



THE COMPASSIONATE FRIENDS

North Shore-Boston Chapter

Newsletter

August 2009

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

8/3/09

Ask It Basket
Eileen

9/8/09

**Loss of a young child/Loss of
an Adult Child - 2 groups**
**PLEASE NOTE THIS IS A TUESDAY
due to the holiday**

Chapter Leader: Carmen Pope 978-750-4043
connect@tcfnoshore-boston.org

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

Research Assistant: Mariann Lindquist

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

www.TCFNoShore-Boston.org

**Thank you to our recent Web Site Sponsors -
without our sponsors our website cannot be hosted.
Please consider sponsoring the web site for a month
in memory of your child.**

**Contact Carmen Pope if you are interested in doing
so, and help us keep our web site going.**

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

Gale

on the 40th Anniversary of her death

Gale, you are forever in our hearts and
our love is always with you.

Love,
Mom and Dad

Remembering our Children



August Birthdays

Andrew Geljookian
son of Nancy & John Geljookian

Eric Hill
son of Peggy & Tom Hill

Glenn James McCloy
son of June and Jim McCloy

Sean Warren McLaughlin
son of Mary and Joe McLaughlin

Cynthia A. Moores
daughter of Art and Barbara Moores

Brianna Lee Paul
daughter of David & Melinda Paul

Victor Vogis
son of Victor and Margo Vogis

Regrettably missed in July:

Bryn Casola
daughter of Bill and Nicole Casola

Jack Rowland
son of Marty and Ellie Rowland



August Angel Dates

Derek Anthony Broughton
son of Edward and Louise Broughton

Aaron Daniel Carey
son of Jim & Rachel Carey

Steven Michael Kerr
son of Bob and Rosalie Kerr

Gale McLaughlin
daughter of Joan & Frank McLaughlin

Jeannie O'Hare
daughter of Jean and Tom O'Hare

Michael John Smithers
son of Marnie Smithers

Nothing in life can be more emotionally draining
than struggling to leave one's bed.

Harriet Sarnoff-Schiff
The Bereaved Parent

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. Information needs to be received by the **15th of the month prior to the issue** when you want your child remembered.

If the information is missing or not correct please send the correct data to: Cindi Bolivar
28 Colburn Rd
Reading, MA 01867

Childs Name: _____ 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

For several years now, our chapter has dedicated one meeting each year to sharing memories of our children. Those who attend usually bring along a photo or memento of their child, grandchild or sibling and everyone has an opportunity to share stories or memories of their child with the group. This format has turned into one of my favorite meetings of the year. Not only does it afford me an opportunity to talk about my son's unique characteristics and to reflect on why he was so special, but it enables me to learn more about the children of other members of our group. When I listen to other bereaved parents talk about their children, I am always moved by the depth of the love and the strength of the bond between a parent and child. Is it any wonder that our grief is so intense?

When I attended last month's meeting, it was the 12th anniversary of my son, Tom's death. I had a difficult time with this anniversary, as it was a reminder that Tom had been "gone" for longer than he lived. His siblings are progressing through high school and college, opportunities Tom never experienced. Two of his cousins now have children of their own. Even his youngest cousin, who had not yet been born when Tom died, has now outlived him. As much as I have accepted the fact that I had no control of Tom's future, there are times when I find myself taking stock of what everyone else in the family is doing and I am then reminded of what we have missed and will miss with Tom. This anniversary was one of those times.

As the meeting progressed, the collective compassion of everyone at the meeting had a calming effect on me. Not only was the room filled with the pain of our grief and the love we have for our children, but also with the understanding we all have for each other. By the end of the meeting, I was overcome with a sense of relief and I gratefully felt more at peace.

I encourage all of you who are dealing with the intense grief over the loss of a child, grandchild or sibling, to seek help from those who truly understand. There is a reason why we are called compassionate friends.

Carmen

The Marble

Joey was 22 when he died as a result of a single car accident. He had been known to carry around a "blue marble" that was about 2 inches in diameter (about the size of a golf ball)- he and some friends spotted these treasures in a fountain somewhere in Boston on one of their nites on the town (they were all college age at the time) and the story I learned much later was that Joey waded in the water to retrieve one for each of them. After his accident, his friends kept asking about it and if we had it - they all knew that he usually had it with him. It had not been returned to us with his belongings from the car, neither had his favorite ball cap. Either they weren't there or were overlooked. On the last day possible my husband and I went to see his car before it was demolished - a quick search revealed not only his hat but the "marble" which was lodged under the passenger seat just waiting for us to find it..... that was 7/12 years ago and the marble and hat are in a frame with one of his signature tie-dyed shirts - this is the momento we would have brought to the last meeting.....

