



THE COMPASSIONATE FRIENDS

North Shore-Boston Chapter

Newsletter

July 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.

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UPCOMING MEETINGS

7/6/09 **Sharing Precious Memories**
Mariann and Reenie
**PLEASE BRING PICTURES OR MEMENTOS TO
SHARE WITH THE GROUP**

8/3/09 **Ask It Basket**
Eileen

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**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:
Reid Sacco*

*In spirit, you are as alive as ever. You permanently live ever so
deeply within our hearts. Your touch is visible in the work
continued in your name, and in the lives this work will forever
change.*

Love you always and forever.....

Mom, Dad and Weston

Chapter Sharing Pages



July Birthdays

Sheryl Lynn Becker
daughter of Millie & Jerry Becker

Edward Michael Hedrington
son of Jo Hedrington

Tiffany Marie Hines
daughter of Jeff and Debbie Hines

Steven Michael Kerr
son of Bob and Rosalie Kerr

Karen Ann Muscovitz
daughter of Arnie and Alice Muscovitz

Reid Robert Sacco
son of Gene & Lorraine Sacco

Michael Sawyer
son of Diane and Herb Sawyer

Debbie Sevier
daughter of Daughter of Fred and Trudy
Sevier



July Angel Dates

Kristin Amico
daughter of Joseph Amico

Lino J Brosco
son of Leno and Emilia Brosco

Peter M Cassely Jr
son of Peter & Nancy Cassely

Christian Frechette
son of grandson of Janet Frechette

Jeanette Lee Glavin
daughter of Cynthia Glavin

Lucy Virginia Grogan
daughter of Beecher & Rick Grogan

Kyle Joseph Robinson
son of Erin Maribito

Thomas Hart (Tom) Pope
son of Carmen and Jeff Pope

Gregg Matthew Wolfson
son of Jack and Sheila Wolfson

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 **1st 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

Sharing Precious Memories - Next Meeting

At our next chapter meeting, members are invited to bring a picture of their child or some memento from their child that has special meaning or significance that you wish to share with the group. We talk about our children every month and this meeting gives us all an opportunity to "show" our children to the other members. Please consider bringing something to share - it doesn't have to be a picture - perhaps there is a drawing that your child did, or a card sent or even something that your child had in his/her room that you have kept as a remembrance - what ever you choose to share with the group it will be welcome.

Cindi

WALK TO REMEMBER 2009

Our chapter has created a team for this year's Walk to Remember fundraiser. We are hoping to have many of our members join our "team" and help us to solicit donations to offset our chapter expenses. It is very simple to participate in this virtual Friends Asking Friends fundraiser.

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



Online registration is now open for the 32nd National Conference in Portland, Oregon August 7-9, 2009 with the theme *Mountains of Compassion – Roses of Love*. [Download the online Registration form here](http://www.compassionatefriends.org) or go to <http://www.compassionatefriends.org> for full details of the event.

As with past national conferences the upcoming event promises a good dose of caring, sharing, and healing with well over eleven hundred people who understand much of what all those attending the conference have gone through.

There will be plenty to do, or you can simply relax with friends, old and new, during the conference, which features four outstanding keynote speakers.

- Friendship, understanding, and hope in everything that makes up the conference from workshops and banquets, to sharing sessions and the Walk to Remember.
- A special Friday evening performance of the Rabbit Hole, the Pulitzer Prize winning play about a couple's struggle with grief after the sudden death of their four year-old son.
- Nearly 100 workshops for parents, siblings, grandparents, and other family members covering most topics related to the death of a child. This includes many workshops for parents with no surviving children (please review workshops before registering as we'll be asking which workshops interest you).
- A complete sibling program, with special events including ice skating on Friday evening, and a sibling banquet with entertainment on Saturday.
- Sharing sessions on different topics will be held every evening.
- The Tenth Walk to Remember® Sunday, August 9 starts out at the Doubletree Hotel and encompasses a scenic route.
- A variety of gifts and mementos available in the Butterfly Boutique.
- Memory boards (please bring a picture—or hanging memento—up to 8X10") and more..... check the web site for full details.

Chapter Sharing Pages

From the Chapter Leader

A while ago, I had the opportunity to participate in a day of community service through my son's high school. On that day, before the students and parents departed for the various sites to which they were assigned, including homeless shelters, youth clubs, soup kitchens, and the like, a young woman who had helped to coordinate the day's events spoke to the group. She presented two concepts, derived from her experiences in providing community service to the underserved. What she said made perfect sense to me, and mirrors some of what I have learned through my experience as a bereaved parent.

