



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

Monday, 1/5/26
7:00 PM

In-Person Meeting

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

Topic: Sharing Precious Memories (feel free to bring a photo of your child)

Wednesday, 1/21/26

In-Person Meeting - 7:00 PM

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

Topic: How We Have Changed
-and-

Sibling Group Online Video Meeting - 7:30 PM

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

Topic: Learning to Socialize After a Death

Wednesday, 1/28/26
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



JULIA FORMAN

The days are long but the months move fast.
Missing you every second. How long does this last?
They say time heals but I'm not sure that's true.
I've waited so long, I still desperately miss you.
I think of you when I wake, morning, noon and night.
I close my eyes and go to sleep I hope that you'll be there.
But when I wake, reality hits and I realize life's not fair.
I'm lucky to have memories that I cherish with all my heart.
I think about them often. So, really, we are never that far apart.

Julia, when you walked into a room,
everybody felt like things would be okay.
Your hearty laugh filled the room.
We laughed because when you slept,
you sprawled & took the entire bed.
You made the best turkey & pie.
When you were a little girl,
you would put on Baba's wigs
and dance around the room.
Your commitment to underserved children
was admirable. So many benefited from you.

We love you,
Mom, Bob, Josh, Briana, Evie and Claire

-and-

TOM POPE

HAPPY 40th BIRTHDAY, TOM!!!

Your brother, Dave, reserved seats
for you and Christopher at his wedding in July.

That was a sign that
you and Christopher are always with us.

We attended your nephew, Tom's
youth soccer game a little while ago,
which brought back so many memories
of watching you play your favorite sport.

We will forever be grateful that
you and Christopher are a part of our lives.

We miss your physical presence,
but truly believe that we are
all still connected in so many ways.

We will light 40 candles for you on December 5th!

We love you!
Mom, Dad, Dave & Marisa, Kelly, Ian, Tom & Nell



December Birthdays

Joel Wesley Lindquist son of Roy and Mariann Lindquist
Jonathan Corey son of Reenie McCormack and Ron Corey
Michael John Smithers son of Marnie Smithers & sibling of Chanel Powers
Nicholas Ryan Amirault son of Rick & JoAnne Amirault
Penney Richards daughter of Dave & Penny Richards
Emily Anne Driscoll daughter of David F. Driscoll and Rosanne Benedetto Driscoll
Deirdre Helene Olson daughter of Catherine E.B. Olson
Charlee Charette Daughter of Christopher and Samantha Charette
Joey Domenici son of Carla Domenici
Jillian Anne Sullivan daughter of Jacqueline Sullivan
Thomas Hart (Tom) Pope son of Carmen and Jeff Pope
David John Santucci son of John & Marie Santucci
Andi Maree Payne daughter of John Payne
Ethan Costello son of Kelly Costello
Nicholas Sean Carey son of Linda Calandrella
Tom Alfieri son of Diane Alfieri
Dakota Thomas son of Jeanne Mace and brother of Lauren Steeves
Raymond Moyette and Dennis Costa siblings of Alice and Gil Costa
Jason Dube son of Eileen Rosato
Ian Byrnes son of Julie and Geoff Moore
Elizabeth "Liz" Chandler daughter of Kimberly Surrette
Delaney Marchant daughter of Kathy and Bob Marchant
Eric Kenneth Mitchell son of Marlene Mitchell
Nicholas Larkin son of Lauren Ferrari

December Angel Dates

Andrew W. Taylor son of Constance Taylor
Joey Bolivar son of Reggie and Cindi Bolivar
Eric Howard Krasker son of Barry and Cheryl Krasker
Catherine Cann daughter of Anna Bourque
Ethan Henry Lamphier son of Regan and Bill Lamphier
Nathaniel (Nate) Doiron son of Stacey & Linus Doiron, grandson of Dorothy Molley
Andi Maree Payne daughter of John Payne
Amanda L Dick daughter of Kathy Nelson
Ashley St Onge daughter of Rick and Chris St. Onge
Darcie Forrestall daughter of Sally and Tim Morse
Max Durham son of Andre and Mary Durham
Peter Thomas son of Jeanne Mace and brother of Lauren Steeves
Julia Ann Forman daughter of Patricia & Robert Powell
Daria Elise Pearlman daughter of Jill Pearlman
Kaleigh Rainone daughter of Colleen and Dean Jaynes
Thelma Zhecheva daughter of Eva Zhecheva
Nicole Marie Haley daughter of Louanne King
Jaith Severino son of Julio Severino and Janibel Rosario, grandson of Scott Clark



ENJOYING THE HOLIDAYS IN A DIFFERENT WAY ... WITHOUT MY BROTHER

Posted on December 15th, 2020

I was shocked and stunned when I received the news that my brother Scott had died in a car accident. I thought my brother was going to be in my life forever. We grew up together, experienced a shared history, and knew things about each other that no one else will ever know. I always assumed we'd raise kids together, grow old together, and share many more holidays together.

