



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

March 2020

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 at the Aldersgate Methodist Church, 235 Park Street, North Reading at 7:30 P.M. We are a self-sustaining organization with no funds except what we receive through donations from members and newsletter recipients. Please join with 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.

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TCF North Shore-Boston Chapter – Message on Covid-19

During this period of reduced gatherings our chapter meetings will be cancelled until such time that we can effectively resume them. In place of our meetings there are several options we can suggest, and we are working on others.

1. TCF Live Chats: The Website for the national TCF organization offers scheduled Live Chat sessions on different days and with different topics. The details can be found here: [National TCF Live Chat Schedule](#)
2. Private Facebook Groups: TCF offers several private Facebook groups facilitated by bereaved parents, grandparents, or siblings. They can be accessed here: [TCF Private Facebook Groups](#)
3. TCF North Shore-Boston Facebook Page: Our chapter has a Facebook Page that is active with members from our chapter. You can access it here: [TCF North Shore-Boston Facebook Page](#)

We are also looking into setting up live Web based meetings for our chapter until we can resume face-to-face meetings. We will keep everyone informed as to the status of this.

We will be resuming our face-to-face meetings as soon as it is feasible. While there is no substitute for these meetings, we will do our best to offer our support

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The North Shore-Boston Chapter website is
sponsored this month in loving memory of:

ARAM

March 16, 1969 – January 3, 1999

On your 51st birthday . . .
Never forgotten.
Always missed.

Love, Mom & Dad

JON McGLINCHEY

-The Dash Poem by Linda Ellis-

*I read of a man who stood to speak
At the funeral of a friend
He referred to the dates on the tombstone
From the beginning...to the end*

*He noted that first came the date of birth
And spoke the following date with tears,
But he said what mattered most of all
Was the dash between those years*

*For that dash represents all the time
That they spent alive on earth.*

*And now only those who loved them
Know what that little line is worth*

*For it matters not, how much we own,
The cars...the house...the cash.
What matters is how we live and love
And how we spend our dash.*

*So, think about this long and hard.
Are there things you'd like to change?
For you never know how much time is left
That can still be rearranged.*

*If we could just slow down enough
To consider what's true and real
And always try to understand
The way other people feel.*

*And be less quick to anger
And show appreciation more
And love the people in our lives
Like we've never loved before.*

*If we treat each other with respect
And more often wear a smile,
Remembering this special dash
Might only last a little while*

*So, when your eulogy is being read
With your life's actions to rehash...
Would you be proud of the things they say
About how you spent YOUR dash?*

Jon, I am forever grateful
to have been part of your dash.
Missing you for four long years.
~Love, Crystal



TCF North Shore-Boston Spring Event
"A Garden For Our Children"

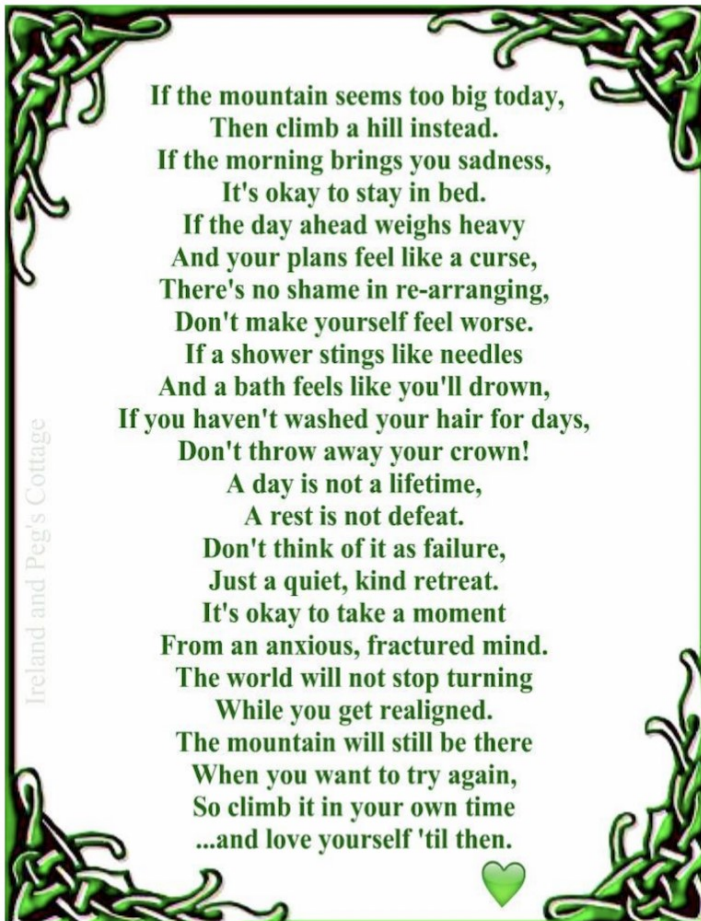
The TCF North Shore-Boston Spring Event 'A Garden for Our Children' will be Monday, June 1st, 6:30pm at the Aldersgate Church, North Reading. We will be planting flowers in memory of our children, in a garden at the entrance of the church. A flower will be provided to each family in memory of their child. The plantings will be organized by the TCF volunteers. There will be a Pot Luck Dinner following the plantings, please bring your child's favorite dish, which will be held in the lobby area of the church.

