



# ***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, 10/6/25**  
**7:00 PM**

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

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

**Topic:** Circumstances of Our Loss

**Wednesday, 10/15/25**

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

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

**Topic:** Favorite Things About Your Sibling

**Wednesday, 10/22/25**  
**7:00 PM**

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

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

**Topic:** Reintegrating Into the Workplace

**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

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)



## TIMOTHY GLENDINNING

### Timothy Remembered After 8 Years

It is unbelievable that I sit here and say  
8 years since we had our last words together.

I always would say "I'll see ya later"  
and there was no doubt ever  
that I wouldn't see you later.  
But here we are 8 years later,  
and I still use that phrase with  
many of our family, friends or anyone.  
You see, I know I will see you later,  
not sure how many more days, months, years  
it may take, but I will see you later.

I've been leaving painted rocks around town  
with your name, with 9.5.17,  
with BFN painted on the rocks.  
I think you know they are out there  
(libraries, schools, cemetery)  
and you too are saying  
"I'll see ya later", too.

Timothy, we all miss you and love you,  
we think of you every day many times over.

Love,  
Mom, Dad, Katherine

I'll see ya later . . . 100%





# THE UNSPOKEN TRUTH ABOUT GRIEF

*Posted on September 12th, 2025*

I lost my child at the young age of 34. The loss of a child is like no other. Unfortunately, it is a loss that is often misunderstood by many. Here is what I've learned within two years of grief, trekking through the unimaginable. I believe most bereaved mothers and fathers will experience

many of these feelings.

## **Remembering the Initial Shock**

You will never forget the finite details of the day you learned of your child's death. The sequence of events is etched permanently in your mind. You will remember where you were, the time of day, and the following trauma. There is no way around it. Years may pass by, and you will still remember that horrible day. You will remember the trembling, the loss of control, and the long-term sadness. It has become a part of your history and part of your soul.

## **Only 5 Minutes**

Remembering that day, you may also experience the strongest desire to have five more minutes with your child. You will have this longing and heartbreaking wish to see your child again to tell them how much you love them and how proud you are as a caring and compassionate mother or father. The ache in your heart stays with you with these thoughts. You think of everything you want to express, enjoy one more hug, and hear your child's voice. Being unable to see, touch, or hear your deceased child is agonizing. A bereaved parent would give up anything to have that five minutes with their child just one more time.

## **Learning the Total Value of Appreciating Blessings**

My priorities changed. Many things that were important to me no longer are. Material things do not matter. You begin to feel more sorrow than ever for less fortunate people. You want to help in many ways. You begin to see beauty in things you never noticed, "Take it all in," and appreciate the simplest things in life. When you lose your child, your world changes; counting my blessings helped me move forward when it seemed impossible to survive the day. If you focus on all the blessings in your life, you realize you are fortunate in many ways. When you pick up the pieces from losing your child, you can get past the uncontrollable emotions and feel alive again with your child's shadow on your shoulders.

## **Greater Compassion for Others**

You learn more about unspeakable compassion and giving when presented with deep sorrow. Though you will grieve your loved one's death forever and then some, it does not mean your life will lack happiness and joy.

Quite the contrary—after I survived acute grief, and it took me a long time to get there, I now live from a deeper place. As a result, my attempts to care are more profound and effortless. Grief enhances your senses and awareness of many things. You learn to cherish those times when there are small amounts of joy. You claw your way from the depths of unimaginable pain, suffering, and sorrow, again and again— when the joy comes, however— it is a joy to embrace. When a gift or an act of kindness came my way, I became emotional and thankful because there is nothing – and I mean absolutely nothing – I take for granted now. Living life in this way will give you peace.

### **You will Grieve for a Lifetime, but LOVE Never Dies**

There is no “moving on” or “getting over it.” You have to manage it and work through the pain. There is no bow, fix, or solution to this heartache. You do not know how long you will grieve. There is no glue for your broken heart, no medicine for the pain, and no going back in time. You ache as you breathe and love your child with all your heart and soul. The bereaved parent wishes that people could understand that grief lasts forever because love endures forever; the loss of a child is not one finite event; it is a continuous loss that unfolds minute by minute throughout a lifetime. A bereaved parent will miss every birthday, holiday, milestone, and life’s success to be shared. Some weddings will never be; a mother and father’s pride and excitement seeing their child grow and flourish are gone – an entire generation of people are irrevocably altered. Missing the future is why grief lasts forever. The ripple effect lasts forever. The bleeding only slows but never stops. You move forward with an injured heart.

### **The Light Brightens; You Survive and Flourish**

You become a new person. You realize that you can survive anything. Big things that used to cause significant stress now become small things. Small things that used to irritate you become nonexistent. Everything has changed. You carry your love for your child everywhere. You feel bonded and realize that your child would want you to live joyfully even though your child is no longer with you. The aching pain in your chest, high anxiety, and uncontrollable emotions subside, and you feel you have made it. You made it through, and now you start living each day like it may be your last—no more judging, anger, or worries about what people may think of you. You now move forward with more resolve, strength, and compassion than you imagined. Yes, if you are a bereaved parent, you can make it when you never thought you could. We are all unique now, and you move forward with pride and compassion for others.

### **RONALD ROSS**

The pain of losing a child is only compounded by the crushing weight of knowing you must live the rest of your life without them. In author Ronald Ross’ debut, "No Greater Pain," he speaks to parents everywhere who have suffered the devastating grief of losing a child. Ron shares his vulnerable feelings about losing his daughter, and desires to help others who have suffered a similar significant loss through his personal experience, readings, and research.