So how did I not only survive the holidays, but eventually learn how to enjoy them again without my brother. It was a rocky, painful journey, with pain that hit like waves, sometimes when I least expected it. The holidays brought back so many memories; every song, smell, and tradition was bittersweet.

Initially, joy made me feel guilty. I worried that if I let go of the pain, I would be letting go of my brother's memory. It felt disloyal to experience positive feelings when I missed my brother so much. Well-meaning friends told me that my brother would want me to have a happy holiday, and while I knew this on an intellectual level, my heart wasn't ready to accept it yet.

There were some relatives who tried to recreate a typical Christmas, with family traditions, as if my brother had never died. Not acknowledging my brother was the worst thing anyone could do. The pretense was that everything needed to return back to normal. However, things in my life were forever changed and I needed to figure out how to create a "new holiday normal." For me, this meant finding a way to honor the memory of my brother while at the same time reinvesting in my new life.

Here are some of the things that have helped me during the holidays. I hope they will help you as well. However, everybody who is grieving must decide what works best for them:

Holiday Survival Tips:

- Plan in advance how you are going to spend the holidays, and be able to say no if you need to.
- Take a break from holiday traditions that are too painful –create new traditions.
- Connect with others.
- Share stories of past holidays and spend time reflecting back. Keep your loved one's memory alive for those who were too young to remember the person.
- Include memories of your loved one in your celebration (e.g., light a candle, display pictures, make a toast in honor of the person).

My brother played many roles during the holidays. I can fill some of these roles but there are many more that will never be filled, and I fill those with all the memories that he left behind. Although we are poorer for having lost our loved ones, we are richer for having known them. I hope you will be able to celebrate the happiness, laughter, and memories that your brother brought into your life by enjoying this holiday in a new and different way!

HEIDI HORSLEY

Dr. Heidi Horsley is a grief expert and the Executive Director and Co-Founder of Open to Hope, an international organization committed to providing hope.

YOUR HOLIDAY GRIEF SURVIVAL GUIDE

HOW TO GET THROUGH THE HOLIDAYS WHEN YOU'RE GRIEVING

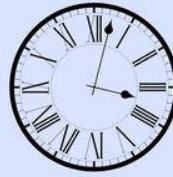
1. LET YOURSELF SAY 'NO'

Above all else, you need to take care of yourself. If you're feeling sad & not up for going to that holiday party - give yourself permission to say no! Stay home, watch a movie and take care of yourself.

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2. IT'S OKAY TO LEAVE EARLY

You might feel like you're up for a social gathering until you get there and realize "I am not okay being here". That's okay! Give yourself permission to go home early - your friends will understand.



3. ALWAYS HAVE AN EXIT STRATEGY

Drive to holiday parties yourself so you have the option to leave as soon as things get too difficult to handle. Avoid hosting if you can - if you host, you can't leave! ALWAYS make sure you have an escape plan in place.

4. YOU'RE ALLOWED TO CHANGE YOUR MIND

So you've said yes to that thing you said you'd do but now you're absolutely dreading it? Know that you're allowed to change your mind! If you've over-committed yourself, be honest! You're allowed to change your mind.

5. SURROUND YOURSELF WITH SUPPORTIVE PEOPLE

Only surround yourself with people who make you feel supported & understand that you're grieving and might not be up for celebrating this year.



6. KNOW IT'S OKAY TO BE SAD & IT'S OKAY TO BE HAPPY TOO




You don't have to love this holiday season.

A lot of it is hard. Give yourself that it's okay to be sad. it's also okay to feel happy - it's okay to get better. It doesn't mean you're "over" the loss.



love lives on.com

	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



Today marks the day that my daughter passed away, 11 years ago. 🥺🥺💔



Hi, my beloved daughter, Daria.

I've remembered that you really loved the movie "Walk The Line" particularly the parts about June Carter Cash, because of a line she said, "I'm just trying to matter." You spoke of this from time to time, in such a sweet way, that I can still hear you, can feel how much this meant to you.

"I'm just trying to matter..."

Starting at a young age, what you seemed to care about most was doing things to help others. In your 34 years you truly did this- as a volunteer, as a friend, a preschool teacher, addiction counselor... a daughter... sister...granddaughter.

I've had a plaque made for you. It's beautiful, and I hope you like it, and that you believe it, because it's really true of you.

"A Beautiful Soul is Never Forgotten"

Daria Elise, Dearly Loved

"You Mattered To So Many"

I miss you so much. You are always with me, every day!

Thank you for loving me so much, Daria. I love you, too, always and forever 💕
your Mommy xoxoxo

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 – December 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