We understand the current Corona Environment and the date/event will be subject to change as June 1st approaches. There will be updates in the TCF Newsletter, Website and Facebook Page regarding this event and an ongoing Corona concerns affecting meetings.

God looked around His garden and found an empty place. He then looked down upon the earth and saw your tired face. He put His arms around you and lifted you to rest. God's garden must be beautiful, He always take the best.



43rd TCF National Conference
July 24-26, 2020 • Atlanta, GA



I lost my child today
By Netta Wilson

I lost my child today.

People came to weep and cry, as I just sat and stared, dry eyed. They struggled to find words to say, to try and make the pain go away, I walked the floor in disbelief, I lost my child today.

I lost my child last month.

Most of the people went away, some still call and some still stay. I wait to wake up from this dream. This can't be real. I want to scream. Yet everything is locked inside, God, help me, I want to die. I lost my child last month.

I lost my child last year.

Now people who had come, have gone. I sit and struggle all day long. To bear the pain so deep inside. And now my friends just question, Why? Why does this mother not move on? Just sits and sings the same old song. Good heavens, it has been so long. I lost my child last year.

Time has not moved on for me.

The numbness it has disappeared.

My eyes have now cried many tears.

I see the look upon your face,

"She must move on and leave this place."

Yet I am trapped right here in time.

The song's the same, as is the rhyme.

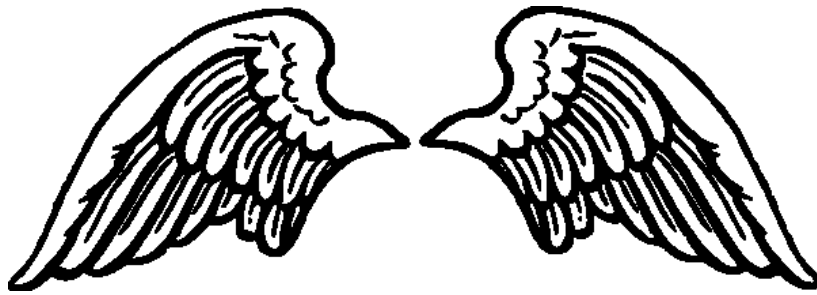
I lost my child... Today.

Our Children Remembered



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 Golan
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
Joeseph DeLuca son of June Doherty, nephew of Gloria Phelan, grandson of Helen Donadio
Joseph Michael Deluca Nephew of Gloria Phelan
Joseph Michael Deluca 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



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
Joeseph DeLuca son of June Doherty, nephew of Gloria Phelan, grandson of Helen Donadio
Julian Matthew 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
Michael Sverdlove son of Harry and Grace Sverdlove
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


As a regular feature, the newsletter is used to acknowledge the Birthdays and Anniversaries of the death of our children/siblings at the request of parents/siblings. Permission must be given for us to print your child's name. For privacy reasons we do not print dates. You only need to give permission once and we will keep it on record.

Childs Name: _____ Birth Date: _____ Angel Date: _____

Parents: _____

Send to: David Paul 48 Castle View Dr, Gloucester, MA 01930

Note: If your child's information is missing or not correct please send the correct data to be posted in the next edition to: tcfnoshorenews@gmail.com

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|---------------|---|---|
| | <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 professionals – 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, anencephaly; son, 11, boating accident | 978-998-4087 |
| Billerica | Jeff Moore, son, 17, moped accident | 978-663-8539 |
| 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 |



Love Notes

"In memory of Derek Frechette. We can no longer see you with our eyes. Touch you with our hands But we still feel you in our hearts Forever! Your wife, Tina, your children Cameron, Ashton, Caden, Reese, and Reegan. Christian is there with you. Miss you both. Till we meet again, Love MOM"

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

Millie Becker - 14 Harris St unit 1, Salem, MA 01970, 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

Millie Becker
14 Harris St unit 1,
Salem, MA 01970

RETURN SERVICE REQUESTED

**DATED MATERIALS
PLEASE FORWARD**



The Compassionate Friends
North Shore-Boston Chapter
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NEWSLETTER – March 2020



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
tfnoshorenews@gmail.com