



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 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 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

June 2026

Upcoming Meetings

Wednesday, 8/26/26
7:00 PM

Online Video Meeting

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

Topic: Open Sharing Session with Photos of Your Child

Tuesday, 9/8/26
7:00 PM

In-Person Meeting

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

Topic: Facing Difficult Dates

Sunday, 9/13/26
9:00 AM - 12:00 PM

WALK TO REMEMBER

Wednesday, 9/16/26

In-Person Meeting - 7:00 PM

Please contact 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 if you would like to attend

Topic: Dealing With Other Family Members' Grief

Chapter Leader: David Paul

978-771-6345

tcfnoshoreconnect@gmail.com

Newsletter Editor: Eden Paul

eden.r.paul@gmail.com

Regional Coordinator: Dennis Gravelle

tcfnoshorenews@gmail.com



ADAM & JASON DIXEY

Adam Dixey

You live in the things you've built,
in your art,
in our laughter and in our tears,
in the quiet ways you taught us how to love more deeply.
You've left pieces of you everywhere
and what a gift that is.
The grief is impossibly loud
but our love for you is louder.
The memories will never fade,
the lessons you taught us without even knowing it.
We are softer and we are stronger because of you.
Maybe part of healing is realizing
that you're not really gone at all.
You're the song that plays at the perfect moment
and the courage that we find on difficult days.
Your beauty will live in our hearts forever.
We love you so much.

Jason Dixey

A light like yours is never truly extinguished.
A glimmer remains in the hearts of everyone who knew you,
and everyone who hears our stories.
Because we will never stop telling your stories.
Stories of your infectious smile.
Stories of how you loved so deeply.
Stories of the mischief you got into and the fun you had.
We tell of how you made us laugh,
how you were the life of the party,
how you were a fierce friend.
Your light was not extinguished,
it was shared among those of us who loved you the most.
We will carry it with us for the rest of our time,
then pass it on to the next.
We love you, always and forever.

Love, Mom, Dad, Riley, Amanda and Melissa





CHRISTOPHER POPE

Christopher,

Though you were physically here with us for only 3 days,
you have continued to live on with all of us for the past 32 years.

Your twin, Dave, hates celebrating his birthdays,
because for him, it's not fair that he's still alive and you're not.

Your new sister-in-law ordered a slice of cake for you
when she and Dave were out celebrating your birthdays.

They also dedicated a seat for you
with a bouquet of flowers at their wedding ceremony.

You taught us so many important life lessons
and we will forever be grateful for that.

Life keeps evolving, as I'm sure you know,
and I trust that you will be with us
every step of the way.

HAPPY BIRTHDAY, Christopher!!!

We love you!

Mom, Dad, Dave, Marisa, Kelly, Ian, Tom, Nell



June Birthdays

Christopher John Pope Son of Carmen and Jeff Pope
Alexander John Whipple son of Richard & Nancy Whipple
Jason Dixey son of Sandy & Barry Dixey
Harrison Andrew Lambert son of Gregory & Sigrid Lambert
Eric Kronk son of Kathy & Walter Kronk
Jeannie O'Hare daughter of Jean and Tom O'Hare
Donald Tottingham son of Mal and Bobbie Tottingham
Tanya Anne Phillips daughter of Marilyn & George Phillips
Jason Michael Sobanek son of Karen Cioff
Joey Brancato son of Andy Brancato
Marc Ouellette son of Donna Marcotte and Bob Ouellette
Ella Rose Biggio daughter of William & Allison Biggio
Roger Gregory Costa son of Alice & Gil Costa
Susan Rita Bean daughter of Ellen Bean
Rebecca Jean Knight daughter of Betty and Owen Knight
Danielle Lynn Acoin daughter of Susan & Michael Acoin
Steven Ronan son of Susan Eldred
Michael Joseph Glionna son of Terry Glionna
Jackson Mace son of Jeanne Mace brother of Lauren
Steeves
Alison Neenan Herman daughter of Christine Neenan
Alicia Carol Gillespie daughter of Carol Fiore
Seraphina Harrell Daughter of Thomas and Rene Harrell
Kaleigh Rainone daughter of Colleen and Dean Jaynes
Daniel Harriman Son of Cindy Collins
Michael Barrett son of Tony Barrett and Susan Greco
Bernard Brown III son of Bernie Brown
Gram Patrick Bazylnski son of Dennis and Catherine
Bazylnski
Jerry Hellmann brother of Cindy Hellmann

