



# ***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, 11/3/25**  
**7:00 PM**

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

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

**Topic:** Staying Connected to Our Children (feel free to bring a photo of your child)

**Wednesday, 11/19/25**

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

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

**Topic:** Facing the Holidays

*-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:** Remaking Holiday Traditions

**11/26/25**  
**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

**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

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)



**KAYLA ANNE BELL**

*When I go,  
don't learn to live without me,  
just learn to live with my love in a different way.  
And if you need to see me, close your eyes,  
or look in the shadow when the sun shines.*

*I'm there.*

*Sit with me in the quiet  
and you will know, that I did not leave.  
There is no leaving when  
a soul is blended with another.*

*When I go,  
don't learn to live without me,  
just learn to look for me in the moments.  
I will be there.*

*By Donna Ashworth*

We love you and miss you, Kayla.  
Love, Mom, Dad & Keiran

*-and-*

**TIMOTHY GLENDINNING**

**Timothy's 29th Birthday 'what if' Wish**

October 27<sup>th</sup> is Timothy's 29<sup>th</sup> birthday,  
and as a parent I can't help but  
think of the 'what if' scenarios.  
I have attended his friends' weddings, graduations,  
and grandchildren of his friends and family births.  
I know in many ways we shouldn't think  
of the 'what if's' but you do,  
images and ideas just jump out on you unexpectedly.

Timothy was a video gamer,  
he would use a hashtag of 'BFN' (be f...ing nice),  
and that idea says a lot about our son.

At 29 yrs old, I think of the 'what if'  
Timothy worked in the video gaming industry.  
Possibly as a designer, and knowing his BFN ways,  
he designed a new category of games  
that promoted a positive, life enrichment video game.  
Instead of the negative, life-taking gaming goals,  
it was the opposite. Timothy designed a game that changes  
a gaming generation's outlook and attitudes away from violence.  
My 'what if' is Timothy's new game changes his generation  
and future generations of gamers to BFN/kind/loving towards one another.  
Influencing the tragedies of mass violence.  
Timothy's legacy and influence through gaming  
could make for a global change and leave a lasting mark on all of us....  
it's my 'what if' for Timothy's 29th birthday.

We love you and miss you,  
especially on October 27<sup>th</sup>,  
always wishing you were here with us  
( I believe you are always with each of us.)

love

Mom, Dad and Katherine



## October Birthdays

John Queenan son of Margie Queenan  
Katy Warde daughter of Peg Warde  
Susan Eaton daughter of Patti Eaton  
Lindsey Dias daughter of Bruce Dias  
James Vincent Barreira son of Susan Barreira  
Robert Anthony Viera son of Arlene Viera  
Alyssa Lynne Nanopoulos daughter of Andrew & Nancy Nanopoulos  
Christian E. Frechette grandson of Janet Frechette  
Jimmy Reppucci sibling of Crystal Reppucci  
Samantha Ruth Fargo daughter of William and Justine Fargo  
Timothy Glendinning son of Tim and Barbara Glendinning  
Max Durham son of Andrew & Mary Durham  
Benjamin Huxtable grandson of Alaina & Peter Huxtable  
Charlie Carmillo son of Paul & Amie Carmillo  
Christopher Howland Webber son of Joanie Howland and Bill Webber  
Elliot Weaver son of Kerri Ann & Alex Weaver  
Kayla Bell daughter of Stephen and Paulette Bell  
Miguel Alonzo son of Yasmin Alonzo  
Lenardo Clement son of Muriel Clement  
Maren Cao Daughter of Xuandong Cao  
Noah Caiden Santiago son of Katelyn Muise and Dane Santiago  
Kory Ouellette Daughter of Steve and Maureen Ouellette  
Teagan Carey Jennings Daughter of Ryan and Angela Jennings  
Tyrell Trouville son of Holly Trouville

## October Angel Dates

Patricia Gail Kingston daughter of Elaine and John Kingston  
Erik Sean Rakos son of Frances Rakos  
Christopher Genna son of Joseph & Leslie Genna  
Daniel Noah (Danny) Fine son of Gail and Stephen Fine  
Paul A. Nestor son of Geri & Bob Gatchell  
Christopher Dennis Lane son of Marilyn Lane  
Nicholas Erbafina son of Susan and Charlie Erbafina Sibling of Jackie Erbafina  
Neal Richard O'Brien Jr. son of Neal and Nancy O'Brien  
Jonathan (Jed) Lazar son of Jon and Noreen Lazar  
Andrew Brooks Son of David and Waldina Cameron  
Alyssa Rose Conte daughter of Janice and David Conte  
Nicholas Sean Carey son of Linda Calandrella  
Alex Vitale son of Rob & Robin Vitale  
Victor Hugo Batista DeMacedo son of Patricia Dos Santos  
Ethan Costello son of Kelly Costello  
Neil Wetzler son of Philomena Wetzler  
Kristina Latham daughter of Kerry and Kevin Latham, Sibling of Josh Latham  
Corey Noel son of Gary Noel  
David Conant Siljeholm son of Anita Siljeholm  
Anderson James Elam son of Lynette Elam  
Scott Nagel son of Fiona Nagel  
Patricia Gail Kingston daughter of Elaine and John Kingston  
Daniel Esposito son of Julie and Joseph Esposito  
Jackson Mace son of Jeanne Mace & Sibling of Lauren Steeves  
Brandon Ste.Croix son of Andrea & Larry Green  
Erin McLaughlin daughter of Jan McLaughlin





