



# *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 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.*

**National Office:  
The Compassionate Friends, Inc.  
48660 Pontiac Trail #930808  
Wixom MI 48393  
Toll-free: 877-969-0010**

## **February 2026**

### **Upcoming Meetings**

**Wednesday, 3/18/26**

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

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

**Topic:** How Will I Be Feeling in the Years to Come?

-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:** Navigating Other Relationships Our Siblings Had

**Wednesday, 3/25/26**

**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, 4/6/26**

**7:00 PM**

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

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

**Topic:** Men / Women (split groups)

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)



## JASON MATTHEW DIXEY

No words can say how much we miss you,  
but you live on in our hearts forever.

*"Sadness I put a wall between two gardens." (Kahlil Gibran)*

*"I have not heard your voice in years,  
but my heart has conversations with you every day." (Rumi)*

*"I carry your heart. I carry you in my heart." (E. E. Cummings)*

Forever missed, forever loved.

Until we see you again.

Love, Mom and Dad

-and-

## ANDREW BROWN

In Memory of Andrew "Drew" Brown

2/19/1998 – 3/21/2024

### A Blessing

*A mom!...Me, A mom!*

*What a real life changing information bomb.*

*Can I do this? Will we be okay?*

*What if I don't know what to do or to say?*

*What if I do not know the right way?*

*The magic. The messy. All the mistakes.*

*The laughter. The love. The memories we make.*

*Celebrations or stormy weather,*

*growing through it all, individually, together.*

*A bond unbreakable, a connection unshakeable,  
a mom and her son.*

*You taught me the meaning of unconditional love.*

*A lifetime of memories to treasure and share,  
keeping you alive with us, even though you're not here.*

*Can I do this? Will we be okay?*

*What if I don't know what to do or say?*

*What if I do not know the 'right' way????*

*Grace, trust, and knowing.....some of how we keep going;*

*love and connections transcending time and space,*

*until we meet again in a different place.*

*So, in heaven, as you grow, with all of the magic, learning and love.*

*I will know you are in His hands of safety above.*

*I will always be your mom. And you will always be my son.*

I got to be your mom for this lifetime.

This gift of unconditional love, the experience of you.

You were a light, your light and I do my best

with the remaining shattered pieces and holes  
in my heart to let your light and love shine through.

The ripple effects of your presence is eternal.

Not a day goes by without feeling gratitude

that I got to be your mom.



# GRIEF IN THE AGE OF SOCIAL MEDIA

*Posted on February 24th, 2026*

There was a time when grief lived mostly behind closed doors. News of a death traveled by phone calls, handwritten letters, and quiet conversations. Mourning happened in living rooms, places of worship, cemeteries, and support groups. Grief was shared with a trusted circle of people who knew the loss intimately. Today, grief often unfolds on a screen. With the rise of social media, mourning has become both deeply personal and profoundly public. A single post can announce a death, invite condolences, preserve memories, and expose raw emotion — sometimes all at once. This shift has changed not only how we grieve, but how grief is seen, interpreted, and responded to.

Social media platforms have become spaces where millions of people publicly express loss. As of early 2025, there are over 3.3 million Instagram posts tagged with #grief, illustrating how many people turn to social media to share mourning, memories, and emotions online. In specific bereavement contexts, research shows that nearly two-thirds of people bereaved by suicide reported using social media after their loss, with most of them describing it as *beneficial* or *very beneficial* to their grieving process. These figures reflect a larger cultural shift: *people now routinely use social media as part of how they remember, connect, and process their grief*, especially when traditional practices feel isolated, inaccessible, or insufficient.

Before social media, grief had clearer boundaries. There was permission to step away, to be unseen, to mourn quietly. People brought casseroles, sent sympathy cards, and sat in silence together. There was no expectation to explain how you were feeling or to update others on your healing. Grief moved at its own pace, largely unobserved by the outside world. Memories were kept in photo albums and told through stories passed between people in person.