June Angel Dates

Christopher John Pope son of Carmen and Jeff Pope
Andrew Adams Wilder son of Mark and Betty Wilder
Jon Paul Rahall son of Bernadette Rahall
Darien Sanford-Castro son of Diane Sanford
Todd MacDonald son of John and Janet MacDonald
David Eric Czarnota son of Karen Czarnota
James Kimball Carlsen son of Kathy Carlsen
Amy Elizabeth Palmetier daughter of Judy & Joe Palmetier
Kara Lynne Irving daughter of Jean and Jerry Irving
Bobby Moore son of Jeff Moore
Hunter Fredrick Siebel grandson of Vita and Gordon Trainor
Brent Robert DiLibero Barbara and Bob DeLibero
Alison Neenan Herman daughter of Christine Neenan
Roger Gregory Costa son of Alice and Gil Costa
Susan Rita Bean daughter of Ellen Bean
Rebecca Jean Knight daughter of Betty and Owen Knight
Danielle Lynn Acoin daughter of Susan and Michael Acoin
Stephen Baglioni Son of Peter Baglioni
Megan Sawyer Daley daughter of Kathy and Dan Daley
James (Jimmy)Reppucci sibling of Crystal Reppucci
Benjamin Thomas Huxtable grandson of Alaina & Peter
Huxtable
Charlee Charette Daughter of Christopher and Samantha
Charette
Tom Alfieri son of Diane Alfieri
Lucas Kump grandson of Linda Bump
Charlie Carmillo son of Paul & Amie Carmillo
Mary Curran Daughter of Tom and Catherine Curran, sibling
of Ryan, Kelly & Meghan
Bernard Brown III son of Bernie Brown
David Panzeri son of Frank and Louise Panzeri
James Lee Aiguier Jr son of Lori Walker
Stephen Joseph Troncoso son of Judy Troncoso

THE POWER OF SITTING TOGETHER: WHY PEER-TO-PEER SUPPORT MATTERS IN GRIEF

Posted on June 5th, 2026

Grief changes everything. It shifts the rhythm of a family, the meaning of ordinary moments, and the way the world feels when you wake up each morning. For parents, grandparents, and siblings who have experienced the death of a child, grandchild, or sibling, that shift can feel isolating, like living in a space that others simply cannot fully understand. And that is where peer-to-peer support becomes not just helpful, but essential.

There is something profoundly different about sitting across from someone who *knows*. Not someone who has studied grief, read about it, or wants to help, but someone who has walked a similar path. A parent who has buried a child understands the silence that follows the funeral. A sibling understands the complicated mix of grief, identity, and memory. A grandparent understands the layered sorrow of watching their own child grieve. Peer support creates a space where explanations are not required.

In these spaces, you don't have to justify why certain dates are hard, why a song can stop you in your tracks, or why your grief looks different from someone else's. There is a quiet understanding that allows people to show up exactly as they are.

This is the heart of The Compassionate Friends; a mission rooted in the belief that living with grief happens best in the presence of others who understand. Our mission, to support families after the death of a child and to help others better assist the grieving, comes to life every day through peer-to-peer connection.

Across more than 450 chapters, dozens of private online groups, and a growing virtual presence, this mission is carried forward not by professionals alone, but by volunteers, bereaved parents, grandparents, and siblings, who choose to reach back and walk alongside someone else.

It is a model built on compassion, lived experience, and the simple but powerful act of saying, *"You are not alone."*

Grief often brings thoughts and emotions that feel difficult to share in everyday spaces. There can be fear of saying too much, of making others uncomfortable, or of being misunderstood. Peer support groups remove that barrier.

Within a peer-led group, there is permission to speak openly: to say your child's name as often as you need, to share the raw, unfiltered moments, to talk about anger, guilt, confusion, or even unexpected moments of peace.

These are not spaces that try to fix grief. Instead, they honor it. That distinction matters. Because grief is not something that needs to be solved, it is something that needs to be witnessed. Peer-to-peer support does something else that is equally important: it shows people what it can look like to move forward while still carrying love and loss side by side.

For someone newly bereaved, seeing another parent, grandparent, or sibling who is further along in their grief can provide a sense of possibility. Not that the pain disappears, but that life, connection, and even moments of joy can still exist. This kind of hope is different. It is not forced or offered too soon. It is quiet, steady, and believable because it comes from someone who has lived it.

Grief can be incredibly isolating, but community has the power to gently pull people back toward connection.

Whether it is a monthly chapter meeting, a meaningful Facebook post at midnight, or a message from someone who remembers an anniversary, these moments matter. They remind individuals that their grief is seen. That their loved one is remembered. That they belong.

Through its chapters, Facebook groups, and online chat, The Compassionate Friends creates multiple pathways for connection, recognizing that grief does not follow a schedule, and support should not be limited to one place or time.

For many, peer support becomes more than something they receive, it becomes something they give. At some point, many bereaved parents, grandparents, and siblings feel a pull to support others. Not because their grief is "over," but because they understand how meaningful it is to have someone walk beside you. This act of giving back can be deeply meaningful. It allows individuals to honor their loved one's life in a tangible way, to create purpose from pain, and to continue a cycle of compassion that defines peer-to-peer support.

Peer-to-peer support matters because grief is not meant to be carried alone. It matters because being understood without explanation is a powerful form of comfort. It matters because in a world that often struggles to respond to

grief, these communities know how to simply be present. And it matters because every connection, every shared story, every quiet nod, every moment of recognition, helps someone take one more step forward.

We invite you to join one of our many Peer-to-Peer support groups, our Peer moderated Facebook groups or participate in our local and National events. Should you have questions, thoughts or needs, please contact our

Director of Operations, Brenda Busby at Brenda@compassioantefriends.org

BY: BRENDA BUSBY

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

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: tcfnorthshoreweb@gmail.com

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



Love Notes



*As a butterfly graces our lives with
a moments fragile beauty so too has
your child's presence blessed you,
and those around you with
their life and unique spirit.*

*May you find peace and joy with
each butterfly that passes by,
knowing that your child lives on
in the hearts of all they touched.*

Unknown



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 – June 2026



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