



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

April 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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www.thecompassionatefriends.org

Wednesday - 4/15/20

ONLINE VIDEO MEETING - 7:30 PM

Monday - 5/4/20

ONLINE VIDEO MEETING - 7:30 PM

Invitation will be emailed

Chapter Leader: David Paul
tcfnoshoreconnect@gmail.com

978-771-6345

Newsletter Editor: Eden Paul and Regan Lamphier
tcfnoshorenews@gmail.com



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

ALEXANDER WHIPPLE

Dear Alexander,
 We miss you
 so very much!
 You should be finishing
 5th grade this year,
 getting ready to
 take the leap
 to middle school.
 We know you would
 have been a wonderful
 and kind student.
 You also would
 have been
 the best Big Brother
 to your sisters.
 We love you
 so very much
 and will never forget
 your beautiful smile
 and laugh.

Love, Mommy, Daddy, Julia and Elizabeth

Message on Our New Online Meeting Format

During this period of reduced gatherings, our chapter meetings at the Aldersgate United Methodist Church in North Reading will be cancelled until we can safely and effectively resume them. In the meantime, we will be holding Online Video Meetings. The Next Online Video Meeting will be held on Monday May 4th. We will be sending an email asking whether you are interested in participating. By responding back Yes to this email you will then be emailed an invitation to the online meeting. You can also ask for an invitation by emailing tcfnoshoreconnect@gmail.com to let us know that you would like to participate.

In addition to our online chapter meetings, other support options are listed below:

- 1) **TCF Live Chats:** The National TCF website 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 its own Facebook page that is active with members from our chapter. You can access it here:
[TCF North Shore-Boston Facebook Page](#)

We will plan to resume our usual meetings as soon as it is feasible. While there is no substitute for our actual meetings, we will continue to do our best to offer ongoing support.

Our First Online Video meeting was held on Wed, April 15th. We had 16 members and those participating felt it was very helpful. We will be sending an email with details for our next online meeting soon.





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

Keep an eye out for our new website.

We will be rolling out our new website design within the next two weeks



I Remember Another Spring
By Fay Harden, TCF Atlanta
...Each year when azaleas bloom,
I remember another Spring.
That one wore a pall.

The rain would not stop. It poured into the
open grave of my son. It poured deep into

my heart.
I was sure it would never stop.
It did, although I sometimes wished it
hadn't. I was stuck between forgetting and

remembering.
Remembering Won.
Now I see his face in the azaleas.
They bloomed that Spring while he died.
I no longer hold it against them.

The Advice I Wish I Got After My Son Died from Just Playing House.com – a blog

When my son died, I received a lot of advice. I found people do not know what to say. They default to the things they have been conditioned to say during these times. It came from many different sources, most of which had never lost a child. The advice came from good intentions, but it was hollow. Not at all what I needed in that moment.

When someone would tell me it would be OK, I was angry. They would say everything happens for a reason and I should trust God. More anger. Then there was, "Give it time. Time heals all wounds." It doesn't. Then there were the people that tried to facilitate a connection. Here, call Jane. She lost her son, too. I was not in a place to talk to other bereaved mothers and hear all about their experience. Everything felt like pressure towards a direction someone else thought was best for me. Someone that had never stood where I was standing.

If you haven't noticed, there is a lot of anger in grief. It is unavoidable so you should just learn to embrace it early. It made me feel like I was going crazy. Everything made me mad. I hated their advice yet I found myself starting to wonder if I should listen. It didn't resonate, but I was desperate. So I started judging my grief. It made me question everything I was doing and feel as if I was doing it all wrong. That made me more angry.

Then I had a breakthrough. A grief breakthrough.

I don't recall the cause or the source, but I suddenly understood what I needed to do. It all made sense.

My epiphany? My grief is only about me. The journey I walk is my own. No one can tell me how to do it. I simply have to do whatever I feel is right in the moment for me. It is not my job to help make others feel better. I cannot be concerned for how they are doing. I know it sounds harsh and unfeeling. However, there is an "I" in grief. As there should be! It is the only way because MY son died! This was about Cameron and I. No one else. The rest of the world has their own path to follow and they must figure it out on their own.

It seemed so simple. Selfish, but simple.

Since my son died, I have changed the way I talk to someone that has experienced loss. I never tell them I am sorry, that is the worst thing to say when someone dies. I am no longer afraid to say, "That really sucks!" It does. Then I tell them I am thinking about them and sending love. I really am. Love is all that matters. If I feel the urge to share advice, I simply tell them their grief is unique to them. They have to do whatever is right for them and not compare themselves to anyone else. Don't worry about what anyone else tells you. Just follow your gut.

This advice would have saved me so much agony. What is your go to advice?

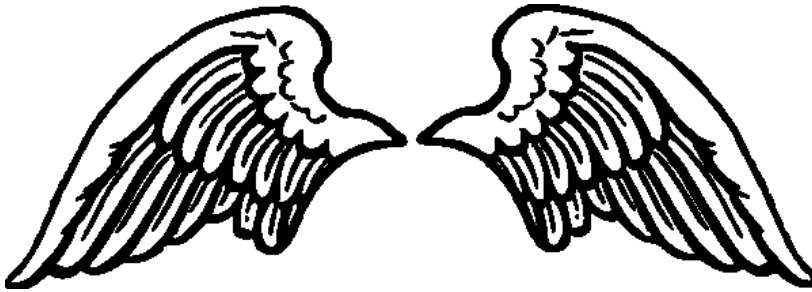


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Our Children Remembered



Adam Calogero Lavoie son of Fernad Lavoie and Joyce Calogero Brother of Reid Lavoie
Christopher Fennelly son of George Fennelly
John Arthur Driscoll son of John and Susan Driscoll
Kristina Corina Latham sibling of Josh Latham
Charlotte Mae Martin daughter of Kara Paine
Kristina Corina Latham daughter of Kerry and Kevin Latham
Thomas "Scott" Gray son of Laura Gray
Christopher Warner Fennelly son of Laurie Malonson
Lia Madigan daughter of Maile and Daniel Madigan
Matthew Dalimonte son of Patti Dalimonte
Ryan James Gilligan son of Paula Gilligan
Jimmy Kiriakos son of Sandy Tsakirgis
Colin Ambrose McComber son of Shari McComber
Aaron Joseph DiBella son of Suzanne DiBella



April Angel Dates



Ricardo Melo son of David and Theresa Melo
Tanya Jean Duncan daughter of Dawn Lee Black and Dan Golan
Brian T Wilson son of Linda Wilson
Adam Calogero Lavoie son of Fernad Lavoie and Joyce Calogero Sibling of Reid Lavoie
Charlotte Mae Martin daughter of Kara Paine
Jennifer Gianocostas daughter of Skip Gianocostas and stepdaughter of Diane Gianocostas
Alexander John Whipple son of Richard and Nancy Whipple
Reid Robert Sacco son of Gene & Lorraine Sacco
Eric Hill son of Peggy & Tom Hill
Bryan Robert Cadigan son of Debbie Daly
Marquis Bergendahl son of Pauline and Chris Whynot


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

	<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 Patricia Kingston-Thinking of you at Easter and always. 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

Bob Boulanger, 42 Chatham Rd. Billerica, MA 02821, 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 – April 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
tcfnoshorenews@gmail.com