Today, grief is often shared in real time — sometimes within minutes of a loved one's death. Posts may include heartfelt stories, photos, videos, and reflections shared with hundreds or thousands of people. Across generations, this visibility can provide a lifeline of support: extended family members, distant friends, coworkers, and even virtual strangers offer condolences, empathy, and shared remembrance.

Research underscores this shift: social media now functions as a *digital mourning space*, enabling what grief scholars call “continuing bonds” — ongoing connections with the deceased through posts, comments, and shared memories.

How Social Media can help:

For many people, social media brings several meaningful benefits:

1. Connection and Support

Sharing grief publicly allows immediate emotional support from a broad network — not just close family or neighbors, but friends from all stages of life, even across continents. This connectedness can reduce isolation, a common experience in grief.

2. Remembering and Legacy-Building

Online memorial posts, tribute pages, and hashtags allow collective remembrance. These become modern digital memorials where stories, photos, and memories live on.

### 3. Peer Support and Resources

Some people use social media to find groups or peers who have experienced similar losses. These connections can offer empathy and understanding that might not be available in one's physical community.

### 4. Accessible Expression

Platforms provide space for expression in many forms — text, photos, art, music, poetry, and video — giving mourners options that resonate with their personality and emotional needs.

Despite its benefits, public grief also brings challenges:

#### 1. Pressure and Expectations

There can be pressure to post updates about your emotional state or to publicly display your mourning in ways that others *expect* to see — even when you don't feel ready to share. This can unintentionally turn grief into performance.

#### 2. Constant Reminders

Social media feeds can resurface memories through “memories” features, old messages, or anniversary reminders. For some, these automatic reminders can reopen emotional wounds unexpectedly.

#### 3. Comparison and Visibility Stress

Seeing how others grieve — or perceive others *should* grieve — may lead to unhealthy comparison or self-judgment. Not everyone grieves in the same way, and social media can amplify a sense that there is a “right” or “wrong” way to mourn.

#### 4. Emotional Overwhelm

Notifications, comments, and messages of support can be comforting — but they can also feel overwhelming, especially in the early days of grief.

Grief has not changed at its core — it is still love with nowhere to go. What has changed is the *landscape* in which it lives.

Social media can offer support, connection, and remembrance — but it does not replace the need for personal care, in-person support, or professional help when needed. Thoughtful use of these platforms can amplify healing, but it's also okay to step back, limit interaction, or grieve quietly away from screens.

Most importantly, whether grief is shared in whispers or posts, what matters most is that no one feels they must walk it alone. We invite you to join us in one of our many Facebook groups or connect with us through another platform such as Instagram. You can find a list of our Facebook groups on our website: [compassionatefriends.org](http://compassionatefriends.org). BY: BRENDA BUSBY



### February Birthdays


Andrew Adams Wilder son of Mark and Betty Wilder  
Alfonso Daniel Sisneros son of Bob & Laura Reich  
Shane Patrick Murphy son of Karen and Kevin Murphy  
Scott Ronald Nagel son of Fiona Nagel  
Catherine Cann daughter of Anna Bourque  
Lorin Beth Bennett daughter of Judith and Michael Bennett Sibling of Allison and Pamelyn  
Ryan Covino son of Linda and Bill Covino  
Christopher Taatjes son of Patricia Taatjes  
Talia Rose Ronga daughter of Debra Ronga  
Brendan Burgess son of Catherine and Bill Burgess  
Christopher Genna son of Joseph & Leslie Genna  
Paul A. Nestor son of Geri & Bob Gatchell  
Eliot Lee Bennett son of Eric and Elizabeth Bennett  
Lisa Marie Norco daughter of Roberta Deputat  
Gale McLaughlin daughter of Joan & Frank McLaughlin  
Daniel Noah (Danny) Fine son of Gail and Stephen Fine  
Julia Ciampa daughter of Julie Brachanow  
Virgilio Dejesus son of Sara Dejesus  
Diane Buckley daughter of Anna Bourque  
Sean Michael Reynolds son of LouAnne Reynolds  
Juliana Edel sister of Katharine Edel  
Christopher Burnett son of Annmarie Conway  
Ty Moughan son of Liz Moughan  
Thelma Zhecheva Daughter of Eva Zhecheva  
Drew Brown son of Tina Nelson  
Charles Armand Robitaille son of Elizabeth Robitaille



