



THE COMPASSIONATE FRIENDS

North Shore-Boston Chapter

Newsletter

April 2011

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 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.

National Office:

The Compassionate Friends, Inc.

P. O. Box 3696

Oak Brook, IL 60522-3696

Toll-free: 877-969-0010

PH: 630-990-0010

FAX: 630-990-0246

www.thecompassionatefriends.org

UPCOMING MEETINGS

4/4/11 2 Groups - Men/Women
Jeff & Reggie, Cindi & Penny

**5/2/11 Annual Pot Luck/Balloon Release
(DETAILS INSIDE)**

Chapter Co-Leader: Carmen Pope 978-998-4087
connect@tcfnoshore-boston.org

Chapter Co-Leader: Mariann Lindquist 781-938-5562
connect@tcfnoshore-boston.org

Newsletter Editor: Cindi Bolivar 781-944-0016
28 Colburn Rd
Reading, MA 01867
newsletter@tcfnoshore-boston.org

Regional Coordinator: Rick Mirabile 781-740-1135
Rmirabile@comcast.net

*This month's website is sponsored
in memory of:*

Jonathan Corey

*"If I had a single flower for every time I think about you,
I could walk forever in my garden."
Claudia Ghandi*

Jonathan, always in our hearts and on our minds...
Mom, Dad and Sam

-and-

Sarah Morgan Percival

April is the month you were born and the month you left us.

While we can't believe it is already approaching the first anniversary of your death, we instead will choose to focus on all of the wonderful memories you left us with.

You live on in all of us in different ways.

In April and always we celebrate you.

Love

Mum, Dad, Damien, Shane, John, Alyssa, Luke and Sam

Our Children Remembered



April Birthdays

Peter M Cassely Jr son of Peter & Nancy Cassely
Anthony Ralph Cota Jr son of Anthony and Maria Cota
Faith Pendleton daughter of Deniece Pendleton
Jeff Madden son of Claire Madden
Dominic Cordima son of Tom and Mary Cordima
Janelle Marie Garland daughter of Barbara Beal
Jeanette Lee Glavin daughter of Cynthia Glavin
James Steven (Jimmy) Corliss son of Linda Corliss
David Conant Siljeholm son of Anita Siljeholm
Thomas "Scott" Gray son of Laura Gray
Samantha Rose Baer granddaughter of Ruth and Martin Baer
Robert R Kerr son of Bob and Rosalie Kerr



April Angel Dates

Eric Hill son of Peggy & Tom Hill
Reid Robert Sacco son of Gene & Lorraine Sacco
Max Eli Clayman son of Mike & Patti Clayman
Andrew Dargan son of Tod and Jane Dargan
Devin John Henderson son of Lori & Barry Henderson
Ricardo Melo son of David & Theresa Mel
Jill Hartel daughter of Stephen Hartel and Lisa Alecci-Hartel
Brian T Wilson son of Linda Wilson

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 date. If the information is missing or not correct please send the correct data to:

Cindi Bolivar Childs Name: _____
28 Colburn Rd,
Reading, MA 01867 Birth Date: _____ Angel Date: _____

Parents: _____

All entries will be listed in the appropriate newsletter as accurately as possible. We are all grieving parents and mistakes can happen. Please let me know immediately if there is a problem and it will be corrected in the next issue

Chapter Sharing Pages

From the Chapter Leader

Those of you who are involved in our support group know that we meet monthly to share our emotions, our experiences, our coping methods, and our ideas with other bereaved parents, siblings and grandparents. Every meeting is different. There are times when I come away feeling emotionally drained and there are other times when I come away feeling totally uplifted. Last month's meeting was uplifting and inspirational; it reinforced for me that sharing our experiences can be instrumental in our healing process.

In the early years of my grief journey, I rarely left a meeting without having learned something about myself and about my grief. My fears and doubts were allayed; my feelings were usually validated; my suspicions that I was becoming insane were relieved. By continuing to participate in our sharing groups, I gained perspective and recognized that I was beginning to heal.

Now that I am farther down the road, I am filled with hope when I witness our members reaching out to each other during our meetings. I observe a powerful network of understanding and compassion. Our newer members may not yet sense any hope, but I now know from experience that in time, the pain will soften and the grief will not be as intense.

