



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

June 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



Monday, 7/1/24
7:00 PM

In-Person Meeting

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

Topic: Open Sharing Session

Wednesday, 7/17/24

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: Does the Way Our Siblings Died Affect Our Grief?

Saturday, 7/20/24
11:30 AM

SUMMER BBQ

Wednesday, 7/24/24
7:00 PM

Online Video Meeting

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

Topic: Sharing Precious Memories

Chapter Leader: David Paul
tcfnoshoreconnect@gmail.com

978-771-6345

Newsletter Editors: Eden Paul
 Regan

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

tcfnoshorenews@gmail.com



ROGER COSTA

In memory of our son and brother,
Roger

It has been 34 years,
and not a day goes by
without warm thoughts
and happy memories of you!

Love,
Mom, Dad and Matt

-and-



ALEXANDER THE GREAT WHIPPLE

Happy 15th Birthday Alexander!

We love you
and miss you so much!
Please continue to watch over us!

Love,
Mommy, Daddy, Julia and Elizabeth



Grief is Human so Let's Talk About It

By ELEANOR HALEY

From: What'sYourGrief.com

Grief is human, but this doesn't mean you have to like it.

In case you're worried, I will not be giving a sanctimonious lecture about how you should embrace death and grief because they are a part of the human condition. Yes, death is a part of life, but it's the part that ends it, and that doesn't sit well with me.

No, you don't have to like grief, but there may be a benefit in acknowledging that it is a part of us. It is a normal human experience; therefore, allowing it to exist within us is okay. We do not need to rush to cure it, like a virus or to exorcize it, like a demon. Instead, we must find ways to live alongside it, just as humans have been doing since the beginning.

Our loss and grief represent just one spot on a very long and complex timeline full of human loss and suffering of all kinds. I don't say this to minimize anyone's grief in the here and now. On the contrary, I have always believed that people should fully recognize the depth and importance of their losses. Knowing the universality of pain and loss can bring comfort and perspective, but it doesn't make it hurt any less. Likewise, the fact that tragedy has always existed doesn't make it any less tragic when it happens.

For many people, grief is the single most challenging thing they've ever experienced. So it makes sense that some people might feel like they've woken up in a new body in a new (way worse) world. Grief is one of those experiences that feels difficult to wrap your head around. It feels different each time it happens to you. And though you may recognize thoughts and emotions, everything is intertwined and more intense. Grief is unmistakable, yet a master of disguise, which is a confusing but appropriate sentence because grief is often two things at once.

But it is *only because grief is so elusive* that I feel the need to adamantly say--grief is human. Because the experience is unpredictable and scary enough without adding to its mystique. It begins with human love and (or) attachment and reflects how individual people learn to make sense of a life that's missing significant and irreplaceable pieces. In reality, it's far more complex than this, but it is undeniably "us".

If grief is an everyday human experience for those who experience loss, can we please start talking about it like everyday ordinary people?

We should, of course, pay appropriate reverence and respect to the people who've died, and we should be sensitive to the impact and importance of people's losses. But this does not mean that we need to tiptoe around the subject of grief itself.

Grieving people already feel like they're wearing the scarlet letter 'G' (as in griever). Whether or not others know about their loss, *they know* they're walking around with a hidden dimension that can only be mentioned in specific ways with certain people. And the sad thing is, many people feel this way, but because we don't openly talk about loss, everyone thinks they're the only one.

People treat grief like a sometimes-subject. As in, only *sometimes* should one feel free to talk about anything beyond surface-level. Yes, there is a time and place for everything. But why is it that grief has so few times and places? True, grieving people rightfully draw boundaries around when and where they want to discuss their loss experiences. But, I can't help but think that if our society could stop being so weird about grief, people might be able to draw their boundaries a little wider.

And I've noticed after working in the field for a long time, people with a relationship to grief often feel immense relief when they *finally* find themselves in a group or setting where they can just have open and regular conversations about their experiences.

