



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

May 2026

Upcoming Meetings

Wednesday, 5/27/26
7:00 PM

Online Video Meeting

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

Topic: Family Vacations and Gatherings

Monday, 6/1/26
7:00 PM

In-Person Meeting

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

Topic: The Emotional Roller Coaster

Wednesday, 6/17/26

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: Secondary Losses

Wednesday, 6/24/26
7:00 PM

Online Video Meeting

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

Topic: Family Dynamics

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



GEORGE SILVA

**Dear George,
You are no longer here,
but your love continues to shine on
in every memory and every heart
you have touched.**

**Happy Birthday!
We miss you and love you
so very much.
Mom, Bob, Gustavo, Aimee and family**

-and-

ERIC KRASKER

**Too many years
have gone by
without you.
Never forgetting.
Always loving.**

**Miss you with all our hearts.
Mom, Dad, Lynne**

LAYERS OF SOFTER PAIN

Posted on March 24th, 2026

Often in our support group meetings, I have shared that one day our pain grows softer, and as I look around the circle of new or fairly new attendees, I see the looks of absolute disbelief on their faces. I believe most of us who are grieving the death of a loved one, whether a child, sibling, spouse, parent, friend, or other family member, have a very hard time with accepting, and often allowing, that the pain will grow softer one day. It seems to us that if it does grow softer our love is weaker. I can tell you that never happens and our loved ones would want a softening of our pain for us. They would want us to one day rebuild our lives in our “new normal” state and to not suffer as agonizingly as in the beginning...

If anyone had told me in the first years, though, after my son, Brian's death to a homicide, when he was at the receiving end of two bullets from a robber hell-bent on getting his wallet, that one day I would feel joy again I would have laughed in their face, claiming NEVER!

Actually, now, many years later, I am grateful for the softer pain and returning joy. If it still all consumed as horrifically as it did in the first few years, I could not have stood it. It would have literally killed me. Mercifully, though, as time passed it did soften. No, it did not ever leave, nor did I ever stop missing my son and I will never get over his loss. Instead, I have gotten on with it. It is incorporated into my new life, always a part of me just not fully engulfing me as in the beginning. As we have a measure of healing (we never fully recover) the joy comes in again; that first laugh that catches us off guard, the birth of a new family member/grandchild, a wedding, or graduation. Yes, each event is bittersweet, always over-shadowed by who no longer is able to share the events with us, but we can control the focus on the bitter or be grateful for the sweet.

As much time passed instead of the fresh, raw, bleeding pain in my heart, healing began to form protective layers over my open wound. With more time, more grief work, more acceptance, and many journey gentlers in my life the layers increased, allowing even more protection and the wound finally began to stop seeping. As it stopped seeping, a

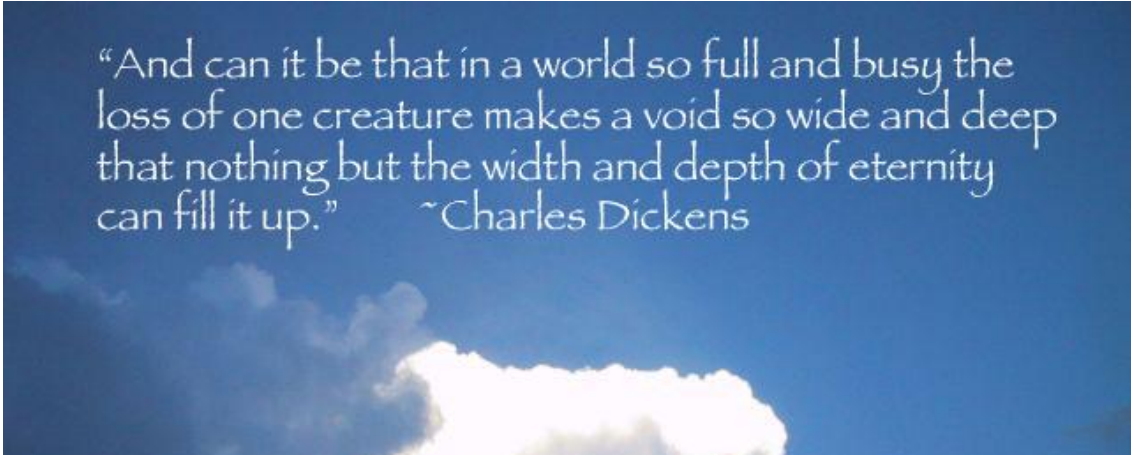
softening of my pain replaced the rawness of that fresh and open wound. It will happen but not real soon. It takes a lot of time, work, and many steps both forward and back.

The softening of my pain did not however, at any time soften my love. Nothing can ever take away from the love my son and I shared -and still share- as nothing can take that away from you, those who share the same painful loss. Embrace that softening of the pain that will one day come to you. It must. Or we would simply wither up and die from that open wound in our hearts. As you embrace the softening, the love actually becomes stronger. Nothing, not even death, can ever take away the love... As our wonderful Darcie Sims always says, "May love be what you remember most."

"Sorrow comes in great waves ... but it rolls over us and though it may almost smother us it leaves us. And we know that if it is strong, we are stronger, inasmuch as it passes, and we remain." Attributed to Henry James.

