



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

March 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 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



**Monday, 4/1/24
7:00 PM**

Online Video Meeting

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

Topic: Open Sharing Session

Wednesday, 4/17/24

Online Video Meeting - 7:00 PM

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

Topic: The Effect of Grief on Relationships

-and-

Sibling Group Online Video Meeting - 7:30 PM

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

Topic: Dealing With the "What If's?"

**Wednesday, 4/24/24
7:00 PM**

In-Person Meeting

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

Topic: Circumstances of Our Loss

**Monday, 5/6/24
7:00 PM**

Online Video Meeting

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

Topic: Open Sharing Session

Chapter Leader: David Paul
tfnoshoreconnect@gmail.com

978-771-6345

Newsletter Editors: Eden Paul
Regan Lamphier

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

tfnoshorenews@gmail.com

ARAM C. KARAKASHIAN

Gone 25 years on January 3.



You are always loved
and dearly missed.

Love,
Mom and Dad

-and-

JON J. McGLINCHEY

Jon, your memory will always live on
yesterday, today & tomorrow

*Thinking of all of my bereaved siblings... **Heaven's Door**
(Harrell 07-07-99)*



*My Dear Sis, I had to go before you,
My life on earth was through.
But I will stop just inside Heaven's Door,
And there I will wait for you.
At night look across the star filled skies,
Past the moon and even beyond.
You should know my leaving could never break,
This Heart's undying bond.
I had to go, you see,
My journey to earth was through.
You know I will be close behind,
I will never be far from you.
Across the far reaches of time and space,
My Love will always reach as far.
For you will forever, carry a piece of my Heart,
No matter where you are.
We had no way of knowing who would remain,
Or even who would be first on Heaven's Shore.
But you'll find me already here
I'll be waiting just inside Heaven's Door.*



My baby brother,
Missing you today, yesterday & forever!
Love, your sister

The Bereaved Mother: A True Superhero

from Still Standing Magazine by Still Standing Contributor Jess McCormack

The bereaved mother is a warrior. Each day she faces the world whilst carrying the greatest of pain.

Each day she lives while her child does not.

Each day she fights to stay standing as grief tries to tear her down.

The bereaved mother is a superhero.

She survives, she thrives, thanks to superpowers gifted to her by her little one who could not stay.

Her Eyes

The bereaved mother sees things that others can't see.

A fluttering butterfly, a feather on the breeze, a heart-shaped leaf, and the way the light dances.

Beauty catches her eye and sends a message to her soul from the one she loves but can no longer hold.

The bereaved mother's vision is powerful, enhanced to capture these signs of love.

Her Memory

Though it may seem fuzzy at times, the memories blurry and hard to grasp, the bereaved mother's memory is powerful.

When the time is right, when it is quiet enough, safe enough, she can recall in the most vivid detail those precious moments with her baby, of growing her baby, of saying goodbye to her baby.

Though she fears those memories are fading, they never truly will, for the bereaved mother's memory is extraordinary.

Those moments are etched forever in her heart, and no amount of time can erase them.

Invisibility

The ability to disappear is both a protective power and a curse for the bereaved mother.

She can hide her grief beneath a cloak of invisibility.

When it's too sore, too private, or simply too much, those who don't already know won't see her loss—unless they look closely at the sorrow ever-present in her eyes, or at the stoop of her shoulders as she carries the weight of her grief.

The bereaved mother has the power to hide her grief, and yet with that invisibility comes desperate loneliness as she longs to connect with someone who understands.

The Mask

Like many superheroes, she wears a mask.

Her mask looks impressive, but it hides so much of the pain.

It hides her sadness, her tear-streaked cheeks.

It hides her anger, which she feels is too ugly for most witnesses to bear.

The mask says to the world "I'm coping," and the world applauds her courage.



But inside, the bereaved mother withers a little more with each accolade and wishes someone could see the broken mama inside.

Super Strength

The bereaved mother has a strength that defies words.

She stands tall, chin raised with stubborn determination, eyes bravely open wide to this world in which the worst thing imaginable has happened.

Through all her battles with grief, she carries her child so tenderly in her heart.

The love that emanates from the bereaved mother casts a light into the world that makes it infinitely more beautiful.

And that light, her imprint on our world, that is her greatest superpower.

It is what makes the bereaved mother a true superhero.

Facebook post (March 18,2024), from Dr. Joanne Cacciatore, author of *Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief*

Someone asked me today if the sorrow I still feel (because my child died many years ago) gets in the way of “gratitude.”

First, let’s talk about why you’d ask this question of me. Second, let’s talk about what gratitude means to you because for me gratitude doesn’t equate to an eradication of grief. In fact, one of our research studies showed that grieving parents reported a deeper appreciation for life - when they felt ready and that they had the space to open to those feelings.

So, yeah, seemingly antithetical experiences can coexist. I am not an ungrateful person. I recognize that having running water, a safe home, and living children are things for which I feel gratitude.

