

The Compassionate Friends

North Shore-Boston Chapter Supporting Family After a Child Dies

Newsletter

May 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 be eaved 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

Monuay, 0/2/20 7:00 PM

In-Person Meeting

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

Topic: The Emotional Roller Coaster

Wednesday, 6/18/25

In-Person Meeting - 7:00 PM

Please contact tefnoshoreconnect@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: Secondary Losses

Wednesday, 6/25/25 7:00 PM

Online Video Meeting

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

attend

Topic: Family Dynamics

Saturday, 7/5/25 4:00 PM

Soup Kitchen Volunteer Opportunity

The Dwelling Place 523 Main Street Woburn, MA 01801

For more information, contact Pat Powell

Chapter Leader: David Paul 978-771-6345

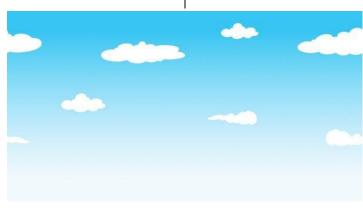
tcfnoshoreconnect@gmail.com

Newsletter Editor: Eden Paul eden.r.paul@gmail.com

tcfnoshorenews@gmail.com 978-532-2736

Regional Coordinator: Dennis Gravelle





BOBBY MOORE

Bobby,



I can't believe it's been 34 years since you became an angel. Some days it seems like only yesterday we were skiing together.

I miss your beautiful smile.

Dad

-and-



GEORGE SILVA

George, we feel so blessed
that you were a part of our lives.
Nothing can ever fill the gap
you left in our hearts.
Sending our warmest birthday wishes to the sky.

Love, Mom, Bob, Gustavo, Aimee and Family



ASK AMY: MOTHER'S DAY AND FATHER'S DAY ARE TOUGH FOR GRIEVING PARENTS

Posted on May 1st, 2025



Dear Amy: With Mother's Day and Father's Day approaching, I want to share my perspective. My husband and I lost our only child. I know people are hesitant to wish me a happy Mother's Day because they don't know if it is appropriate, or whether it will cause pain. I am still a mother, but my child isn't here anymore.

It's so devastating that there isn't even a word to define a parent who has lost a child.

Yes, please wish me a happy Mother's Day. After all, once a mother, always a mother.

A Mother's Heart

A Mother's Heart: For insight, I reached out to the Compassionate Friends (compassionatefriends.org), the national organization that has helped many grieving families to connect with one another, learn from one another and to feel less alone as they walk the path no parent ever wants to take.

Shari O'Loughlin, CEO of the Compassionate Friends, experienced the loss of her own beloved son, Connor. She told me, "Many parents who have experienced the death of their only child (or all their children) appreciate the acknowledgment of their parenthood on these special days. Their love and feelings of being a parent don't just disappear after their loss.

"Acknowledging the child they cherished and their journey of parenthood can feel supportive.

Continuing bonds are experienced by many parents regardless of the age of their child who died. They are a normal part of healthy grieving. We don't 'move on' from our child who died, but rather we move forward with them in a different way."

"Sometimes people say nothing because they are afraid of causing hurt. But saying nothing frequently makes bereaved parents feel even more isolated and alone."

"Friends and family members can approach parents by asking an open-ended question: 'How is Mother's Day for you?', giving a parent the opportunity to describe it in their own words and in their own way.

"And then — even if they don't know how to respond, they can say, 'I don't have the words, but I want you to know that I'm thinking about you, and that I care.'

"Here's what NOT to do: Don't say, 'At least.... (you can have more kids; or — you had him in your life for a while...'). Any sentence starting with 'At least' tends to diminish the reality of the experience for parents who have lost children.

"Use the child's name and let the parent know something you remember or loved about her child," O'Loughlin adds. "Our children's existence impacted this world. They had identities and relationships, leaving a legacy from their lives. Using their name signifies to parents that they will never be forgotten, and is often one of the best gifts you can give them." -SHARI O'LOUGHLIN

"If You are going through hell, keep going" -Churchill

"Courage is being afraid but going on anyhow" -Dan Rather

"Grief and sadness knits two hearts in closer bonds than happiness ever can and common sufferings are far stronger than common joys" -Alphonse de Lamartine

"Heaven knows we need never be ashamed of our tears, for they are rain upon the blinding dust of earth, overlying our hard hearts." -Charles Dickens

"Memories of our lives, of our works and our deeds will continue in others." -Rosa Parks

Grieving Mothers

Please, don't ask me if I'm over it yet.

I'll never be over it.

Please, don't tell me she's in a better place.

She isn't with me.

Please, don't say at least she isn't suffering.

I haven't come to terms with why she had to suffer at all.

Please, don't tell me you know how I feel

Unless you have lost a child.

Please, don't ask me if I feel better.

Bereavement isn't a condition that clears up.