I thought I would share with you a few of the many snippets of wisdom I heard at our last meeting:

-Our grief will always be there on some level. This is not to say that we will always be consumed by it, as most of us are in the early years, but we will be forever changed and the grief will continue to surface as life moves forward.

-Most of us no longer sweat the insignificant, unimportant "small stuff". Most of us are now more understanding and compassionate. It is OK to be grateful for these "gifts".

-Our grief often gets worse before it gets better. It is important to keep taking care of our physical health and to express our feelings. Eventually, our grief will be more manageable.

-Sometimes it is best not to have expectations, whether these are expectations of how others should treat us, or expectations of our own behavior. We should not attach a time frame to our journey; we should not anticipate feeling better or worse. Our grief evolves and we have to learn how to ride with it. Family members and friends may want to support us, but we often have to be their "teachers".

-In the early years of our grief, we find ourselves mourning the death of our children, siblings and grandchildren. When we are no longer newly bereaved, we find ourselves celebrating their lives.

I am grateful for the collective wisdom of the members of our group. I encourage you all to continue to share.

Carmen

Chapter Sharing Pages

THE CHILD THAT'S NOT THERE

The child that's not there
Takes up every piece of me
The child that's not there
Consumes my every thought
The child that's not there
Makes me feel like I failed
The child that's not there
Took away a main reason for being

But
The children that are there
Still somehow bring me joy
The children that are there
Still need my love
The children that are there
Don't need any more grief
The children that are there
Force me to go on.

Tricia Palmer
In memory of my son, Gabriel Boyer
TCF, Tidewater, VA

where are you now

where are you now
but in my heart
your voice clear in my mind
I know we're never far apart
mind to mind
heart to heart
and, maybe, if I'm fortunate,
soul to soul
we connect
you, watching over me
me, so unaware

but, oh, to actually see you
how you've grown and changed
still, oh, to embrace you
feeling your strength and youth
breathing in your life
now held only within
mind's eye
heart of hearts
and lonely soul

Victor Montemurro
TCF Brookhaven in Medford, NY

Annual Pot Luck Supper and Balloon Release May 2, 2011

Our annual Pot Luck supper will be held this year on our regular meeting night in May. We will begin the evening with a brief ceremony and balloon release at 6:30 PM, followed by a Pot Luck supper and raffle.

Our chapter Pot Luck Supper is a popular annual event and we look forward to seeing our current and past members in May. This is a wonderful opportunity to share on a more personal level with other members. You are invited to bring a picture of your child to share with the group. We will also have our usual monthly birthday table available for those children with May birthdays.

We will provide one balloon for every family in attendance. There will be markers available for you to write your child's name and/or a special message to your child on the balloon.

In order to help defray the expenses of running our chapter, we will hold a raffle in conjunction with the Pot Luck Supper. Raffle tickets will be sold at the door that evening. If you would like to donate a raffle prize, you may bring it to the April meeting or on the night of the event. In the past, members have donated items that are symbolic of our children, often with a butterfly or angel motif. We are very grateful for any donation.

Our usual sharing session that evening will begin at 8:00 PM. Members may attend both the supper and sharing session, or you may attend only one or the other.

There will be a sign up sheet for food items at the April meeting. If you are unable to attend that meeting and would like to attend the Pot Luck Supper event, please RSVP to Mariann at 781-938-5562 or Carmen at 978-998-4087. Mariann and Carmen can also be reached via e-mail at Connect@tcfnoshore-boston.org. It is helpful for us to know ahead of time how many people to expect and what you are planning to contribute to the supper. All hot meals should be brought ready to serve – we do not have the resources to reheat food. We will need salads, main courses and desserts. Beverages and paper goods will be provided by the Chapter. We look forward to seeing you at this annual event.

Chapter Sharing Pages

Why Does My Husband Not Hurt Like I Do?

Written by Jimmy Hinton

From the website www.silentgrief.com

Do you ever wonder why your husband sits, almost robotically, absorbed in his newspaper or television while you cry? Do you ever talk to him—no—pour your heart out to him only to get a blank stare back from him when what you so desperately needed was for him to comfort you? Have you ever wanted to shake him and ask, “Would you just feel the pain I’m feeling for one second?”