**CANDLELIGHT REMEMBRANCE  
SERVICE**

**Sunday, December 14, 2025  
6:30 PM**

**Aldersgate United Methodist Church  
235 Park Street  
North Reading, MA**

**Please join us for our annual Candlelight Remembrance Service. Full details of the event and how to participate can be found here on our website: [TCF North Shore-Boston Candle Lighting](#)**

---

**THE BONDS OF SHARED GRIEF**

Divisiveness and intolerance for others' views seem prevalent all around us today. We see it in our political beliefs, social justice concerns, and health environment. It is apparent within families, workplaces, and organizations. When we are grieving the painful death of a child, grandchild, or sibling, this divisiveness creates walls that can make our sorrow even deeper. It's difficult enough when we're grieving to feel connected to the people around us, and these dividing walls can further isolate us.

The Compassionate Friends credo begins with these words:

*We need not walk alone.*

*We are The Compassionate Friends*

*We reach out to each other with love, with understanding, and with hope.*

*The children we mourn have died at all ages and from many different causes,  
but our love for them unites us.*

Uniting people who share this deep grief was the premise that started The Compassionate Friends. The death of our brother, sister, child, or grandchild permeates all aspects of our being. It's something that can't easily be explained to those who have not experienced it, while those who have, possess a deep and compassionate understanding that requires little explanation. The bonds within our TCF community can bridge these chasms we see around us. Rather than being further isolated in our grief, we can feel surrounded by understanding, community, and shared hope that can be lifesaving during this time.

While none of us would choose to be a part of this community given the reason that brought us, we are connected at a deeply meaningful level. It's hard to see someone across the table with a similar loss and stay in a place of intolerance and anger. When we remember what binds us as a group and honor our shared losses, we focus on supportive and comforting connectedness. When we reach for the love in our hearts that's bolstered by our shared sorrow, we can model a greater energy that's needed in our world. Our child, grandchild, or sibling who died and brought us to TCF is honored each time we choose this path of connection through our differences rather than more division because of them.

By SHARI O'LOUGHLIN

## TAKE CARE OF YOURSELF

# WAYS TO CARE FOR YOURSELF WHILE GRIEVING

During the grieving process, it is important to remember that everyone experiences grief differently. One way to help you during this process is to be compassionate towards yourself. Please see these ideas as suggestions only. Do what feels right to you.



1

### GIVE YOURSELF PERMISSION

Many times we think that grief should be something we get over or move through quickly. Give yourself permission to really feel your loss. Do whatever it is that feels comforting to you, regardless what others may think. If your life is busy, set aside at least a few minutes each day to really feel your loss.

2

### BE GENTLE WITH YOURSELF

Treat yourself as you would treat a good friend going through the same loss. Be kind to yourself and put any self-criticism and judgments aside. You are doing the best you can.

3

### AVOID HARSH ENVIRONMENTS

Now is not the time to watch TV news, horror movies or be in loud crowds. Surround yourself with your favorite books and soothing music.

4

### EAT WELL & MOVE YOUR BODY

Don't numb yourself with junk food. If you don't have much of an appetite, eat healthy foods in small portions. Moving your body will also help you to clear your head and be in the present moment.

5

### FIND FELLOW GRIEVERS

It may be tempting to isolate yourself from others, but tremendous healing can take place in a group of fellow grievers. Check your local churches, hospitals or even social networks to find a group where you are comfortable.

6

### WRITE A LETTER

Writing can be a wonderful way to process your thoughts and emotions. Try writing a letter to your present self from your future self several years from now offering consolation and hope for the future. You can also try writing a letter to your loved one and let your emotions flow.

7

### SPEND TIME IN NATURE

Spending time outside and around animals can be so grounding and can bring you fully into the present moment. Take everything in and open up your senses to the entire experience.

8

### REVISIT AN OLD HOBBY OR TRY A NEW ONE

Did you play an instrument in the band? Did you always want to learn how to paint? Now may be a great time to indulge yourself a little and encourage your inner creative to come out to play.

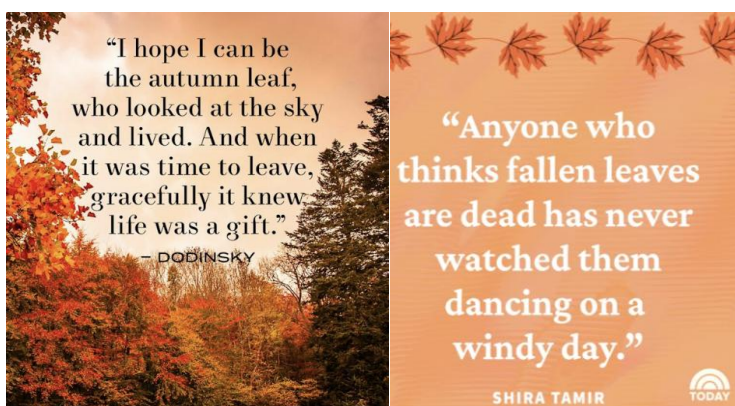
|               |                                                                                                                                                                                                                                                                                                       |                                                                                     |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|               | 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.<br>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 memory of Daniel (Danny) Fine,

“The real voyage, whatever the boat, is into the soul”

Love Mom, Dad, Aron, Rebecca and Mike



*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 – October 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)