



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**

March 2026 Upcoming Meetings

Monday - 4/6/26 - 7:00 PM

In-Person Meeting

(E-mail invitation to follow)

You may also contact

David Paul

to request an invitation

Topic: Men / Women

(split groups)

Wednesday - 4/15/26

In-Person Meeting - 7:00 PM

(E-mail invitation to follow)

You may also contact

David Paul

to request an invitation

Topic: Open Sharing Session

-and-

Sibling Online Video Meeting

7:30 PM

(E-mail invitation to follow)

You may also contact **Aimeeb15@gmail.com**

if you would like to participate

Topic: Dealing With the

"What If's?"

Monday - 4/22/26

Online Video Meeting - 7:00 PM

Please contact

David Paul

if you would like to attend

Topic: How Grief Is Affected By Seasonal Changes

Chapter Leader: David Paul

978-771-6345

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Regional Coordinator: Dennis Gravelle

tcfnoshorenews@gmail.com



ROBERT M. DeCARLO

03/08/1983 – 01/18/2019

*Your birthday will be here soon, remembering that day,
the nurse put you in my arms, I held you close
and was in awe of everything about you.
I immediately said, "I want another one,"
and less than two years later I had your brother.
My greatest gift to each of you will always be each other.*

I feel you close and with us almost every day.
On days I do not, I think to myself,
well, he's off golfing (as we know there is golf in heaven)
or watching Sports.
My tears still fall but I know you understand it,
you knew me, so I know you are saying
"it's ok Ma" let them fall "it's ok".
I believe on your arrival in Heaven,
your Grandparents, family and friends were there
waiting to surround you with love and welcome you.
In Heaven, the air is pure, fresh, you can breathe,
no inhalers, no asthma, no pain.
You gave 35 years of wonder, fun, laughs (and a few worries)
but your love of family was deeply felt.
We wanted more, many more years with you.
Your brother who knew you best, described you best . . .
If you called Rob in December, you could bet
he was watching "It's a Wonderful Life".
Like George Bailey at the end of the movie, Rob loved life,
he loved the town he lived and grew up in,
he loved his friends and family and
he loved living life his way.

Happy Birthday, Rob
You are forever in our hearts and thoughts
Until we are together again... "*We only want to see
You laughing in the Purple Rain*"...
Love, Ma & Family

JON McGLINCHEY

In Memory of Jon "Babe" McGlinchey 11/8/87-3/28/16

A Decade I can't believe it's been ten years- how quickly time has passed.
I can't decide if it has crawled or if it's moving fast.
So much has changed since the day you left, some joyful, some so sad.
Yet every memory of you makes the hardest days not so bad.
I'll cherish each and every moment until we meet again,
and hold you close within my heart until the very end.
~Crystal Chambers

Missing you forever, Your sister!

LONG-HAUL GRIEF

Posted on March 10th, 2026

The COVID virus gave us a new condition known as Long-haul COVID. Although the virus may be long gone, the person is left with persistent symptoms from the disease. These unlucky individuals are now being called “long-haulers.” Having just passed the 13th anniversary of my son, Danny, I realize that I have become a grief long-hauler. The sharp edge of grief may be gone, but I still carry the pain and emptiness of Danny’s death with me every day.

My grief has taken so many different forms during the last thirteen years. There were the early years of gut-wrenching pain and uncontrollable tears. Then there were the years where the pain and tears were less, but looking back on memories always brought on fresh waves of grief. Then I reached a point where the memories became more of a comfort and the tears came only when something triggered my grief, like hearing a song that Danny used to play on the drums. So now, thirteen years in, I believed that I had reached a plateau in my grief – always there and always the same. But I am finding that that is not the case. My grief has morphed again into something different.