The first point was that *everyone has something to give*, no matter how destitute, limited or challenged that person might be. The speaker related how, when she, herself, was on a tight budget and was working to help the homeless in an urban area, the people she served were, in turn, able to give back to her. By outward appearances, they seemed to have nothing to give, yet they would share their favorite economic recipes with her and also taught her the most efficient ways to use public transportation. This sharing may have seemed insignificant to the "givers", but was greatly appreciated by the receiver. As I listened, my mind wandered to the workings of our support group. There are times when newly bereaved parents feel that they have absolutely nothing to give. They feel lost, emotionally drained, and desperate. Yet, the simple act of sharing these feelings with another bereaved parent, grandparent, or sibling can be the very thing that helps that person through another day. By expressing and sharing our feelings with each other, even in the darkest moments of our grief, we often validate the feelings of another bereaved person. This is a gift which may seem insignificant to the giver, but which is greatly appreciated by the receiver.

The other concept presented to us before our day of service was that *it is much easier to give than to receive*, the corollary of which is that *it is important for all of us to learn how to receive*. I again began to process how this idea relates to bereaved families. Before our children died, most of us were accustomed to being in a giving role, whether at home, at work, or both. We were in charge, responsible, self-reliant. However, much of this may have changed after experiencing the death of our children. Perhaps we were unable to return to work for quite a period of time. Perhaps we had trouble facing normal, everyday tasks, such as grocery shopping or household chores. Friends and family may have reached out to help us, but we may have been reluctant to *receive* that help. I remember that one of the most frustrating feelings I had as a newly bereaved parent was the feeling of absolute helplessness. I couldn't bring my son back; I couldn't control my tears; I couldn't get through a day without lying down on the sofa to take a rest. Simple tasks seemed monumental. I needed help, but being open to receiving that help was a foreign concept for me, who had usually been the giver. I think most of us would rather be in a position to give than to be in a position of needing help. However, there are times in our lives when we must learn how to receive. I know now that asking for help is a sign of strength, not weakness, and that it takes both giving and receiving for true sharing to occur.

The journey of families who experience the death of a child is never an easy one. However, I encourage you to keep sharing as you move through this journey. By sharing, you will become both a giver and a receiver and realize that you can continue to move forward and to live a full life.

Carmen

*

Your children are not your children.
They are sons and daughters of life's longing for itself.
They come through you but not from you,
And though they are with you,
yet they belong not to you.
You may give them your love but not your thoughts
For they have their own thoughts.

For their souls dwell in the house of tomorrow,
Which you cannot visit, not even in your dreams.
You may strive to be like them,
But seek not to make them like you.
For life goes not backward nor tarries with yesterday

Kahlil Gibran, The Prophet

You may house their bodies but not their souls,

Chapter Sharing Pages

The First Summer Vacation

Summertime is here and along with it you may be planning a vacation. If you have recently suffered the death of your child, that first vacation can be very difficult. Here are some suggestions to help you through your first vacation and to help you plan around your grief:

- Be gentle with yourself. Don't expect too much on your first vacation. Remember, as bereaved parents, the first time we do anything without our kids is tough whether it be going to the movies, shopping or on a vacation.
- Plan to do some grief work because you will, planned or not. Give yourself time enough on the trip if you have a bad day so that you can just do what you feel like doing.
- Know your child will be on your mind day and night, just as he or she is at home. Our grief goes with us.
- Plan to do something your child would have loved to do, but did not get a chance to. Plan this in his or her memory.
- If you plan to visit relatives for the first time since you child's death, remember they mean well, even if they seem insensitive with their remarks. They have not lost a child and can't see through your eyes.
- If you have other children, remember them. They are also having a hard time coping on this vacation. Plan some activities that will be especially for them.
- Be especially careful to communicate with your spouse. Plan a vacation that is suitable for both of your needs. Remember you are both grieving for the same child, but we all grieve differently and in our own way.
- If you have been maintaining your child's grave site and feel guilty about leaving it unattended, let a family member or friend see to it while you are away. You need not feel guilty and it could fill a need for one of you family members or friends, allowing them to help.

*From an article by Dianna Hammock
TCF - Central Coast, CA*

Sometimes

Sometimes something clicks,
And with a tea
Remembrance of the pain
And the loneliness
Flood the heart.

Sometimes something clicks,
And with a smile
Remembrance of the love
And the laughter
Flood the senses.

And there are times
When nothing click at all,
And a voice echoes
Through the emptiness
And numbness
Never finding the person
Who used to fill that space.

And sometimes
The most special time of all,
A feeling ripples through your
Body, heart and soul
That tells you
That person never left you
And he's right there with you
Through it all.

