



# ***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 1<sup>st</sup> Monday and 3<sup>rd</sup> 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 4<sup>th</sup> 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, 12/1/25**  
**7:00 PM**

##### **In-Person Meeting**

Please contact [tcfnoshoreconnect@gmail.com](mailto:tcfnoshoreconnect@gmail.com) if you would like to attend

**Topic:** Sibling Panel Presentation

**Sunday, 12/14/25**  
**6:30 PM**

##### **CANDLELIGHT REMEMBRANCE SERVICE**

**Wednesday, 12/17/25**

##### **In-Person Meeting - 7:00 PM**

Please contact [tcfnoshoreconnect@gmail.com](mailto:tcfnoshoreconnect@gmail.com) if you would like to attend

**Topic:** Facing a New Year

**-and-**

##### **Sibling Group Online Video Meeting 7:30 PM**

Please contact [Aimeeb15@gmail.com](mailto:Aimeeb15@gmail.com) if you would like to attend

**Topic:** Self Care After a Loss

**Monday, 12/22/25**  
**7:00 PM**

##### **Online Video Meeting**

Please contact [tcfnoshoreconnect@gmail.com](mailto:tcfnoshoreconnect@gmail.com) if you would like to attend

**Topic:** Open Sharing Session

Chapter Leader: David Paul

978-771-6345

[tcfnoshoreconnect@gmail.com](mailto:tcfnoshoreconnect@gmail.com)

Newsletter Editor: Eden Paul

[eden.r.paul@gmail.com](mailto:eden.r.paul@gmail.com)

Regional Coordinator: Dennis Gravelle

[tcfnoshorenews@gmail.com](mailto:tcfnoshorenews@gmail.com)





## **JAMES KIRIAKOS**

Jimmy,  
We Miss You More than anyone knows.  
As time goes by the emptiness grows.  
We laugh, we talk we play our part.  
But behind our smiles are broken hearts...

Jimmy, we love and miss you so very much!

Mom, Dad, Andrew, Family & Friends

*-and-*

## **KORY OUELLETTE**

10/11/02 – 08/27/23

Kory, words cannot describe  
how much we all miss you.  
Your smile, sense of humor, wit, charm, loyalty,  
devotion, and love for everyone who knew you  
can never be matched.  
Family was everything to you  
and even though not physically here,  
you most certainly are still everything to all of us.  
We all live and breathe for you now  
as you are still alive and with us  
in our hearts and minds forevermore.  
Those memories with you are cherished,  
priceless and everlasting.  
The world truly has lost one of its best and brightest.  
Happy 23rd heavenly birthday Kory.  
Rest in peace until we all reunite  
and are together as one again.

Kory #3 forever

Love you,  
Mom, Dad, Kyle, Ryan  
and your babies Maya and Simba to



## November Birthdays



AJ Ryan son of Shirley Loranger  
Cadyn Nathaniel Douglas son of Cheryl Coss and Andre Douglas  
Gregory Stames son of Donna Bouley  
Amy Elizabeth Palmetier daughter of Judy & Joe Palmetier  
James Kimball Carlsen son of Kathy Carlsen  
Maxwell O'Hanlon son of Brady and Kim O'Hanlon  
Amanda L Dick daughter of Kathy Nelson  
Christopher Muraca son of Maria Muraca  
Brittany Lynn McCauley Daughter of Nancy and Patrick McCauley  
Jon James McGlinchey son of Jim and Laureen McGlinchey  
Ethan Henry Lamphier son of Regan Burke and Bill Lamphier  
Jared Linzey son of Sharyn & Tom Linzey  
Michael Gannon sibling of Alice and Gil Costa  
Philip Everett Reddy son of Phil Reddy  
Michael Gannon Sibling of Alice and Gil Costa  
Bella-Francisca Kamga daughter of Pearl Kamga  
James Lee Aiguier Jr son of Lori Walker  
Kevin Jollimore son of Ken Jollimore  
Angela Desmond daughter of George Desmond Jr  
Marguerite "Maggie" Martin daughter of Peter and Kimberly Martin  
Thomas Kelley DePoy nephew of Maureen Webb  
Nicole Marie Haley daughter of Louanne King



