PH: 630-990-0010**  
**FAX: 630-990-0246**

[www.thecompassionatefriends.org](http://www.thecompassionatefriends.org)

#### Upcoming Meetings

Wednesday, 9/18/24

##### In-Person Meeting - 7:00 PM

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

**Topic:** How Grief is Affected by Seasonal Changes  
 -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:** Dealing With Other Family Members' Grief

Sunday, 9/22/24

#### WALK TO REMEMBER

Wednesday, 9/25/24  
 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

Monday, 10/7/24  
 7:00 PM

##### In-Person Meeting

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

**Topic:** When People Ask, "How are you?" or "How many children do you have?"

Chapter Leader: David Paul  
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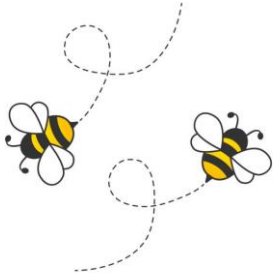
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 603-264-9391

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 978-532-2736



**BRIANNA LEE PAUL**



**Always Together**

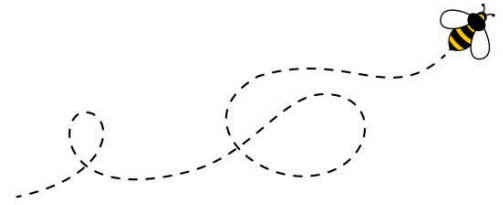
"You are here  
we know that now  
for the longest time  
there was only loss  
but it was us who wandered  
and now you are found"

Love you forever-Always together

Mom, Dad, Erin & Eden

-and-

**KAYLA ANNE BELL**



We should all try to be more like Piglet when someone we love is having a difficult day.



*"Today was a Difficult Day," said Pooh.*

*There was a pause.*

*"Do you want to talk about it?" asked Piglet.*

*"No," said Pooh after a bit. "No, I don't think I do."*

*"That's okay," said Piglet, and he came and sat beside his friend.*

*"What are you doing?" asked Pooh.*

*"Nothing, really," said Piglet. "Only, I know what Difficult Days are like. I quite often don't feel like talking about it on my Difficult Days either."*

*"But goodness," continued Piglet, "Difficult Days are so much easier when you know you've got someone there for you. And I'll always be here for you, Pooh."*

*And as Pooh sat there, working through in his head his Difficult Day, while the solid, reliable Piglet sat next to him quietly, swinging his little legs...he thought that his best friend had never been more right.*

We love you and miss you, Kayla.

Love, Mom, Dad and Kieran

After you died  
all things changed.

Dust collected  
around the house  
payments went unpaid  
and calls unreturned.

Casseroles went uneaten  
teeth unbrushed  
plants unwatered  
'thank you' cards, unmailed.

After you died  
the smell of rain disappeared birds lost  
their melody  
stones turned to ash  
and clouds to concrete  
the sky surrendered its blue  
grasses withered and trees fell.

After you died  
a part of me did, too  
and what remained  
collapsed under the weight

### **Unanswered Questions**

You left us so suddenly that I think most of us just felt shock. Did you know of everyone's love for you? We used to have lots of fun playing basketball, talking about diesel trucks and dragsters, and playing videos. You lived for scouting, you lived for animals and nature...you lived for us all. I got to know your corny jokes, your adolescent fears (although for you they were understandably real) the simplest way with which you saw life, the joy you placed in other's hearts.

How could it be that you're gone now, while others seemingly less deserving live on? I'm not sure. Life isn't fair - everyone has said it - but why? Why does the sun rise? Why are we here? What is the purpose of life? I haven't been alive very long, but the only response I can come up with is love.

Love has to be the answer to this question. I love you. We all love you. We shall meet again someday, and that day will be a day of joy for me... a day what we shall again be companions. By that time, we'll have a lot to share. It already seems a lifetime since you've gone. So it goes.  
We live, we love, we learn. Our biggest task to learn is to let you go and never forget.

There are times when I see a fiery sunset of the silver glow of the moon, and I see my brother, and feel the peace as if he still exists. But these times are few, and most of what I see is - what he is missing.

