



THE COMPASSIONATE FRIENDS

North Shore-Boston Chapter

Newsletter

July 2010

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

- 7/6/10 **NOTE TUESDAY NITE DUE TO HOLIDAY**
Missed Milestones
Eileen & Mariann
- 8/2/10 **Ask it Basket**
Marnie
- 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:*

Francis William D'Ippolito

Always in our hearts . . .

Love,
Mom, Dad and Adrienne

-and-

Sheryl Lynn Becker

You always said "the party is here"
when you came in the door on the
special days of our lives.
Hard to believe it's been 5 years.
It is a struggle to party without you...
Always in our minds, forever in our hearts.

Love,
Mom & Dad

Remembering Our Children



July Birthdays

Sheryl Lynn Becker
Daughter of Millie & Jerry Becker

Bryn Cosola
Daughter of Bill & Nicole Cosola

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

Stephanie Robinson
Daughter of Steve Robinson

Jack Rowland
Son of Marty & Ellie Rowland

Reid Robert Sacco
Son of Gene & Lorraine Sacco

Michael Sawyer
Son of Diane and Herb Sawyer

Debbie Sevier
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

Jackson Kane
Son of Jina Kane

Keith Austin Pace
Son of John & Linda Pace

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. 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, 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

The June meeting was well attended, with several new families joining us for the first time, so we divided into two groups. It was rather bittersweet because the joy of sharing pictures and mementos of our children and grandchildren was mixed with the pain of no longer having them with us. No matter what age our child was when he or she died, we have many precious memories to hold on to as we grieve. I was impressed by the willingness of even the new families to share their feelings, both happy and sad, with the rest of the group. I'm not sure I could have done the same during the first year after my son Joel died. It takes a lot of courage and trust to open up to a large group after losing a child.

Something that was mentioned was the way we can either say we "lost our child" or our child died. Although our child is not "lost" we have suffered a loss, because our child is no longer part of our lives. So in a very real sense, we do feel as though we have lost someone precious. In addition, we lost a part of ourselves that we will never be able to recover. It is sometimes difficult to acknowledge the reality of death, especially as it pertains to our child. So especially in the first year or two, it may be easier to refer to our loss, and that is perfectly acceptable. In the big picture of things, whatever makes it easier for you to communicate with others is probably the best approach. Another subject that came up was mood swings - how we can feel happy remembering our child one moment, and be in tears a few minutes later, or have a good day followed by a very difficult day. This too, is normal and it's usually best to go with the flow. Grief comes in waves, and over time the waves lessen and happen less frequently, but they can still take us by surprise.

If you find that you need more help than the monthly meetings can offer, I encourage you to find other forms of support. This could be a bereavement support group at a church or hospital, another TCF Chapter that meets at a different time, or even professional counseling. In my case, my son's accidental death was very sudden and traumatic, and it took my family and me a long time to come to grips with what had happened. Although I resisted the need for therapy at first, when I look back I don't really understand why I felt that way, because it has turned out to be a good experience. Again, it's important to find whatever is helpful to you, and feels right. Just know that those options are available, and you do not have to suffer alone.

The July meeting will be held on Tuesday July 6th because Monday will be the holiday for many people. The topic will be missed milestones, which is appropriate as we are in the season of graduations, bar mitzvahs and weddings. Many of us will find ourselves trying to be happy for someone else while being aware of the milestones our own child will never reach. I wish you a good start to the summer and hope to see you in July.

Mariann

"Life shrinks and expands in proportion to our courage." Anais Nin (1903-1997)

"Making the decision to have a child - it's momentous. It is to decide forever to have your heart go walking outside your body." Elizabeth Stone (20th Century)

Chapter Sharing Pages

Vacation Tips

Summer is the time of the year when families think of vacation. Whether a long trip or a short time spent near home, vacations are a pleasant change of pace and a time to have fun. For many bereaved parents, especially in the first year or two of grief, even the idea of a vacation may cause a devastation of emotions. Some cannot even use the term vacation. Remembering the fun times with their now-dead child is more than can be borne.

However, if you are planning a vacation, here are some suggestions that may help.

- Be kind to yourself. Don't expect too much. The first time we do anything without our children is tough no matter what the activity.
- Be patient with yourself. You will have feelings of guilt, anger, and all the other emotions associated with grief. Let those emotions come and go as they will. Rest and have a good time if at all possible. Give yourself time to have a bad day.
- Be aware that your child will be on your mind most the time just the same as he or she would be if you were at home. Grief travels along with us.
- If you plan to visit relatives, 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.
- Remember your other children. They are also having a hard time coping on this vacation. Plan some activities that they especially choose.
- Communicate with your spouse and other family members.