As bereaved parents discover, the loss of a child is much more than the loss of the child’s physical presence; it is also the loss of hopes and dreams for the child. It is a loss of the present and the future. So in 2012, I lost all the things that I had hoped for in Danny’s future. First and foremost, was his recovery from substance use disorder. Then there was college and the hope that he could fulfill his dream of becoming an EMT and firefighter. I had hoped that he would be able to have a happy and healthy relationship with someone. I don’t think I consciously thought about marriage and children, but I am sure that that may have been in there somewhere. While I have always recognized these losses, I had a new realization the other day. Enough years have passed since his death that the future that I imagined for Danny has become the present in which I am living. The hopes I had for him were abstract, they lived in my imagination. But now I am faced with the reality of those expectations not being met and the hurt of that loss hits hard. It is the difference between thinking that those things will never happen for him and the truth that they didn’t happen for him. Perhaps this is too subtle a distinction, but it feels harder to accept this in-my-face reality.

What does this new grief look like? It looks like the young family in church with their two small children and their grandmother. It is the wife and family that Danny won’t have and the relationship with grandchildren that I don’t have. It is the conversation with friends as they talk about how their kids are helping with the care of their grandmothers and are getting married and having children of their own. It is the Christmas cards with my friends’ now extended families. It’s the void that memories can’t fill.

Those of us who are grief long-haulers are still suffering, though it may not look like it to others. Time may smooth out the raw edges of grief, but its passage also presents us with new losses. We are continually challenged to find ways to cope with these losses. Expressing my feelings in a journal or through poetry helps me lighten the weight of my grief. The passage of time also challenges us to find ways to stay connected with our child(ren). I found that it is harder to keep Danny’s memory alive now that we have moved to a different town and are spending time with people who never knew him. It also means that I can no longer go to the cemetery on his anniversary and leave the single red rose on his grave as I have done for so many years. I need to get creative in order to keep that connection alive. On his recent anniversary, we went to a restaurant that we visited on a family vacation and where we had an experience that became a part of Scott family lore. Danny had written a story for school based on our experience at that restaurant with his own twists and exaggerations of the event. I took that story and read it out loud at the restaurant. It helped me feel closer to him and was a reminder of his wonderful sense of humor.

Long-haul grief is real and those of us who are long-haul grievers know it. The hole in our hearts will never heal and our love for our child will live as long as we live. To those of us who say, "When will you get over it?" we will proudly answer, "Never!"

JOAN BAKER SCOTT

Joan Baker Scott is a bereaved parent who lost her son, Danny, to suicide in 2012. She has attended several TCF national conferences. Joan has published a book for bereaved parents, "Getting Through the Days: A Journey from Loss to Life." Joan and her husband, Dan, were awarded the 2022 Grace Johnson Volunteer Appreciation Award from the Parmenter Foundation, a non-profit organization committed to helping grieving families build resilience and facilitating their journeys toward healing. Joan is a retired school librarian and lives on Cape Cod.

Track 1 - Making Space for Noticing - A gentle practice to help you pause and observe your grief, creating space to honour your emotions.

Track 2 - Noticing fears in grief and bringing compassion - Explore the fears that arise in grief and cultivate kindness toward yourself.

Track 3 - Expanding space for feelings of grief - Allow your grief to be fully felt, embracing it with openness and acceptance.

Track 4 - Building connection with your loved one - Strengthen your bond with the one you've lost, fostering a sense of closeness and remembrance.

Track 5 - Self compassion and self care in grief Learn to nurture yourself with compassion and care during this difficult time.

Track 6 - Gratitude alongside grief - Find moments of gratitude within your grief, balancing sorrow with appreciation for what remains.

Track 7 - Visualisation for future healing - Envision a path toward healing, imagining a future where grief coexists with growth.

“

“Those we love don't go away, they walk beside us every day...unseen, unheard, but always near, still loved, still missed, and very dear.”

- Anonymous Source

Kenna and Turner
INDEPENDENT FUNERAL DIRECTORS

But we do have immortality through love. We pour the golden light of our attention and care and gifts into others.