BECKIE MILLER

Beckie Miller lead the Valley of the Sun Chapter of Parents of Murdered Children from January of 1993 through January of 2021. She serves on the National Board of POMC currently and on Arizona Voice for Crime Victims' Board of Directors. Beckie provides workshops at the POMC National Conference each summer. Writing was a way to voice the horrific pain of her son's death. She is wife to Don of 51 plus years, mom to Christie and Kimberlie and grandma to Brandon and Dillon as well as to great granddaughter Ember who turned one in July.



"And can it be that in a world so full and busy the loss of one creature makes a void so wide and deep that nothing but the width and depth of eternity can fill it up." ~Charles Dickens


May Birthdays

Tyler Weymouth Sibling of Andrew Weymouth
Benjamin Clark son of Nancy Wescott
George Silva son/stepson of Ester and Bob Boulanger, Sibling of Aimee Gordon
Eric Howard Krasker son of Barry and Cheryl Krasker
Jennifer Margot Jacob daughter of Claudette Jacob
Ryan Liam Teague son of Susan Teague
Jennifer Gianocostas daughter of Skip Gianocostas and stepdaughter of Diane Gianocostas
Christopher Burke son of Dotty and David Burke
Madigan Drummond daughter of David Drummond
Corey Noel son of Gary Noel
SPC David Mulno son of Cathy and Harry Mulno
Kara Lynne Irving daughter of Jean and Jerry Irving
Patrick Barry son of Joanne Barry
Olivia Mary Marchand daughter of Jody Marchand
Jaxton Donais nephew of Kayla Welch
Amber Zapatka Daughter of Lise and Ed Zapatka
Sarah Nicoll Boyle daughter of Jackie and Mark Nicoll
Bobby Moore son of Jeff Moore
Courtney Marie Corning daughter of Ginny & Jack Corning
Steven Kaminski son of Joanne Kaminski
Daniel Esposito son of Julie and Joseph Esposito
Kenneth Barclay son of Rachel and Philip Barclay
Joseph Blasetti son of Donna Blasetti
Justin Joseph Hartford son of Jen Smith
Stephen Joseph Troncoso son of Judy Troncoso
Matthew Ryan Sagarino son of Maria Sagarino
Jake Panus son of Kellie and Stephen Panus

May Angel Dates

Deacon Winslow Harris son of Debra Glabeau
Jason Michael Sobanek Son of Karen Cioffi
Conor Bates son of Eileen Bates
Wendy Kagan Snyder daughter of Billie and Sumner Kagan
Sheryl Lynn Becker daughter of Millie & Jerry Becker
Tritan James Rice son of Brian Rice
Nicole Hufnagle daughter of Janet and Gary Hufnagle
Julian Cayer son of Matt & Lauren Cayer
Alyssa Lynne Nanopoulos daughter of Andrew & Nancy Nanopoulos
Maxwell O'Hanlon son of Brady and Kim O'Hanlon
Brittany Lynn McCauley Daughter of Nancy and Patrick McCauley
Shane Patrick Murphy son of Karen and Kevin Murphy
Donald Tottingham son of Mal and Bobbie Tottingham
Robert Maloney Son of Donna and Robert Maloney
Dakota Thomas son of Jeanne Mace & brother of Lauren Steeves
Todd MacDonald son of John and Janet MacDonald
Sean Michael Reynolds son of LouAnne Reynolds
Xavier Salaman son of Susan Salaman
Edward Michael Hedrington son of Jo Hedrington
Sam Cioffi son of Doug Cioffi
Michael Gannon Sibling of Alice and Gil Costa
Bella-Francesca Kamga daughter of Pearl Kamga
Sidney Mae Olson daughter of Mary Beth Ellis and Eric Olson
Noah Caiden Santiago son of Katelyn Muise and Dane Santiago
Angela Desmond daughter of George Desmond Jr
Rachel-Marie Thomas daughter of Kellyanne Pheulpin and step daughter of Todd Pheulpin
Derek Heath son of Erin and Derke Heath

Eric Joshua Smith son of Stacey and Bill Smith
 Marguerite "Maggie" Martin Daughter of Peter and Kimberly Martin

	<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

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

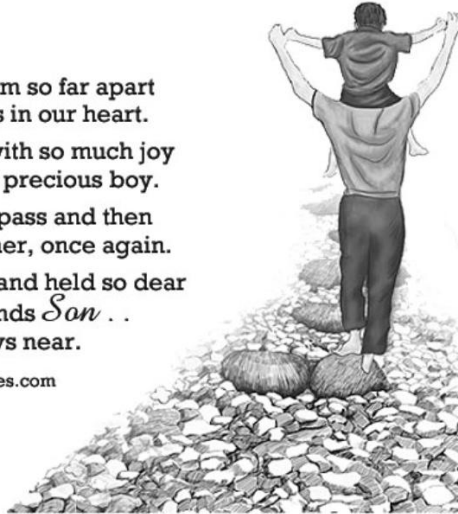
Website sponsor signup sheets are also available at our monthly in-person meetings.



Love Notes



Although we seem so far apart
 Son, you're always in our heart.
 You filled our lives with so much joy
 To us you were our precious boy.
 A little while shall pass and then
 We will see each other, once again.
 Loved, remembered and held so dear
 In hearts and minds *Son* . . .
 you're always near.
 all-greatquotes.com



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
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NEWSLETTER – May 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