### February Angel Dates

Christopher Burke son of Dotty and David Burke  
Christopher Michael Rollins son of Nancy & Rick Rollins  
Olivia Mary Marchand daughter of Jody Marchand  
Ryan James Gilligan son of Paula Gilligan  
Cadyn Nathaniel Douglas son of Cheryl Coss and Andre Douglas  
Lorin Beth Bennett daughter of Judith & Michael Bennett, sibling of Allison and Pamelyn  
John Queenan son of Margie Queenan  
Christopher Warner Fennelly son of Laurie Malonson  
Christopher Taatjes son of Patricia Taatjes  
Patrick Barry son of Joanne Barry  
Julia Ciampa daughter of Julie Brachanow  
Zachary Doyle Hilton son of Patricia Doyle  
Robert Hale Tavares son of Lorraine Snow  
Robert Kagacha son of Sarah Kagacha  
Jaxton Donais nephew of Kayla Welch  
Anthony Travalini son of Anne Travalini  
Mario Miller son of Maria Salles  
Christopher Fennelly son of Laurie Malonson & George Fennelly  
Eric Kronk son of Kathy and Walter Kronk  
Andrea Martocchia son of Diana and Paul Martocchia  
Ella Rose Biggio daughter of William and Allison Biggio  
Jason Dixey son of Sandy & Barry Dixey  
Kyra Grace Koman daughter of Kathy and Stu Koman  
Renee Mithen daughter of Kathleen Ravagno  
Sheryl Kelley daughter of Donna and Paul Maloney  
Madeleine Elise Fox daughter of Elizabeth Fox  
Kevin Gannon and Raymond Moyette siblings of Alice and Gil Costa  
Daniel Harriman son of Cindy Collin  
Tyler Fountain son of Kimberly Chandler  
Tina Lee Ducharme daughter of Deb Linnehan  
Calvin Gil son of Julie Sheaves  
Justin Pappas-Kirk son of Lauri Pappas-Kirk and Peter Kirk  
Kevin Gannon Sibling of Alice Costa  
Teagan Carey Jennings Daughter of Ryan and Angela Jennings  
Tyrell Trouville son of Holly Trouville  
Robin Brosco Licata daughter of Emilia Brosco



	<p>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 professional - we are all bereaved parents seeking to find a way through our grief.</p> <p><b>Please be considerate in the timing of your calls to these volunteers</b></p>	
<b>Beverly</b>	<b>Carmen Pope</b> , son, 3 days old, anencephaly, and son, 11 years old, boating accident	<b>(978) 771-4942</b>
<b>Reading</b>	<b>Sheila Thabet</b> , son, 19 years old, pedestrian accident, and son 20 years old, accidental overdose	<b>(781) 670-0335</b>
<b>Gloucester</b>	<b>Melinda &amp; David Paul</b> , daughter, 20 years old, sudden cardiac arrest	<b>(978) 771-6345</b>
<b>Haverhill</b>	<b>Crystal Chambers</b> , sibling, 28 years old, cause unknown	<b>(508) 523-2810</b>
<b>Salem NH</b>	<b>Regan Burke</b> , son, 8 years old, pneumonia/ cardiac arrest	<b>(603) 264-9391</b>
<b>Winchester</b>	<b>Reenie McCormack</b> , son, 20 years old, drowning	<b>(781) 729-1878</b>
<b>Woburn</b>	<b>Nancy Whipple</b> , son 22 months old, cancer	<b>(781) 938-5840</b>
<b>North Andover</b>	<b>Cathrine Olson</b> , Daughter, 27, Pedestrian accident	<b>(978) 681-8341</b>

#### **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)



These love notes were provided by Tina Nelson in Memory of Andrew Brown

# Love Notes



notes were

*Some people shine too brightly to ever be forgotten.*



**Your legacy is love, and that will never fade.**

*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 – February 2026**



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)