Kirsten Hansen, TCF Kendfield, CA

For All Our Lost Children

I will see you again, in the fullness of time,
You will reach out your hand, I will take it in mine.
As together we walk, all the sorrow-filled years
Will dissolve as a cloud, in the midst of our tears.

I will see you again, we will laugh as before.
I will kiss your dear face as I pass through the door
To a place where you are, and a bright shining sun
Will assure my glad heart that my life has begun.

I will see you again. Thought the journey be long,
I will try, for your sake, to sing some kind of song.
And for you, I'll endeavor to live through my pain,
'till the moment dear child, when I see you again.

Betty Kenn - TCF U.K.

Chapter Sharing Pages



TELEPHONE FRIENDS

Billerica	Jeff Moore, son 17, moped accident	978-663-8539
Danvers	Carmen Pope, infant son, anencephaly; 11 year old son, boating accident	978-750-4043
Andover	Steve Hartel and Lisa Alecci, daughter ,6, leukemia	978-470-2323
Plaistow, NH	Lynne Jeffries, son, 4, drowning	603-382-4134
Rockport/Cape Ann	Jim and June McCloy, son, 32, complications during bone marrow transplant	978-546-7634
Lynn	Pat Karakashian, son, 29, Drug Overdose	781-593-5875
North Reading	Margo Vogis, son, 20, automobile accident	978-664-0688
North Andover	Catherine Olson, daughter,27, pedestrian accident	978-681-8341
Marshfield	Trudy Seveir, daughter, 27, suicide	781-837-3171
Cambridge	Lin Campbell, daughter, 23, drug overdose	617-576-9290
Woburn	Alaina Huxtable, grandson 4, accident	781-933-6845
Lynn	Gladys Nelson, son 24, cancer, special needs	781-595-4124
Winchester	Maureen McCormack, son 20, drowning	781-729-1878
Malden	Marnie Smithers, son 13, ATV Accident	781-322-1722
Reading	Stacey Smith, son 23, suicide	781-944-5841

No Vacation

There is no vacation from your absence
 Every morning I awake I am a bereaved parent
 Every noon I feel the hole in my heart
 Every evening my arms are empty
 My life is busy now, but not quite full
 My heart is mended, but not quite healed
 For the rest of my life every moment
 Will be lived without you
 There is no vacation from your absence

Katy Boyette, TCF Gulf Coast, MS

Another Choice

"I don't know how you do it." "I could not have done the same"
 These are sometimes are the words I hear
 as I say my daughters name.
 "I had no other choices," is often my reply.
 I must learn to live without her, or shrivel up and die.

It's way down on the inside, where one can never see;
 Way deep within is the missing part of me.
 It's when you don not see me, that I cry my silent tear,
 Or feel the empty hurt inside because she is not here.

I would choose it to be different, I would choose to feel no pain.
 I would choose to only smile, As I say my daughters name.
 So if you wonder how I do it, I will quietly raise my voice.
 "I wouldn't have done it this way If I had another choice."
 -LeAnn Oldson TCF/Coguille OR



My Son, My Son

My son, My son, where did he go
 Forty-five years old, then he let go

My heart broken, still ticks away
 I don't know if I can take another day

I will still cry, to the sky
 Hoping that he is looking down with a smile

Forty-five years of life taken away
 There will be a day we will meet
 And Hopefully our souls will join together

With prayer and faith,
 Time will be my comfort,
 Forget him not, will never be

So I end my prayer with sadness and joy
 Knowing someday my family will feel the same for
 me

This is my prayer for my beloved son Michael

Rest in peace, we will love you forever,
 Mom and Dad

Written by Peter Amorella, TCF No Shore-Boston

Chapter Sharing Pages



LOVE NOTES



In Loving Memory of our daughter "Patty". Lovingly remembered and sadly missed. Love Mom & Dad

In Loving Memory of Sheryl Lynn Becker. There isn't a day that goes by that I don't think of you and miss you. You will live on in our hearts forever. Love, Mom & Dad.

In Loving Memory of Tom on the 12th anniversary of his death. Tom, you are never forgotten, always missed, forever loved. Love, Mom, Dad, Kelly & Dave

In Loving Memory of Keith A. Pace. Our hearts are forever broken. The healing process never ending. Your pictures provide us memories of what once was, our dreams give us what should have been. Love Always, Mom, Dad & John Jr.

In Loving Memory of Edward Michael Hedrington. Happy Birthday, July 4th. Love you & miss you every day. Love, Mom & Lisa.

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 – JULY 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*****

To receive these newsletters via email please send an email to the editor.