



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

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

Upcoming Meetings

Tuesday, 9/2/25
7:00 PM

In-Person Meeting

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

Topic: Facing Difficult Dates

Wednesday, 9/17/25

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 attend

Topic: Dealing With Other Family Members' Grief

Sunday, 9/21/25

WALK TO REMEMBER

Wednesday, 9/24/25
7:00 PM

Online Video Meeting

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

Topic: Open Sharing Session

Chapter Leader: David Paul

978-771-6345

tcfnoshoreconnect@gmail.com

Newsletter Editor: Eden Paul

eden.r.paul@gmail.com

Regional Coordinator: Dennis Gravelle

tcfnoshorenews@gmail.com

"When your fear touches my pain, it turns to pity. When your love touches my pain, it turns to compassion"

BRIANNA LEE PAUL

an untamed life

*you never lived your life to the pleasure of others
a wild child blazing her own path
with an honesty so bold it caused most of us to cower
you knowing but never fearing the aftermath
time has now created just enough space
to appreciate the truth unspoken
you were meant to part this measured realm*

unbroken

For Brianna (Bee)

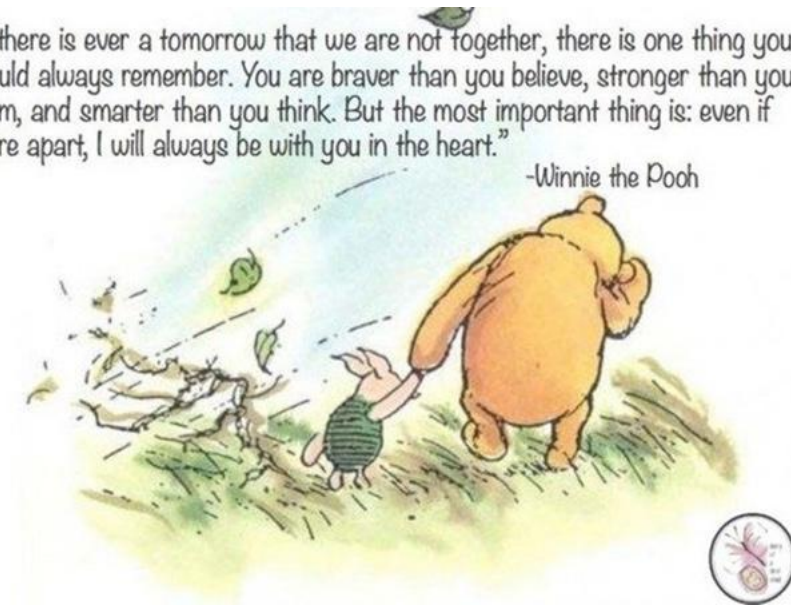
With Love - Mom, Dad, Erin & Eden

-and-

KAYLA ANNE BELL

"If there is ever a tomorrow that we are not together, there is one thing you should always remember. You are braver than you believe, stronger than you seem, and smarter than you think. But the most important thing is: even if we're apart, I will always be with you in the heart."

-Winnie the Pooh



We love and miss you, Kayla.
Love, Mom, Dad and Kieran



MEMORIES AND CONNECTIONS

Posted on August 5th, 2025

Recently, I was shopping for a sympathy card and many of the cards had a message that essentially said, “May your memories bring you comfort.” I received cards like these when my son, Danny died. Perhaps you received similar cards when your child died. My reaction to the sentiment in the cards was that, not only did memories not bring me comfort, but they were a painful reminder of my son’s absence. I didn’t need memories, I needed him back. It’s been 11 years since Danny died, and today I have a different perspective. Those memories that were once so painful, now help keep me connected to my son.