How can we make this more of the norm?

I'm not sure, but I guess one thing we can do is work to remove the expectation that people have to talk about their grief-experiences in *any* prescribed way; and let them express themselves without fear of defying a social norm, being policed, shut down, or judged. Easier said than done? Yes. But you have to start somewhere.




June Birthdays


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 Oullette
 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 and 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




June Angel Dates

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
 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
 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 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



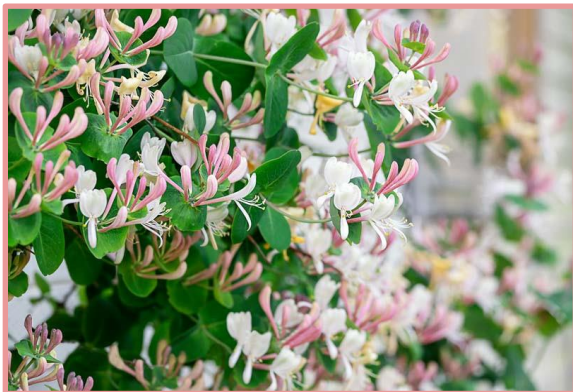
	<p>Our telephone friends are here to help you if you feel the need to connect with someone outside of our usual meeting night. We are not professionals – we are all bereaved parents seeking to find a way through our grief.</p> <p>Please be considerate in the timing of your calls to these volunteers.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

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

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





Summer BBQ

Saturday, July 20, 2024

11:30 AM

Stage Fort Park

Gloucester, MA

Where: Stage Fort Park, Gloucester, MA

When: Saturday July 20, 2024, starting around 11:30 am

Hotdogs and hamburgers will be provided.

Please contact Pat (booklovr@aol.com) to sign up to bring other items.

Please bring your own chairs or blankets to sit on.

Parking is available in the park for \$20 per car but reservations must be made on-line (up to 10 days prior) see below for details. Free parking is available on Western Ave, right around the entrance to the park, but be aware that some spots are 1 hour parking only.

Parking info:

Non-Resident Online Beach Parking Reservation System

Our beaches fill up very quickly in the summertime as Gloucester is a world-renowned vacation destination and a popular day-trip spot.

The City will be utilizing Blinkay, a beach parking reservation system, for non-resident beachgoers. Reservations can be made up 10 days in advance on the Blinkay mobile app or [Blinkay website](#). Reservations are required for non-resident parking at Good Harbor Beach, Wingaersheek Beach, and Stage Fort Park from Memorial Day Weekend until Labor Day.

If you have any questions, please contact Steve Bell at bellps@msn.com



Love Notes



In memory of my son Donald on his Birthday June 30th,

From Malcolm 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**

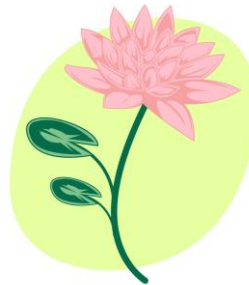
Message:

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

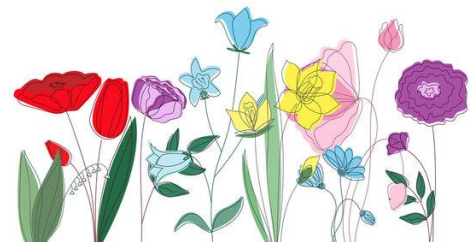
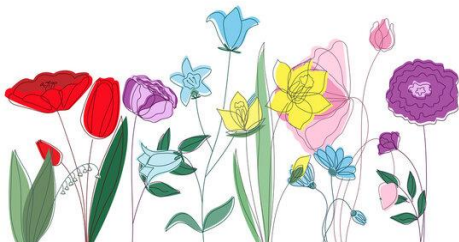
RETURN SERVICE REQUESTED

**DATED MATERIALS
PLEASE FORWARD**



The Compassionate Friends
North Shore-Boston Chapter
Supporting Family After a Child Dies

NEWSLETTER – June 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