Please, don't tell me at least you had her for so many years. What year would you choose for your child to die?

Please, don't tell me God never gives us more than we can bear.

Please, just tell me you are sorry.

Please, just say you remember my child, if you do.

Please, just let me talk about my child.

Please, mention my child's name.

Please, just let me cry.

--Rita Moran. Published in Compassionate Friends



Tyler Weymouth Sibling of Andrew Weymouth Benjamin Clark son of Nancy Wescott George Silva son/stepson of Ester and Bob Boulanger, Sibling of Aimee Gordon Eric Howard Krasker son of Barry and Cheryl Krasker Jennifer Margot Jacob daughter of Claudette Jacob Ryan Liam Teague son of Susan Teague Jennifer Gianocostas daughter of Skip Gianocostas and stepdaughter of Diane Gianocostas

> Christopher Burke son of Dotty and David Burke Madigan Drummond daughter of David Drummond Corey Noel son of Gary Noel

SPC David Mulno son of Cathy and Harry Mulno Kara Lynne Irving daughter of Jean and Jerry Irving Patrick Barry son of Joanne Barry

Olivia Mary Marchand daughter of Jody Marchand Jaxton Donais nephew of Kayla Welch

Amber Zapatka Daughter of Lise and Ed Zapatka Sarah Nicoll Boyle daughter of Jackie and Mark Nicoll Bobby Moore son of Jeff Moore

Eric Joshua Smith son of Stacey and Bill Smith Courtney Marie Corning daughter of Ginny & Jack Corning

Steven Kaminski son of Joanne Kaminski Daniel Esposito son of Julie and Joseph Esposito

Kenneth Barclay son of Rachel and Philip Barclay

Joseph Blasetti son of Donna Blasetti

Justin Joseph Hartford son of Jen Smith

Stephen Joseph Troncoso son of Judy Troncoso

Matthew Ryan Sagarino son of Maria Sagarino

Jennifer Gianocostas daughter of Skip Gianocostas and stepdaughter of Diane Gianocostas



May Angel Dates





Deacon Winslow Harris son of Debra Glabeau Eric Joshua Smith son of Stacey and Bill Smith Jason Michael Sobanek Son of Karen Cioffi Conor Bates son of Eileen Bates Wendy Kagan Snyder daughter of Billie and Sumner Kagan Sheryl Lynn Becker daughter of Millie & Jerry Becker Tritan James Rice son of Brian Rice Nicole Hufnagle daughter of Janet and Gary Hufnagle Julian Cayer son of Matt & Lauren Cayer Alyssa Lynne Nanopoulos daughter of Andrew & Nancy Nanopoulos Maxwell O'Hanlon son of Brady and Kim O'Hanlon Brittany Lynn McCauley Daughter of Nancy and Patrick McCauley Shane Patrick Murphy son of Karen and Kevin Murphy Donald Tottingham son of Mal and Bobbie Tottingham Robert Maloney Son of Donna and Robert Maloney Dakota Thomas son of Jeanne Mace & brother of Lauren Steeves Todd MacDonald son of John and Janet MacDonald Sean Michael Reynolds son of LouAnne Reynolds Xavier Salaman son of Susan Salaman Edward Michael Hedrington son of Jo Hedrington Sam Cioffi son of Doug Cioffi Michael Gannon Sibling of Alice and Gil Costa Bella-Francesca Kamga daughter of Pearl Kamga

Sidney Mae Olson daughter of Mary Beth Ellis and Eric Olson



Noah Caiden Santiago son of Katelyn Muise and Dane Santiago Angela Desmond daughter of George Desmond Jr Rachel-Marie Thomas daughter of Kellyanne Pheulpin and step daughter of Todd Pheulpin Marguerite "Maggie" Martin Daughter of Peter and Kimberly Martin

	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.

UPCOMING EVENTS

VOLUNTEER OPPORTUNITY FOR OUR MEMBERS

We will be volunteering at a soup kitchen at the Dwelling Place on Saturday, July 5, 2025

For More Details Click Here: Volunteer Opportunity

TCF SUMMER BBQ
Saturday, July 26, 2025
11:30 AM
Stage Fort Park
Gloucester, MA

For More Details Click Here: TCF Barbecue Details

WALK TO REMEMBER TEE SHIRTS

The TCF North Shore-Boston Chapter annual Walk To Remember will take place on 9/21/25.

For more Details Click Here: TCF Walk to Remember



Love Notes



In Memory of Maggie Martin,

Maggie- My mind still talks to you & my heart still looks for you. When I am sad that you're gone, I think of you among the angels... Your "wings" were ready & you may be gone from my sight... But don't worry, I have your handprint on my heart.

"Love you to infinity and beyond" -Dad

"Don't cry because it's over... Smile because it happened." -Dr. Seuss



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



NEWSLETTER - May 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