



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

March 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 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.

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The Compassionate Friends, Inc.
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www.thecompassionatefriends.org

Upcoming Meetings

Monday, 4/7/25
7:00 PM

In-Person Meeting

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

Topic: Men / Women (split groups)

Wednesday, 4/16/25

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 the "What If's?"

Wednesday, 4/23/25
7:00 PM

Online Video Meeting

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

Topic: How Grief is Affected by Seasonal Changes

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

Chapter Leader: David Paul

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Newsletter Editor: Eden Paul

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 978-532-2736





JON McGLINCHEY

It's hard to believe another year has passed
since the day you took your last breath.
Missing you yesterday, today and forever
until we meet again!



Just One More Day

by Tanya Lord 2013

*Sometimes I wonder what I would say
If we had just one more day*

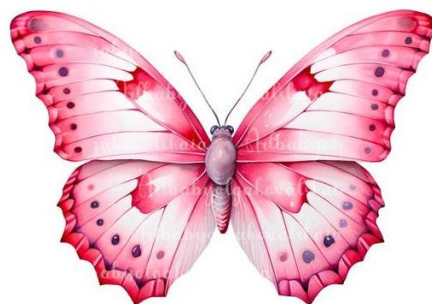
*Would I tell you the news from home?
Ask you about where you now roam?*

*Could I tell you all the things left unsaid?
The guilt and regrets still in my head?*

*Would I want to know that you're okay?
If you please to come back and stay?*

*Would I not say all that much?
And just reach out for one last touch?*

*I don't know what I would say
But I do sure wish for that one more day*



Posted on March 19th, 2025

It is early spring here on Cape Cod and the signs of the season are all around. The daffodils are lifting their faces towards the sun and the forsythia bushes are bursting into bloom. Despite the warmer days and the promise of soon walking the beach in something lighter than a winter parka, spring is a bittersweet time for me. My son, Danny, should be turning thirty-three on the 19th of April, but instead, I will be marking thirteen birthdays without him. Danny died by suicide in February 2012, and my life has been changed forever with his passing.

I dreaded the coming of spring in those early years after his death. The cold and desolation of winter better suited my broken heart. I could not rejoice in the awakening of the earth when my son was not here to be a part of it. Instead of a sense of renewal, I felt burdened by memories all around me. Danny loved the outdoors – he loved fishing, all sports, and working in the yard. It seemed that everywhere I looked there were reminders of Danny's absence.

I wrote about my feelings in a poem, "Lamentations of Spring":

*The sun shines,
but you are not here to feel its warmth.
The grass grows tall,
but you are not here to mow it into submission.
Soon butterflies and dragonflies will dart around,
but you are not here to hold them with your gentle hand.
Now they can only land on the flowers at your grave...
Amidst all this life, I see only death.*



Although my "lamentations of spring" have lessened, it is still hard as the seasons change, and I expect that it always will be. Now the memories feel less like a burden and have become more of a comfort. This didn't happen just with the passage of time, but through deliberate efforts to process my grief. Writing poetry and letters to Danny in a journal helped me to work through my feelings of grief and to start to heal.

Doing things to honor his memory at this time of year has helped too. Each year we plant flowers at his grave and leave a small birthday balloon or painted rock. Gardening has also been a source of healing for me. There is something about bringing new life from the ground, that eases the pain of my loss. I am looking forward to planting a vegetable garden where I will be growing basil for making pesto, one of Danny's favorite summer foods.

He is always with me in everything that I do. I tried to capture that reality in this verse from one of my poems:

*My grief has become a beautiful cloth in which I wrap myself.
A reminder that you are always with me.
It is a part of who I am now.
The weaver's magic has made the wool so smooth and delicate.
The pain is still there, but it is softer, gentler.*

Whether you are still in the winter chill of early grief or starting to find a new way to live without your child, may the new season bring you hope and healing.

- 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.

Where the Sidewalk Ends by Shel Silverstein

There is a place where the sidewalk ends
and before the street begins,
and there the grass grows soft and white,
and there the sun burns crimson bright,
and there the moon-bird rests from his flight
to cool in the peppermint wind.

Let us leave this place where the smoke blows
black
and the dark street winds and bends.
Past the pits where the asphalt flowers grow
we shall walk with a walk that is measured and
slow
and watch where the chalk-white arrows go
to the place where the sidewalk ends.

Yes we'll walk with a walk that is measured and
slow,
and we'll go where the chalk-white arrows go,
for the children, they mark, and the children, they
know,
the place where the sidewalk ends.



"Sometimes I just
look up, smile
and say 'I know
that was you'"

Time Adventure by Rebecca Sugar

Time is an illusion that helps things make sense
So we are always living in the present tense
It seems unforgiving when a good thing ends
But you and I will always be back then
You and I will always be back then

If there was some amazing force outside of time
To take us back to where we were
And hang each moment up like pictures on the wall
Inside a billion tiny frames so that we could see it
all, all, all

It would look like: will happen, happening,
happened
Will happen, happening, happened
And there we are again and again
'Cause you and I will always be back then
You and I will always be back then

"Grief is like the ocean.
It comes in waves, sometimes
calm and sometimes
overwhelming. All we can
do is learn to swim."

VICKI HARRISON
author

 **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
 Desiree Iacobucci daughter of Marisa Iacobucci



 **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
 Henri Wilde Gagnon son of Kacie and Christian Gagnon



	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 SPRING EVENT

“Garden For Our Children”

Sunday, May 18th 2024

1:00PM – 4:00PM

Aldersgate United Methodist Church

235 Park Street, North Reading MA

HELP!

We Need Help!

The Chapter is looking for an Assistant Website Manager. This is not a demanding role but an important one! Our Website Manager has been maintaining our website on her own for 10 years and she would love to have an assistant that she can bring up-to-speed to help her and back her up. If you are interested please email carmenpope@comcast.net .

***TCF National Conference Scholarship
National Conference – July 11-13 Bellevue, Washington***

The TCF North Shore-Boston Chapter is offering four \$500 scholarships (1 per family) for members who are planning to attend the National TCF Conference this year. These will be awarded based upon the order of submission. Details about the scholarship will be emailed to all members in early April .

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



Love Notes



Little dove I love you so
 but I know you had to go.
 So spread your wings
 and fly my love,
 soar above the world my dove.
 Paint the sky in indigo,
 let your graceful colors flow
 and I'll search the sky
 for your rainbow.

-Christy Ann Martine

be enough
 for yourself first
 the rest of the world can wait

- fw



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 – March 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
tfnoshorenews@gmail.com