It changes who they are. It shapes the golden light they have to give, and as they give it, some part of our own light is carried forward.

-Tara Mohr

thecomfortcompany.com

March Birthdays

Aram Karakashian son of Pat and Garo Karakasian

David Conant Siljeholm son of Anita Siljeholm

Ricardo Melo son of David and Theresa Melo

Brian T Wilson son of Linda Wilson

Jon Paul Rahall son of Bernadette Rahall

Tanya Jean Duncan daughter of Dawn Lee Black and Dan C

David Patrick Blais son of Sally Blais

Deacon Winslow Harris Debra Glabeau

Dillon Patrick Dwyer son of Wayne Dwyer

Robert DeCarlo son of Janet DeCarlo Staples

Nicholas Alden Chittick son of Joann Chittick

Joseph DeLuca son of June Doherty, nephew of Gloria Phelan, grandson of Helen Donadio

Kaleigh Lambert granddaughter of Irene Lambert

Hunter Fredrick Siebel grandson of Vita and Gordon Trainor

Julian Matthew Mok son of Lawrence and Beatrix Mok

Sheryl Kelley Daughter of Donna and Robert Maloney

Patricia Gail Kingston daughter of Elaine and John Kingston

Mary Curran daughter of Tom and Catherine Curran, sibling of Ryan, Kelly & Meghan

Frankie Simpson son of Carolyn Skane

Rachel-Marie Thomas daughter of Kellyanne Pheulpin and step daughter of Todd Pheulpin

Desiree Iacobucci daughter of Marisa Iacobucci

Lino Brosco son of Emilia Brosco

March Angel Dates

Shane Michael Loizides son of Janet Sutcliffe, sibling of Branden Loizides

Maria Lorraine Andrews daughter of Michelle Smith

Ryan Covino son of Linda and Bill Covino

Alfonso Daniel Sisneros son of Bob & Laura Reich

Joseph DeLuca son of June Doherty, nephew of Gloria Phelan, grandson of Helen Donadio

Julian Mok son of Lawrence and Beatrix Mok

Simon Aaron Turner Grandson of Cheryl and Marc Turner

Jennifer Margot Jacob daughter of Claudette Jacob

Tanya Anne Phillips daughter of Marilyn and George Phillips

Derek Frechette son of Janet Frechette

Andrew Geljookian son of Nancy & John Geljookian

Scott Barry Peterson son of Tim & Patty Peterson

Susan Eaton daughter of Patti Eaton

Christopher Howland Webber son of Joanie Howland and Bill Webber

Jon James McGlinchey son of Jim and Laureen McGlinchey

Justin McLeod son of Kim McLeod

Maren Cao daughter of Xuandong Cao

Andre Luis Ribeirinha-Braga son of Dianne & Sergio Braga

Shannon Walsh daughter of Kimberly and Kevin Walsh

Henri Wilde Gagnon son of Kacie and Christian Gagnon

Alexander Smith son of Stephen Smith

Drew Brown son of Tina Nelson


James Luke Stammers son of Martha Schmitt

Luke Scott nephew of Jale Okay

Kevin Jollimore son of Ken Jollimore

Nicholas Larkin son of Lauren Ferrari



	<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>Please be considerate in the timing of your calls to these volunteers</p>	
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

The 2026 TCF National Conference is being held on July 2-5 in Baltimore MD. Full details can be found here: [TCF National Conference](#). Our Chapter will be offering \$500 Scholarships to interested chapter members on a first come basis once we make the scholarship announcement in April.



49TH TCF NATIONAL CONFERENCE

Our conference is a place for bereaved families to find community and hope, while learning and sharing with others. Lifelong friendships are often made at the conference through meeting others who truly understand the painful loss of a child, sibling, or grandchild. This eagerly anticipated event will take place in Baltimore, Maryland, during the weekend of July 2-5, 2026.

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

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



Love Notes



“Love has no age, no limit;
and no death.”
- JOHN GALSWORTHY

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

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