Philip Hall
TCF South Central Missouri

"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, take 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 knowledge 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

"I will face my pain with courage. I will make it!"
--Clara Hinton

Chapter Sharing Pages

Reverse Progeniture

I don't know if its possible or ever been proposed, but those are two real words. I am not sure these two words have ever been used together before, but they give new meaning to something... something that has happened to me! Progeniture is the act of having had children, of being a forefather. But in reverse? Can the offspring raise the father, spawn a new man? Can the progeny, the child, be the guide through life, provide the large footprints that the father hopes to walk in? I don't know what else to call it. I've become the son!

I've discovered a whole new way of looking at the world, and at my life, even as I grow quickly older. I learned it at the feet of someone I always loved and grew early on to respect. Not always happy with some aspects of his bohemian lifestyle, he nonetheless has proved to be a beloved genius. He preached of looking at life from a spot out in the Universe, and not necessarily our own universe. He thought of this life as only one possible stop on an available bus tour of other lives and times. Life was hard and complex; this was not the best of all possible worlds he surmised. We had to improve it, or at least salvage some small piece of it for ourselves. He was developing a plan of greater humanism for himself, to complete his vision of self worth. He had a plan for his coming life, he had it out only a few weeks before his life was ended. And a few days before he died, he had told me he had come up with a way to change, revolutionize, the way we all communicate. A heady statement, but who would have the nerve, and vision, to make such a claim? A Dreamer. A Doer. A Maverick. My Son.

These are some of the things he taught me. This is some of the character he showed me.

I didn't understand why things happened the way they did. Since he has died, he has put me through hell. Bit I know there must be a reason. There is a reason. Isn't that part of growing up? Now I know what it's like to be the child again, at age 47. Didn't I grumble past my youthful years growing up in school and at home and say, "Why do I have to do all this? I'm going to change all this someday."

I now look to the future and try to see all it holds, even if now all the buttercups of the future catch the sunlight and shine too brightly. How the beauty in their reflected light will help me, and not blind me, I'm not sure. But what he has taught me will help me cope with the life in front of me. And change it for the better, maybe. No, I'm sure it will. The Child has given rise to the Father.

Vic Volzone
TCF-Burlington Co NJ Chapter
Father of David William Volzone, 1983-2002

"All changes, even the most longed for, have their melancholy, for what we leave behind us is a part of ourselves; we must die to one life before we can enter another." Anatole France (1844-1924)

Chapter Sharing Pages



TELEPHONE FRIENDS



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.

Please be considerate in the timing of your calls to these volunteers.

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

Fourth of July

Each year on the Fourth of July we celebrate the birth of a great nation – a nation of people united in a dream. It was through hope, determination and a bonded strength that the people of America strived to achieve their dream of freedom – to be a free nation.

Nothing, however, is achieved without a strong will. We too, as bereaved parents, are fighting a battle to be free – free of the pain that has become a part of our waking days. We want to be able to enjoy life again. YOU are one of those proud Americans. Refuse to give up. Fight for YOUR dream. There is peace to be found in freedom.

TCF, Holmdel NJ

Dandelions and Grass

Dandelions a grass
 Clasped in a chubby hand,
 Starry-eyed, so pleased with himself,
 Never a bouquet so grand;
 Slightly wilted, with drooping leaves,
 Received as the rarest of blooms,
 In my best vase on a cloth of lace
 They proudly graced my rooms.

In the years to come, that same hand
 Wrote a lovely poem,
 Built a model airplane
 And played the saxophone.
 But ever in this mother's heart
 In all the years that passed,
 The loveliest thing that David gave
 Was dandelions and grass.

Joy C. Worland
 submitted with changes by Audrey Hoyt
 TCF Kansas City, MO



LOVE NOTES



In Memory of Christian Frechette. Love you, miss you, in our hearts ad thoughts every day. Love, Nana, Mom, Dad, Cam, Ashton, Caden and Reese.

In Loving Memory of Eric Hill. Forever in our hearts and always on our minds. Happy 14th Birthday Eric! I love you to the moon. Love, Mom.

In Loving Memory of our daughter Patricia "Patty" Kingston. Thinking of you. Love, Mom & Dad

In Memory of Keith Austin Pace. We never know when it will be the last time you see the person you love, the touch, the hug or the kiss. The forever pictures we have will nevr change. It will be three years, July 18th and the love for you is forever in our hearts. The pain is always there, but is comforted by the loving signs you send to us. Love you ! Mom, Dad, & John Jr.

In loving memory of Tom Pope. You are always in our thoughts and will live on forever in our hearts. We love you!!! Mom, Dad, Kelly and Dave

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 2010



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.