Grief is like a chameleon and scorpion bred together. It blends into our lives so deviously that we almost don’t know how it rooted itself so deeply into our being. We hardly can see when it comes and goes. All we know is that it’s there, it’s complicated, and it’s real. Then when we put our guard down and things seem like they are going ok, it strikes us without warning. And it hurts.

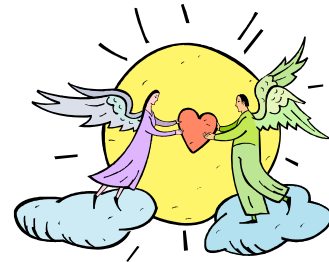
This is partly why men seem like they’re “not with it” when grief strikes. From the beginning of time, men have been hardwired to be rough, gruff, hunting, farming, hands-on, work-things-out kind of people. Furthermore, men are hardwired to want to rescue their ladies. Women long to be rescued by a hero and that is why they need someone to listen, to care, and to comfort! Men, however, are completely thrown into confusion when grief strikes because there is no easy way to rescue a person from grief! I can listen to my wife for hours when she’s telling me about all the good things that happened to her throughout the day. But as soon as she starts sharing things that really hurt her, I clam up. I don’t know what to say or how to say it. So unfortunately, I usually say. . . nothing. Grief has no magical cure. A husband cannot come in and sweep his wife off her feet and lift her up to happiness. Grief completely confuses the man’s world.

Men, for the most part, are mechanical. By this I don’t mean mechanically inclined. A mechanical man, though he likes adventure and taking risks, needs life to run smoothly. He likes to know he can provide for his family, that he is secure in his job and relationships, and that his family respects him. When his wife is grieving a tremendous loss, his world is thrown so far out of balance that he literally doesn’t know how to function. This is when men slide into their default mode of working with their hands. They pick up the paper, they turn on the television or they go out to work in the garage.

Women, please understand that if a man is quiet or

removes himself from the house, this does not mean that he isn’t hurting as bad as you are. In fact, chances are that he’s hurting worse. Men hate seeing their wives hurt. Men grieve in different ways—mostly they have to physically vent their frustration through different hobbies and they absolutely need some alone time.

Men, please understand that grief confuses the woman’s world as much as it confuses yours. The irony is that women need a shoulder to cry on, someone who listens, and for their husbands to be vulnerable and express their emotions—the very things most of us aren’t comfortable doing for them! Even if you don’t know what to say, I promise that if you take time to listen and cry with your wives, you will be their hero and new avenues for healing will be opened.





When Somebody Dies

When somebody dies, a cloud turns into an angel, and flies up to tell God to put another flower on a pillow. A bird gives the message back to the world and sings a silent prayer that makes the rain cry. People disappear, but they never really go away. The spirits up there put the sun to bed, wake up grass, and spin the earth in dizzy circles. Sometimes, you can see them dancing in a cloud during the day-time, when they’re supposed to be sleeping. They paint the rainbows and also the sunsets and make waves splash and tug at the tide. They toss shooting stars and listen to wishes. And when they sing windsongs, they whisper to us, don’t miss me too much. The view is nice and I’m doing just fine.

Chris Sears

*TCF-Lake/Porter County Chapter
In Memory of Adam Widup*

Chapter Sharing Pages

	<h2 style="margin: 0;">TELEPHONE FRIENDS</h2> <p style="margin: 0;">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 style="margin: 0;">Please be considerate in the timing of your calls to these volunteers.</p>	
Beverly	Carmen Pope, infant son, anencephaly; 11 year old son, boating accident	978-998-4087
Billerica	Jeff Moore, son 17, moped accident	978-663-8539
Cambridge	Lin Campbell, daughter, 23, drug overdose	617-576-9290
Lynn	Pat Karakashian, son, 29, drug Overdose	781-593-5875
Marshfield	Trudy Sevier, daughter 27, suicide	617-791-0439
Malden	Marnie Smithers, son 13, ATV Accident	781-322-1722
North Andover	Catherine Olson, daughter 27, pedestrian accident	978-681-8341
North Reading	Margo Vogis, son, 20, automobile accident	978-664-0688
Reading	Reggie & Cindi Bolivar, son 22, automobile accident	781-944-0016
Winchester	Maureen McCormack, son 20, drowning	781-729-1878
Everett	Steve Robinson, daughter 24, domestic violence	508-728-4040
Campton, NH	Melinda & David Paul, daughter, 20, sudden cardiac arrest	603-726-8190