Cry now, my silent tears, quietly so no one hears.  
They don't know the pain I go through, day after day and through the years.

of your constant absence

All things changed.

And, I realized that  
all things had to change  
because my world  
could not remain  
the same without you.

Sameness would not sufficiently honor the holiness  
of your mark  
upon my heart  
the longing  
for every part of you  
even parts I would never know.

After you died  
all things changed.  
All things changed except my love  
for you.

-Dr. Joanne Cacciatore  
missfoundation.org

*Scott Anderson, Omaha NE*


**August Birthdays**


Alfredo Alexis Trejo son of Alfredo & Lilliam Trejo  
 David Eric Czarnota son of Karen Czarnota z  
 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  
 Paulyne Mbowa daughter of Julius Mbowa  
 Shannon Walsh daughter of Kimberly and Kevin Walsh  
 Desmond Michale Connors son of Jenny Connors




**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 Anmarie Conway  
 Ty Moughan son of Liz Moughan  
 Joshua Koen son of Joanne and James Koen and sibling of Jeremy Koen  
 Kory Ouellette Son of Steve and Maureen Ouellette





**WALK TO REMEMBER**  
**Sunday, September 22, 2024**  
**9:00 AM - 12:00 PM**  
**Ipswich River Park**  
**19 Central Street**  
**North Reading, MA**

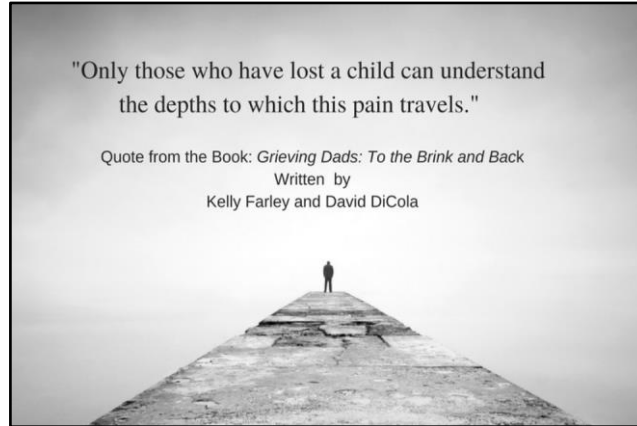
### **2024 Walk To Remember**


On Sunday, September 22<sup>nd</sup>, we are planning to hold the North Shore-Boston Chapter's 9<sup>th</sup> annual **Walk to Remember** at the Ipswich River Park in North Reading. The **Walk to Remember** is a way for us to gather together and honor the lives of our children, grandchildren and siblings. It also serves as our chapter's largest annual fundraiser and thereby supports our mission, including our chapter meetings, our monthly newsletter, our website and our chapter events.

Please click on this link to register for the Walk to Remember: [2024 Walk to Remember](#) . You may register as an individual or a group. Registration fee is \$15 per person, but children under the age of 12 may participate for free. After you have completed the form, click on the **Submit** button. You will then be transferred to our chapter **PayPal** account, where you can process your payment via credit card.

The event will start at 9 AM and end at 12 PM. Pizza will be served for all. The chapter will also provide bottled water and snacks. Attendees are free to bring their dog to walk with us.

NOTICE: Our Chapter is looking for an Assistant Website Manager to work with our long time Website Manager. Time commitment is estimated to be a few hours a month once trained. If you are interested in discussing the role please email [tcfnoshoreconnect@gmail.com](mailto:tcfnoshoreconnect@gmail.com)



	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 Website Sponsorship

In order to help cover our chapter website fees, we invite our members to sponsor our chapter website for 1 month in memory of their children, grandchildren or siblings. The monthly website sponsor donation is \$25 per member and the maximum number of sponsors per month is 2. Sponsors may post a message to their children, grandchildren or siblings; this message will be displayed in the Website Sponsor column on the Home page of our website and will also appear in our chapter newsletter.

If you would like to sponsor our chapter website, please contact our Website Manager via email: [tcfnoshoreweb@gmail.com](mailto:tcfnoshoreweb@gmail.com)

Website sponsor signup sheets are also available at our monthly in-person meetings.





# Love Notes



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

*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 – August 2024**



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)