## November Angel Dates



Christina Laura-Ann Saviano Daughter of Laurie Saviano  
Daniel M. Scafidi son of Martin and Barbara Scafidi / stepson of Sandra Scafidi  
Talia Rose Ronga daughter of Debra Ronga  
Jimmy Kiriakos son of Sandy Tsakirgis  
Thomas "Scott" Gray son of Laura Gray  
Madigan Drummond daughter of David Drummond  
George Silva son of Ester and Bob Boulanger and sibling of Aimee Gordon  
Steven Kaminski son of Joanne Kaminski  
Ryan Liam Teague son of Susan Teague  
Joey Brancato son of Andy Brancato  
Marc Ouellette son of Donna Marcotte and Bob Ouellette  
Robert Troiano son of Karen Troiano  
Stanley Parsons son of Laura Desisto  
Cary Thabet son of Sheila Khaire Thabet  
Marc Donovan son of Carol and Neil MacDonald  
Michael Sawyer son of Diane Sawyer  
Peter Merrill son of Martha Merrill  
Ryan Sherman Loughlin son of Cynthia Sherman  
Joey Domenici son of Carla Domenici  
Penney Richards daughter of Dave & Penny Richards  
Emily Anne Driscoll daughter of David F. Driscoll and Rosanne Benedetto Driscoll  
Nicholas Ryan Amirault son of Rick & JoAnne Amirault  
Nicholas Amiralt sibling of Holly Polito  
Diane Buckley daughter of Anna Bourque  
Elliot Weaver son of Kerri Ann & Alex Weaver  
Miguel Alonzo son of Yasmin Alonzo  
Alyssa M. Joy daughter of David Joy  
Desiree Iacobucci daughter of Marisa Iacobucci  
Thomas Kelley DePoy nephew of Maureen Webb  
Eric Kenneth Mitchell son of Marlene Mitchell



# SHATTERED HEALING

*Posted on December 1st, 2025*

When my son died, hidden places within me began to reveal themselves. It was as though chambers of secret rooms, that had long housed unhealthy ideologies, protective attitudes, negative beliefs, and a lifetime of acquired heartache began to want out.

I was overwhelmed with emotion and there was nowhere for the feelings to go anymore. Those rooms were dark, obscure, and full to capacity. When the fracture began, it didn't take too long for a full shattering to occur. It exposed everything that had been concealed and it demolished the me that I knew.

A cloud of confusion and despair surrounded every facet of my life. I felt so exposed. I was overwhelmed to the point of utter despair. I also learned that rock bottom has a basement, and it is deep.

MY grief was in control. It was running rampant within and without. It was difficult to accept...but I had to face the anguish. I realized that I had work to do if I wanted control of my life again.

As I was contemplating what I needed to do, I had a monumental epiphany. Before my essence could begin to heal, I had to find a place for the grief. That realization helped me discover that grief is multifaceted. It had attached itself to every part of my life.

The task seemed insurmountable. I also knew if I was going to survive and truly live again, I had no choice but to find strength to combat the grief.

As it subsided and I could see a bit better, I have come to understand that grief is a teacher. It is very personal. Grief is a mirror. It is also a connection to my son. It is chaotic and messy. And ironically, it holds truth. Grief is sharp and painful and exposes the places within us that we need to heal and forgive ourselves for.

Most importantly, I have learned grief IS controllable. With time, understanding, patience and the truth, I made a place...a seat at the table, if you will, for my grief.

Within me I have discovered the power to move forward, despite this unimaginable task I have been given. As I move through the process of finding a new way to live, I am also discovering that grief has become a part of how I love my child, despite his physical absence. On the other side of my grief is love and that love helps me connect to precious memories. On the other side of my grief new bonds of friendship have been formed...with souls I would have never encountered, and old ones have been strengthened and been a great blessing. On the other side of my grief, I have found perspective...I have discovered a boundless reservoir of strength...I see the true beauty of life because I have seen the depths of utter despair...

## KRIS LEITNER

My 21-year-old son, Grant, died unexpectedly in 2014, the middle of my three sons. In 2016, I lost my father, then my brother. My writing has been my salvation - my way to share what I've learned about grief and loss. I've been a member of the Modesto Area chapter since 2015 and on the steering committee since 2017. I began as the secretary and am now the newsletter editor and a co-leader.

# Coping With Grief During the Holidays

Talk about your grief. Don't worry about bringing anyone down. You're allowed to grieve and you're allowed to talk about it.


Create boundaries with your time. If you need to take time for yourself - do it.

Find a way to honor them. Start a new tradition that celebrates their memory.

Set realistic expectations. You will probably be sad, angry, or upset and that's okay.

Allow yourself to feel all of your feelings. Resentment and anger are normal emotions.

Check-in with your needs. Reach out for hugs. Let people know you need extra love.

	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](mailto:tcfnoshoreweb@gmail.com)

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



## Love Notes



### *In Loving memory of our son Christopher*

Leslie and Joe Genna

*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 – November 2025



National Website: [www.compassionatefriends.org](http://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](http://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](mailto:tcfnoshorenews@gmail.com)