



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

July 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 1st Monday and 3rd 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.
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, 8/21/24

In-Person Meeting - 7:00 PM

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

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: Feeling Overlooked / Forgotten in Your Grief

Wednesday, 8/28/24

7:00 PM

Online Video Meeting

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

Topic: Open Sharing Session

Tuesday, 9/3/24

7:00 PM

In-Person Meeting

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

Topic: Open Sharing Session

Chapter Leader: David Paul
tcfnoshoreconnect@gmail.com

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ALYSSA MAY JOY

*There are some who bring
a light so great to the world,
That even after they are gone,
the light remains.*

Alyssa May Joy
August 20, 1974 - November 14, 2022

Love you always and forever,
Dad

-and-

TOM & CHRISTOPHER POPE

Christopher,
You would have turned 30 this year.
Your twin brother mentioned to me
a few years ago that he hates
celebrating his birthday because
it's not fair that he got to keep living
and you didn't.
You will always be a part of us.

Tom,
As your nephew and niece are growing,
our memories of when you were their age
pop into our heads more frequently . . .
so many happy ones.
You are an incredible gift to our family.
We are forever united.



We send our love to both of you!
Mom & Dad, Dave,
Kelly, Ian, Tom and Nell



Why is it that when you're grieving, Sunday seems to be the worst day of the week?

At least that's the way it was for me.

After my loss, Sunday seemed like this vast expanse of time in front of me with nothing to do but deal with my thoughts and feelings.

For me...that was far more difficult to deal with than doing all the things that I needed to be doing during the week.

On Sunday, absent were the routines and busy schedules that filled my weekdays, and made time march efficiently forward. Weekdays seemed to provide less space to think, hurt, and feel the massive absence of my loss.

Here's the thing...Sunday just left me a lot more quiet time to reflect.

The very qualities that I cherished about our Sundays together left me longing for Monday for the first time in memory.

Everyone else seemed to be doing something on Sunday with the exception of me.

Going to church was a brief distraction, and an opportunity to be around other people, but I was still coming home to an empty house.

Obligations during the week were a healthy distraction, and the lack of those on Sunday seemed to leave a void that I couldn't fill.

Routines can be comforting, but my routine on Sunday was to sit around and do nothing but be sad.

I realized I had to change that!

I did it by planning a "break-the-blues" activity every Sunday, whether it was getting out of the house, or building in a couple of hours to do something I enjoy.

Taking a walk on the beach, going to a store I like, trying a new recipe, watching one of my favorite movies, reading a good book on the deck, or just listening to music. All these things got me out of my head for a while, and gave me a much needed break from my dance with grief.

Whatever it is that works for you...take a mental health break from your grief today and just lose yourself in something else.

Gary Sturgis - "Surviving Grief"



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 22nd, we are planning to hold the North Shore-Boston Chapter's 9th 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.

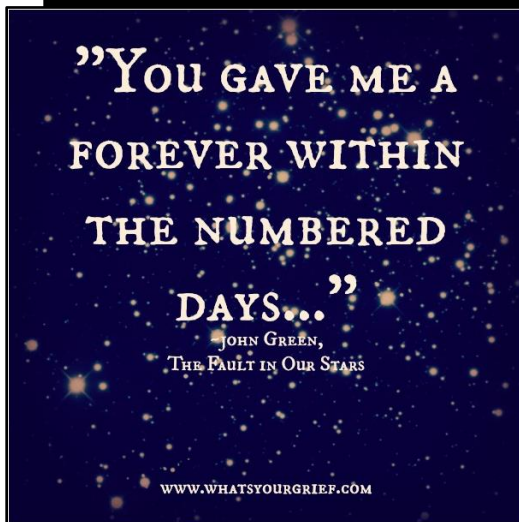
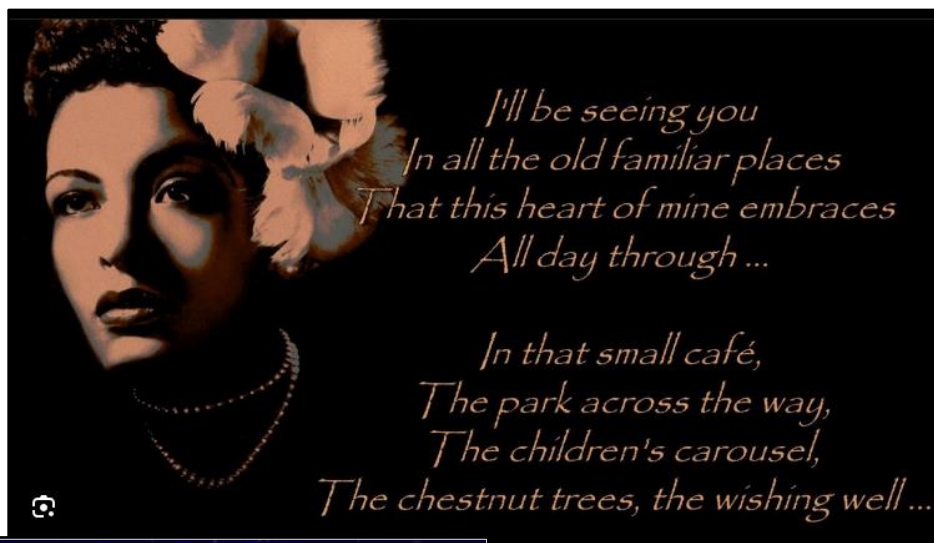
Please click on this link to register for the Walk to Remember: [2024 Walk to Remember](#) . You may register as an individual or a group. Registration fee is \$15 per person, but children under the age of 12 may participate for free. After you have completed the form, click on the **Submit** button. 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. Participants are welcome to bring their own picnic lunch. The chapter will provide bottled water and snacks. Attendees are free to bring their dog to walk with us.

“Grief is not linear. People kept telling me that once this happened or that passed, everything would be better. Some people gave me one year to grieve. They saw grief as a straight line, with a beginning, middle, and end. But it is not linear. It is disjointed. One day you are acting almost like a normal person. You maybe even manage to take a shower. Your clothes match. You think the autumn leaves look pretty, or enjoy the sound of snow crunching under your feet. Then a song, a glimpse of something, or maybe even nothing sends you back into the hole of grief. It is not one step forward, two steps back. It is a jumble. It is hours that are all right, and weeks that aren't. Or it is good days and bad days. Or it is the weight of sadness making you look different to others and nothing helps.”

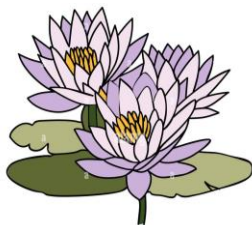
— Ann Hood

From the Facebook page “Grief Speaks Out”




July Birthdays



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




July Angel Dates


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 Bonfig
 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. 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

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: tcfnorthshoreweb@gmail.com

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



Love Notes



In loving memory of Frank

Together we share one heart
Happy Birthday



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**



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North Shore-Boston Chapter
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NEWSLETTER – July 2024



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