And also, one of my children isn’t here with me so there isn’t a day that passes when I’m not missing her and feeling sorrow for all the time we missed together.




 **March Birthdays**

Aram Karakashian son of Pat and Garo Karakasian
David Conant Siljeholm son of Anita Siljeholm
Ricardo Melo son of David and Theresa Melo
Brian T Wilson son of Linda Wilson
Jon Paul Rahall son of Bernadette Rahall
Tanya Jean Duncan daughter of Dawn Lee Black and Dan Golan
David Patrick Blais son of Sally Blais
Deacon Winslow Harris Debra Glabeau
Dillon Patrick Dwyer son of Wayne Dwyer
Robert DeCarlo son of Janet DeCarlo Staples
Nicholas Alden Chittick son of Joann Chittick
Joseph DeLuca son of June Doherty, nephew of Gloria Phelan, grandson of Helen Donadio
Kaleigh Lambert granddaughter of Irene Lambert
Hunter Fredrick Siebel grandson of Vita and Gordon Trainor
Julian Matthew Mok son of Lawrence and Beatrix Mok
Sheryl Kelley Daughter of Donna and Robert Maloney
Patricia Gail Kingston daughter of Elaine and John Kingston
Mary Curran daughter of Tom and Catherine Curran, sibling of Ryan, Kelly & Meghan
Frankie Simpson son of Carolyn Skane
Rachel-Marie Thomas daughter of Kellyanne Pheulpin and step daughter of Todd Pheulpin

 **March Angel Dates**

Shane Michael Loizides son of Janet Sutcliffe, sibling of Branden Loizides
Maria Lorraine Andrews daughter of Michelle Smith
Ryan Covino son of Linda and Bill Covino
Alfonso Daniel Sisneros son of Bob & Laura Reich
Joseph DeLuca son of June Doherty, nephew of Gloria Phelan, grandson of Helen Donadio
Julian Mok son of Lawrence and Beatrix Mok
Simon Aaron Turner Grandson of Cheryl and Marc Turner
Jennifer Margot Jacob daughter of Claudette Jacob
Tanya Anne Phillips daughter of Marilyn and George Phillips
Derek Frechette son of Janet Frechette
Andrew Geljookian son of Nancy & John Geljookian
Scott Barry Peterson son of Tim & Patty Peterson
Susan Eaton daughter of Patti Eaton
Christopher Howland Webber son of Joanie Howland and Bill Webber
Jon James McGlinchey son of Jim and Laureen McGlinchey
Justin McLeod son of Kim McLeod
Maren Cao daughter of Xuandong Cao
Andre Luis Ribeirinha-Braga son of Dianne & Sergio Braga
Shannon Walsh daughter of Kimberly and Kevin Walsh



	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: tcfnoshoreweb@gmail.com

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



TCF NORTH SHORE-BOSTON SPRING EVENT

“Garden For Our Children”

Sunday, May 19th 2024

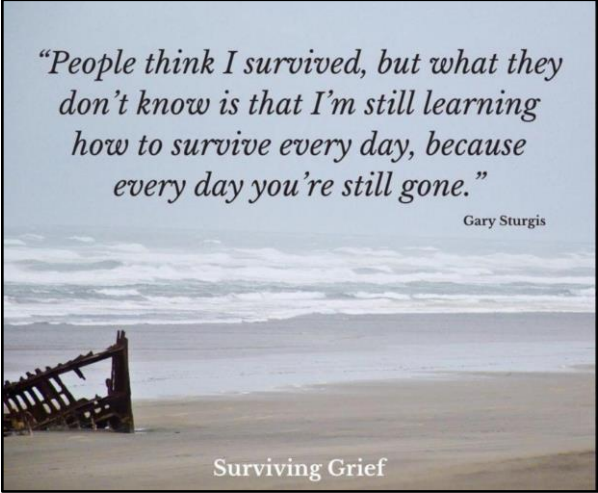
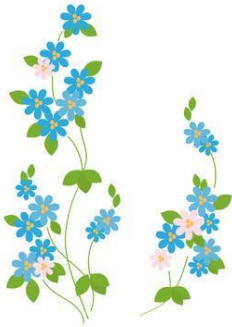
1:00PM – 4:00PM

Aldersgate United Methodist Church

235 Park Street, North Reading MA



Love Notes



"When your fear touches someone's pain, it becomes pity, when your love touches someone's pain, it become compassion." — Stephen Levine

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

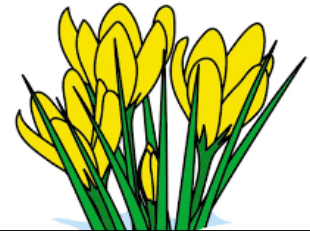
RETURN SERVICE REQUESTED

**DATED MATERIALS
PLEASE FORWARD**



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NEWSLETTER – March 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