## September Birthdays

Robert Joseph Biondo son of Lorraine & Robert Biondo  
Joey Bolivar son of Reggie and Cindi Bolivar  
Derek Anthony Broughton son of Edward and Louise Broughton  
Jessica Cormier daughter of Walter Cormier and Barbara Melesciuc & sibling of Nicole Cormier  
Bryan Robert Cadigan son of Debbie Daly  
Kelly Dawkins Lavigne daughter of Frank and Maureen Dawkins  
Shane Lambert grandson of Irene Lambert  
Erik Sean Rakos son of Frances Rakos  
Glenn Buttrick son of Heidi Scott  
Marquis Bergendahl son of Pauline and Chris Whynot  
Michael Sverdlove son of Harry and Grace Sverdlove  
Scott Peterson son of Tim and Parry Peterson  
Peter Costas son of Barbara Costas, sibling of Alainie Costas  
Nicholas Charles Erbafina, son of Susan and Charles Erbafina sibling of Jackie Erbafina  
Ryan Sherman Loughlin son of Cynthia Sherman  
Alyssa Rose Conte daughter of Janice and David Conte  
Kyra Grace Koman daughter of Kathy and Stu Koman  
Ashley St Onge daughter of Rick and Chris St Onge  
Victor DeMacedo son of Patricia Dos Santos  
Aderson James Elam son of Lynette Elam  
Renee Mithen daughter of Kathleen Ravagno  
Madeleine Elise Fox daughter of Elizabeth Fox  
Shea Thomas Patno son of Tim and Desiree Patno  
Kevin Gannon Sibling of Alice and Gil Costa  
Justin McLeod son of Kim McLeod  
David Marsh son of Marilyn Marsh  
Justin Pappas-Kirk son of Lauri Pappas-Kirk and Peter Kirk  
Jake Straw son of Michelle Straw  
Erin McLaughlin daughter of Jan McLaughlin  
Sidney Mae Olson daughter of Mary Beth Ellis and Eric Olson  
Joshua Koen son of James and Joanne Koen  
Henri Wilde Gagnon son of Kacie and Christian Gagnon  
Patrick Lynch son of Susan Lynch




## September Angel Dates

James Vincent Barreira son of Susan Barreira  
Nicholas Alden Chittick son of Joann Chittick  
Alfredo Alexis Trejo son of Alfredo and Lilliam Trejo  
Kelly Dawkins Lavigne daughter of Frank and Maureen Dawkins  
Harrison Andrew Lambert son of Gregory and Sigrid Lambert  
Aaron DiBella son of Suzanne DiBella  
Lia Madigan daughter of Maile and Daniel Madigan  
Sarah Nicoll Boyle daughter of Jackie and Mark Nicoll  
Mark Jepson sister of Shannon Kaiser  
Daniel Edwards brother of Rebecca Edwards  
Timothy Glendinning son of Tim and Barbara Glendinning  
Brendan Burgess son of Catherine and Bill Burgess  
Dillon Patrick Dwyer son of Wayne Dwyer  
Benjamin Clark son of Nancy Wescott  
Michael Glionna son of Terry Glionna  
Lindsey Dias daughter of Bruce Dias  
Joshua Williams son of Donna Williams  
Gregory Stames son of Donna Bouley  
AJ Ryan son of Shirley Loranger  
Jillian Anne Sullivan daughter of Jacqueline Sullivan  
Timothy Burke son of Anna Bourque  
Philip Reddy Jr. son of Philip Reddy  
Dennis Costa Sibling of Alice and Gil Costa  
Edward Chretien son of Donna Chretien  
David Marsh son of Marilyn Marsh  
Jason Dube son of Eileen Rosato  
Julianna Edel sister of Katharine Edel  
Gram Bazylnski son of Dennis Bazylnski  
Robert Alan Greenwell son of Celeste Sullivan  
Desmond Michael Connors son of Jenny Connors





	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

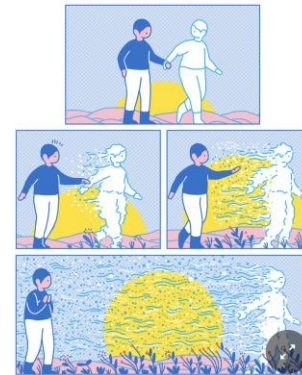
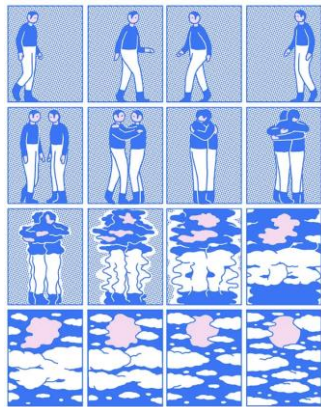
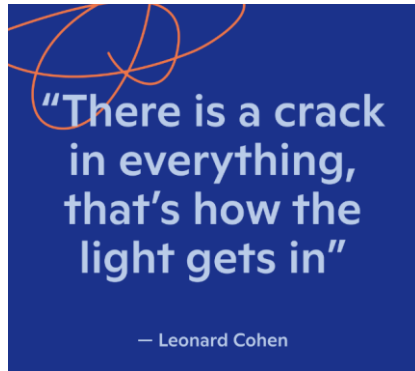
### TCF North Shore-Boston 10<sup>th</sup> Annual **Walk-to-Remember**

Our 10<sup>th</sup> annual Walk to Remember took place on September 21<sup>st</sup> and was a wonderful, sad and happy event. We had over 60 people participate and were blessed with beautiful weather and great friends. We would like to thank Tim Glendinning who did so much to organize the event and put together the T-shirt program for the walk. Also, we want to thank Sandy Tsakirgis who organized food and refreshments and got everyone signed in. We want to thank Eden Paul who managed all the photo button making for the event. Most of all we want to thank all who participated and donated. “You need not Walk Alone”





## Love Notes



Evan Cohen

*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 – September 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)