I wasn't at the last meeting because I went on a cruise to Bermuda with a few girl friends - we were waiting at a bus stop and I was leaning on a stairwell wall, in the shade and I happened to look down at the ground.... I spotted what I thought was a piece of glass but when I reached to pick it up found it was a small blue marble - smaller, but almost the same exact color as "Joey's marble". There was absolutely no reason for a marble to be where this one was, but it was there and I picked it up. I told the girls my story, put the marble safely away and said a private thank you to my son for showing me he was there with me! The really special part of this story is that when Joey was 16 our family went on our first and only family cruise - to BERMUDA! Short of hitting me over the head, I truly believe he made his presence known.... and on the same day that I would have been sharing a memory with the group at our meeting... I now have a new precious memory to share.

Cindi Bolivar / TCF No-Shore Boston

Chapter Sharing Pages



SUMMERTIME

By Sascha Wagner ~ From *ALIVE ALONE*



It sounds so easy. A soft, warm word— time to run barefoot, time to leave windows open all night. Summertime. Somehow it seems, doesn't it, that it's especially meant for children. Children on beaches, children on swings, children in large pools, children in tiny tubs.

We, who do not have all of our children with us, may feel the summertime in two ways. One is to remember shared events and adventures, there were so many, long rides in a hot car or a nap in the back seat. The famous question, "Are we there yet?" Everything from a heat rash to ice cream cones and sand castles.

For us, another way to feel summertime is the special emptiness brought about by children who are no longer on this earth. They used to trot along on hikes in the hills; they used to gather wood for an evening fire. Now summer brings us again the melancholy awareness of their absence. Have you ever walked on some unfamiliar path, surprised about not having been there with the children? Even when there's nothing to remember, we are reminded of the children's absence.

We have been diminished by death. Some of us may still have living children. Other parents have no children left. They have lost an only child, perhaps. Or all of their children died. And here we are, grateful for the warmth of summer mornings, aware of the ripe beauty of nature,

trying to deal with our children's absence with all of the grace of which we are capable. Often we do not want to burden others with our grief or we may be convinced that others don't want to share our distress. We have learned, after all, that the world around us is not always able to understand how we feel.

Besides, we were taught to be brave. Many of us will do everything we can to appear "normal" after our loss. But, we were also taught to be honest. And, when you feel the hurt, when you seem almost to be lost in the shadows of this golden summertime, don't hide your sorrow. The grief of your spirit can perhaps be kept a secret on the outside. Yet your deepest feelings, unexpressed, can burn into your existence with harmful force.

You can be both brave and honest. You know that it's brave to share grief, be it old grief or new grief. And revealing that sorrow is also honest. Of course, nothing can wipe away much of your pain, but sharing grief is helpful. You will know that, after you have expressed the painful sorrow you once kept hidden and find yourself, finally smiling at the memories and the blessings of past summer times.

Some stories don't have a clear beginning, middle, and end.
Life is about not knowing, having to change,
taking the moment and making the best of it,
without knowing what's going to happen next."
Gilda Radner

Chapter Sharing Pages

WALK TO REMEMBER 2009

Thanks to those who have already taken the time to contribute to our chapter's team for this year's Walk to Remember fundraiser. We are about halfway to our goal - There is still time for you to contribute:

Start by logging on to the Walk to Remember website at www.tcfwalktoremember.org. Then, click on "Event Enrollment" in the navigation bar. If you then select "Join a Team", the list of existing teams will appear. Click on **TCF North Shore/Boston**, after which you will be asked to fill out an enrollment form. After you have completed the form, you will be recognized as a member of our team and you will then be able to make your own donation and/or e-mail family and friends to ask them to donate to our chapter through the Walk to Remember website.

One of our chapter members is planning on attending this year's national conference and participating in the Walk to Remember. Maureen Warren has graciously offered to carry a banner containing the names of our chapter members' children, grandchildren and siblings while she is walking. If you are interested in having your child's name posted on this banner for the Walk to Remember, please e-mail Maureen at mewinaz@live.com.

We thank you in advance for supporting this effort to help fund our chapter's expenses.

Carmen



LOVE NOTES



*In Loving Memory of Glenn James McCloy.
We will always love you. Mom & Dad*

*In Loving Memory of Victor G. Vogis.
Happy 29th Birthday. We miss you every day. We'll celebrate your memory with family and friends. Be well my sweet boy. Love Hugs & Kisses. Mom, Dad, Katya, Esther, Tony & Margo Marie*

*In Loving Memory of Michael John Smithers.
I can't believe it's been 6 years since we've seen your beautiful face. We miss you more each day. Love you most! Mum & Chanel*

*In Loving Memory of Patricia "Patty" Kingston.
You will always be remembered. Love, Mom & Dad*

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 – AUGUST 2009



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.