



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

April 2025

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 griever 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.thecomf.org

Upcoming Meetings

Monday, 5/5/25
7:00 PM

In-Person Meeting

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

Topic: Open Sharing Session

Sunday, 5/18/25

SPRING EVENT

Wednesday, 5/21/25

In-Person Meeting - 7:00 PM

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

Topic: Coping With Everyday Life

-and-

Sibling Group Online Video Meeting - 7:30 PM

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

Topic: Open Sharing Session

Wednesday, 5/28/25
7:00 PM

Online Video Meeting

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

Topic: Family Vacations and Gatherings

Chapter Leader: David Paul

978-771-6345

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Newsletter Editor: Eden Paul

eden.r.paul@gmail.com

Regional Coordinator: Dennis Gravelle

tcfnoshorenews@gmail.com
978-532-2736



ERIC THOMAS HILL



*Eric Thomas, simply the best boy ever!
We miss you every day,
but know that you are with us
in so many other ways.
Your loving spirit continues
to light up our lives.
Love you to the moon and back!*



Love, Mama xoxo

-and-

JULIA ANN FORMAN

Julia,



*Our lives here on earth go on without you.
But nothing is the same.
We have to conceal our broken hearts
when someone says your name.
Sad are those that love you.
Silent are our tears that fall.
Living here without you
Is the most difficult part of all.
You did so many things for us.
Your heart was kind and true.
And when we needed someone,
we could always count on you.
The special years will not return
when we were all together
but with the love in our hearts
YOU WALK WITH US FOREVER.*

TILL WE MEET AGAIN.

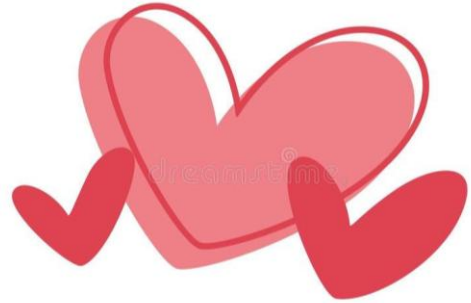
*With deep love,
Mom, Bob, Josh, Brie, Claire & Evie*



After son's tragic fentanyl death 2 years ago, this dad gave emotional speech on grief

"While the weight of grief can sometimes feel unbearable, I made the decision today not to stay in bed, but to show up."

Emily Shiffer (04.16.25)



equiteaco/Instagram

The [loss of a child](#) is an unimaginable pain. Parents [who outlive their children](#) live with a [deep grief](#) that often settles in the questioning of why they didn't 'go' first. Hard days are a given, especially the anniversary of a passing.

For tea shop owner and entrepreneur Quentin Vennie ([@quentinvennie](#)) that day recently came on April 13, 2025. In a moving video shared on Instagram, Vennie shared in a speech at his shop [The Equitea Co.](#) in Baltimore, Maryland, that it was the second anniversary of his son Christian's passing due to accidental fentanyl consumption.

Rather than stay in bed all day grieving, he found himself at his shop surrounded by supportive friends and community. "Today marks 2 years since my son Christian passed away 💔👉," he wrote in the post's caption. "There isn't a day that goes by where I don't think about him. And while the weight of grief can sometimes feel unbearable, I made the decision today not to stay in bed, but to show up—with love, for the people who continue to show love to us."

Vennie can be standing up behind the counter of his shop as he begins to give a speech to his customers. "I'm sure nobody knows this, but two years ago today I lost my son. He was 17. He accidentally consumed fentanyl," he says as he starts to become overwhelmed with emotion. He continues, "I just want to share my humblest gratitude and appreciation for everybody here right now, because ordinarily on this day I'd probably be home grieving. And instead I'm here making

matcha for everybody," he says, as people in the shop begin to cheer him on and give him encouragement.

He ends his speech with more words of gratitude. "I'm truly humbled by the love and support that you all show and continue to show, and how you continue to show up. This is a hard day for me and my family. And you all are the only reason I got out of bed this morning. So thank you so much," he says as he begins to cry with his head in his hands.

The shop erupts in applause. As the camera pans to the crowd, many people can be seen wiping away tears.

In the post's caption, Vennie shared more about the loss of Christian and how a day doesn't go by where he doesn't think of him. "Every day, I do this for Baltimore. But today, I did it for Christian. I love you, baby boy and I miss you more than I can express," he wrote. "Thank you to everyone who continues to support our journey. Your presence means more than you know ."

The emotional video got a resounding response from viewers. "A loud reminder to be kind because you don't know what someone had to push through to show up today. Love and light to this family 💚," one wrote. Another shared, "Your candor is so pure. Next time I'm in town, straight to this spot. Thank you for your honesty." And another viewer added, "You are a Superman and an incredible father! Give yourself the grace to grieve and be Clark Kent! We love you brother!"

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

Grieving the Loss of a Child: Coping & Moving Forward

Common Feelings After Losing a Child

- Intense sadness or depression
- Yearning
- Anxiety or fear about the future
- Shock or difficulty comprehending the loss
- Confusion
- Loneliness
- Anger or resentment over what happened, especially if you feel that the loss could've been prevented
- Guilt if you feel responsible in some way
- Issues with sleep

CHOOSING therapy


When it comes to wholeness, We're never quite as close as we think, but we are also never as far as we fear.