"HOPE FOR THE DAY" from SilentGrief.com

Grief seems to hit us like a tidal wave at times when we least expect it. We can be plodding along in life "okay" when all of a sudden we get smacked hard with the reality of our loss, and we're left feeling like we are drowning in a sea of sorrow with no life jacket in sight.

Being aware of how grief works is a critical part of our grief journey. Knowing that we can get these "grief attacks" unexpectedly can actually help us to prepare for them.

When your tidal wave of grief hits, takes some long deep breaths and prepare to wait it out. Don't fight it or try to swim against the tide. You will only exhaust yourself both physically and emotionally. Feel the pain with the acknowledge that following this storm, the seas will once again return to calm, and you will have better days ahead.

The pain will begin to subside as you begin to acknowledge the fact that grief attacks are only momentary in nature. The raw part of grief work has already been done, and you will be able to manage your grief by thinking more calm thoughts, journaling your emotions, taking a walk among nature, and calling on a friend or two for some encouragement.

Did you get hit by a tidal wave today? Take courage in knowing that you're going to make it. Others have walked this path before you and they've made it and you will, too. Your hope is bigger than your fear. Your courage is stronger than your pain. And, your hope is always alive and at work! -- Clara Hinton

Welcome TCF of North Boston Seacoast

We are pleased to share this information with our current members. This new chapter is centrally located for any of our members on the North Shore.

Chapter Leader Eileen is a bereaved parent of 15 years. Eileen's son Connor died at age 10 months of age from congenital heart disease. Eileen previously attended meetings at our TCF No Shore-Boston Chapter. Co-Leader Christine is a bereaved sibling, whose sister Priscilla was murdered 20 years ago. Between them they have a wealth of healing wisdom and advice to offer to all bereaved parents and siblings at any stage. We welcome the new chapter and invite any of our current members to attend this new meeting if it is closer or more convenient. Or perhaps you feel you would like to attend more than one meeting per month. Whatever your reason please see the contact and meeting information below.

TCF of North Boston Seacoast
 Chapter Co-Leaders:
 Eileen Bates and Christine Morgan
 Phone Contact: 781-639-2544 (Eileen)
redmc333@verizon.net

Meeting Information

3rd Monday of each month at 7:00 PM
 26 Puritan Road
 Swampscott, MA 01907
 (above the office of Darryl Smith, DDS - take elevator to second floor)



LOVE NOTES



From Elaine & John Kingston. In Memory of Patricia Kingston. In Loving Memory of our daughter "Patty". Happy Easter 2011. Thinking of you always. Love, Mom & Dad.

TCF 2011 National Conference – Minneapolis

Early Registration Now Open Either Online or by Download!

We hope you're as excited about this year's 34th TCF National Conference and the 12th Walk to Remember as we are! We're anticipating 1200 or more bereaved parents, siblings, and grandparents at the conference July 15-17 in Minneapolis/St. Paul and we hope we'll see you there. It's now easy to register online or you can download a registration packet and submit it by mail.

If you're not able to attend the conference, there will still be plenty of opportunities to participate in the event whether it will be by ordering a Star of Hope picture centered around a special child you're remembering, by creating a memorial website and raising donations through the Walk to Remember Friends Asking Friends program, or by submitting a name of a child to be carried by volunteers in the Walk to Remember.

For online registration please visit the National Website:

http://www.compassionatefriends.org/News_Events/TCF_2011_National_Conference_Minneapolis.aspx



Chapter Sharing Pages

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 OLDER 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

NorthShore/Boston Chapter
PO BOX 1117
Billerica, MA 01821-0961

RETURN SERVICE REQUESTED

DATED MATERIALS
PLEASE FORWARD



**THE
COMPASSIONATE
FRIENDS**
North Shore-Boston Chapter

NEWSLETTER – April 2011



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.