The summer memories are the best. Every summer for 20 years, we would load up the car with bikes, kayaks, boogie boards, and lots of sunscreen and set off for Cape Cod for a week’s vacation. We always had a competition to see who would be the first to see the bridge over the canal. The time away from school, work, and routines became a much-anticipated tradition for our family. When the kids got older, my husband and I offered to take them to other places for vacation, but they both still wanted to go to the Cape. When Danny was in middle school, he wrote a poem about the Cape that captured his feelings about those special times. Here is a snippet from his poem:

*“Cape Cod is the place for me to be me,
to relax by the sea.
There is nowhere I have to be.
That’s the life for me.”*

After Danny’s death at almost 21 years old, I went to a healing concert with Alan Pederson put on by our local TCF chapter. At one point, Alan asked the audience to recall a memory of our loved one and stay with it. The memory that came to mind was of Danny running along the beach when he was about two. Later I wrote about it in my journal: “The sky is a vivid, cloudless blue. The sea sparkles and dances as it stretches to meet the endless sky. The sun slants over the dunes, casting a golden glow over us. As I walk, I watch you. Running, laughing, you are so free and so happy. And I am happy too. Your life has so much potential, so much promise. This golden memory makes me feel warm all over and I want to keep it with me.”

With such ties to Cape Cod, it is no wonder that in my darkest time of grief, I returned there to try to find some peace. I remember vividly that first summer after Danny died. I was at the beach, and I pulled my sand chair into the surf. As the waves rolled over my feet and the sun beat down on me, I just cried and cried and cried. Another

day found me pulling my bike off the bike path, plopping down by the side of the trail and sobbing, overcome by memories of all of us riding on this same trail, perhaps with an ice cream shop as our final destination. Long walks on the beach allowed me time to process my grief and gave me the space I needed to start to heal. Sometimes I came to the beach with my journal and pen and wrote letters or poems to Danny. The beach is where I feel the most connected to Danny because of our shared love of this special place.

With my husband's impending retirement last year, we considered a move to the Cape. This had always been our dream, but after losing Danny, I didn't think I wanted to leave the town where he grew up, where he was buried, and where we had made 36 years' worth of connections. I was afraid that moving away would diminish the connections I had with Danny. After all, he had never been to the house that we would be moving into. After much thought, we decided to make the move. We have made a conscious effort to bring reminders of Danny with us to our new home. His poem about the Cape hangs in our bedroom along with photos of him at the Cape at different ages. His drawing of a fishing boat that he did in high school hangs in our living room. My husband fishes with Danny's fishing gear (he was passionate about fishing.) Although he was never here, he feels so close to us. And of course, as I walk the beach, I feel him walking right there beside me. When I found a pair of angel wing shells, I knew for sure that he was with me.

As the years have passed, I have found comfort in my memories of Danny. Not all my memories are "golden memories" because Danny struggled with mental health issues, and we had many difficult times. However, I have learned to choose which memories I want to focus on and which to allow only a fleeting entrance into my consciousness. I still don't buy those sympathy cards about comforting memories though because I know that that comfort only comes with time.

Perhaps this summer, you will find new ways to nurture your relationship with your child. Our children's lives on earth may end, but our love for them and their love for us lives on forever.

JOAN BAKER SCOTT

Joan Baker Scott is a bereaved parent who lost her son, Danny, to suicide in 2012. She has attended several TCF national conferences. Joan has published a book for bereaved parents, "Getting Through the Days: A Journey from Loss to Life." Joan and her husband, Dan, were awarded the 2022 Grace Johnson Volunteer Appreciation Award from the Parmenter Foundation, a non-profit organization committed to helping grieving families build resilience and facilitating their journeys toward healing. Joan is a retired school librarian and lives on Cape Cod.



August Birthdays

Alfredo Alexis Trejo son of Alfredo & Lilliam Trejo
 David Eric Czarnota son of Karen Czarnota
 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 Annmarie 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
 Matthew Ryan Sagarino son of Maria Sagarino

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

WALK TO REMEMBER -Sunday, September 21, 2025 9:00AM – 11:30AM Ipswich River Park, North Reading MA

The TCF North Shore-Boston Chapter annual Walk To Remember will take place on **9/21/25**. To **REGISTER** see this link: [TCF North Shore-Boston Walk-to-Remember](#). All online T-Shirt orders are closed but we will have a limited number of T-shirts available to purchase at the event.

If you have any questions, feel free to contact Tim at tglendinning@crowuniform.com or call (908) 902-8631



Love Notes



In Memory of Eric Hill,

We love and miss you every single day! Your light keeps shining and brings us joy. Happy 29th Heavenly Birthday. Love y0ou to the moon and back!

Love Mama XOXO



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 – August 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.....

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tcfnoshorenews@gmail.com