"Grief is a process. When a person is grieving, it's important that they take the time to heal (especially the loss of a child). There is no right way to grieve, and there's no correct amount of time. Just allow yourself to go through the motions and the process and acknowledge the feelings that you're having. On some days, you may be more active, and on others, you may not have the energy to do anything — that's OK. Other things include reaching out for support, attending a grief support group, creating a journal, meditating, and exercising."


Talkspace therapist Reshawna Chapple, PhD, LCSW




April Birthdays




Adam Calogero Lavoie son of Fernad Lavoie and Joyce Calogero Brother of Reid Lavoie
John Arthur Driscoll son of John and Susan Driscoll
Kristina Corina Latham daughter of Kerry and Kevin Latham sibling of Josh Latham
Charlotte Mae Martin daughter of Kara Paine
Thomas "Scott" Gray son of Laura Gray
Christopher Warner Fennelly son of Laurie Malonson & George Fennelly
Lia Madigan daughter of Maile and Daniel Madigan
Matthew Dalimonte son of Patti Dalimonte
Ryan James Gilligan son of Paula Gilligan
Jimmy Kiriakos son of Sandy Tsakiris
Colin Ambrose McComber son of Shari McComber
Aaron Joseph DiBella son of Suzanne DiBella
Andrea Martocchia son of Diana and Paul Martocchia
Xavier Salaman son of Susan Salaman
Julia Ann Forman daughter of Patricia Foreman Powell and step daughter of Robert Powell
Daria Elise Pearlman daughter of Jill Pearlman
Edward Chretien son of Donna Chretien
Brandon Ste. Croix son of Andrea & Larry Green
Robert Alan Greenwell son of Celeste Sullivan




April Angel Dates



Ricardo Melo son of David and Theresa Melo
Tanya Jean Duncan daughter of Dawn Lee Black and Dan Golan
Brian T Wilson son of Linda Wilson
Adam Calogero Lavoie son of Fernad Lavoie and Joyce Calogero Sibling of Reid Lavoie
Charlotte Mae Martin daughter of Kara Paine
Jennifer Gianocostas daughter of Skip Gianocostas and stepdaughter of Diane Gianocostas
Alexander John Whipple son of Richard and Nancy Whipple
Reid Robert Sacco son of Gene & Lorraine Sacco
Eric Hill son of Peggy & Tom Hill
Bryan Robert Cadigan son of Debbie Daly
Marquis Bergendahl son of Pauline and Chris Whynot
Craig Gentleman son of Mary and Jack Gentleman
Kenneth Barclay son of Rachel and Philip Barclay
Gabriel Feld son of Phyllis Feld
Lenardo Clement son of Muriel Clement
Delaney Marchant daughter of Kathy and Bob Marchant



	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.



Love Notes



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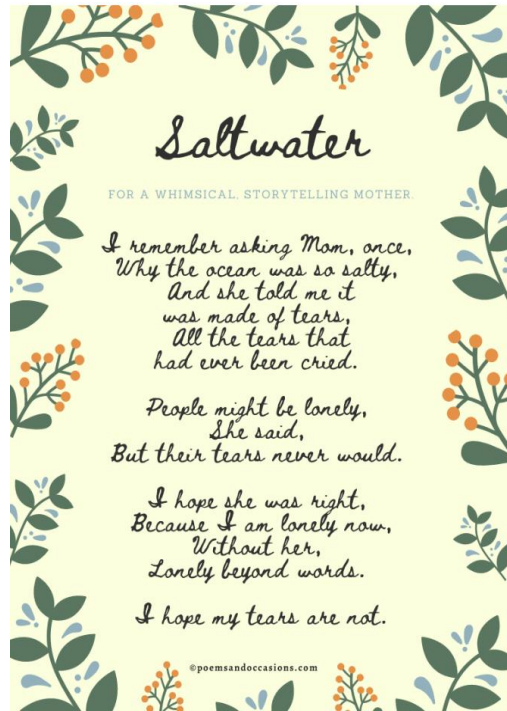
Let the globe, if nothing
else, say this is true:
That even as we grieved,
we grew
That even as we hurt,
we hoped
That even as we tired,
we tried

— AMANDA GORMAN

"We do not have to rely
on memories to
recapture the spirit of
those we have loved and
lost – they live within our
souls in some perfect
sanctuary which even
death cannot destroy."

Nan Witcomb

"Love has no age, no limit;
and no death."
- JOHN GALSWORTHY



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 _____

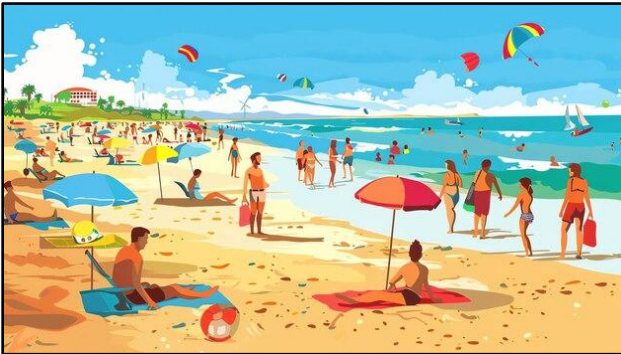
Message:

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
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NEWSLETTER – April 2025



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