



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

Newsletter

June 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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PH: 630-990-0010
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UPCOMING MEETINGS

6/1/09 **Small Sharing Session**
Reenie/Mariann/Marnie

7/6/09 **Sharing Precious Memories**
Mariann and Reenie

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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:
Roger Costa*

*Life has never been the same without you, Roger,
but the beautiful memories keep us connected.*

Love, Mom, Dad & Matt

Chapter Sharing Pages



June Birthdays

*Lt. Stephen E. Gil
son of Eileen & Larry Gil*

*Eric Kronk
son of Kathy and Walter Kronk*

*Joseph Matthew Liguori
son of Marie Liguori*

*Michael Edward Lindberg Jr
son of Sylvia & Michael Lindberg*

*Kyle Joseph Robinson
son of Erin Maribito*

*John Joseph Nelson
son of Gladys & Robert Nelson*

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

*Jason Peary
Son of David and Donna Peary*

*Christopher John Pope
son of Carmen and Jeff Pope*

*Ricky Burnham
son of Tia and Terry Tessimond*

*Donald Tottingham
son of Mal and Bobbie Tottingham*

*Nothing is so strong
as gentleness
and nothing is so gentle
as real strength.*

Ralph W. Sockman



June Anniversaries

*Katie Emma Flett
daughter of Kathleen Flett*

*Benjamin Thomas Huxtable
grandson of Alaina & Peter Huxtable*

*Bobby Moore
Son of Jeff Moore*

*Jason Peary
Son of David and Donna Peary*

*Christopher John Pope
son of Carmen and Jeff Pope*

*Debbie Sevier
daughter of Fred and Trudy Sevier*

*Ricky Burnham
son of Tia and Terry Tessimond*

*Andrew Adams Wilder
son of Mark and Betty Wilder*

*Harold E. Williamson
son of Sandra Williamson*

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: _____ Death 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

WALK TO REMEMBER 2009

A very popular event at every TCF national conference is the Walk to Remember® which will be held on the closing day of the national conference. This year, the walk will take place in Portland, OR, on Sunday, August 9, starting at 8 AM. This will be the tenth Walk to Remember and as many as 1500 people are expected to join in the Walk this year.

Whether or not you participate in the Walk to Remember, you have an opportunity to once again help The Compassionate Friends fund its programs and its outreach efforts through the **Friends Asking Friends** fundraiser, which is being held in conjunction with the Walk to Remember. Many local TCF chapters are participating in this fundraiser. All funds raised by TCF chapters stay in the local chapter except for 15% of the proceeds, which are used by the national office to cover the administrative costs of the program.

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](#) 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

Father's Day: Help for a Grieving Father **Written by Clara Hinton | May 30, 2008**

Father's are such amazing people. They are strong. They are brave. They are protectors. They are providers. And, they also are grievers. Many times we forget the last part. Fathers have hearts that are kind and sensitive, and they feel pain. So often, when child loss occurs, people will direct their comments to only the mother. "How are you feeling?" "I'm so sorry this has happened to you." "It's going to take a while for you to work through this, but I'm sure your husband will stay strong and help you."

Father's Day is a difficult day for any father who has lost a child, and in many ways it is a doubly difficult day because he knows that he cannot fix or repair the pain that his wife is feeling. That is a double blow to the heart of a father. His heart is hurting both for his loss and for the fact that he cannot take away this pain for his wife.

Reminders of fatherhood are all around. We see photos of dads and their children in magazines, on television commercials, in ads for clothing and toys. Walk into any store that sells bikes, fishing gear, hunting gear, or toys and there will be advertisements for fathers and their children. Seeing these visual pictures are like hot irons searing the heart of a man who has lost a child. And, often he has nobody to talk to, and no place to go where he can shed his tears or show his emotions.

We need to be especially sensitive to men who have lost a child on Father's Day because they often will not express any of their feelings of pain, yet the pain is still there. It's okay to mention the loss of his child. In fact, it's appropriate to do so because a father will be thinking of his child and needs validation of his fatherhood. It's always encouraging to know that you are remembered. It's especially encouraging to know that others have remembered your child.

Keep your comments brief, but don't be afraid to say, "I know this is a hard day for you, but I want you to know I'm thinking about you." Those are powerful words and can help a hurting heart to begin to heal.

Most men like to do things with their hands and often will express their sorrow by building something or working extra hours at the office proving that they can accomplish a hard task. Try to be understanding during those moments when it is hard for a man to speak of his pain with words. Encourage things like working in the yard, going hiking, playing basketball, or building a bird house. Anything that is physical is a way to relieve many of the pressures of a pained, hurting heart.

Lastly, remember that Father's Day is a day to remember and honor fathers. Even though a father does not have his child nearby physically, he is still a father. By you validating him as being a father, you will help bring about healing and encouragement to a grieving father's heart.

From: SilentGrief.com

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Father's Day

One of the many mixed feelings a father will have on Father's Day will be one of failure— failure as a protector of his child who has died. The roles of protector and father are synonymous. The father's duty is both to love and to protect his child from harm. A man may intellectually know he did his best; but the child, his care, is still painfully absent on this Father's Day.

Dick Moen, TCF Indianapolis

Chapter Sharing Pages

I'll Always Be Your Dad

By Alan Pedersen

Years have come and gone
and time has surely drifted by
I've searched for any answer
yet I'm left to wonder why
The only thing I know for sure
through the happy and the sad
No matter what the circumstance
I will always be your dad

Not a day goes by
that I don't hold you in my heart
My love reaches far beyond
this space we are apart
These empty arms remember
all the good times that we had
I may be standing here alone
but I will always be your dad

Some won't understand
so I don't bother to explain
They look into my eyes
but they can only see the pain
Afraid to look too deep
as they are blinded by the fear
If only they could know
a father's love won't disappear

So when this road gets lonely
and the journey seems too hard
And I get to feeling sorry
that I didn't get a card
If I close my eyes
I can almost hear you say
I love you and I miss you daddy
....Happy Fathers Day

Blessings,
Alan Pedersen
songwrtr@comcast.net

**"We can choose to focus on the dark cloud
or step back and see the blue sky around
it."**

**-John Welshons,
author of Awakening from Grief**

Susy...

"I was standing in our dining-room thinking of nothing in particular, when a cablegram was put into my hand. It said, 'Susy was peacefully released today'

It is one of the mysteries of our nature that a man, all unprepared, can receive a thunder-stroke like that and live. There is but one reasonable explanation of it. The intellect is stunned by the shock, and but gropingly gathers the meaning of the words. The power to realize their full import is mercifully wanting. The mind has a dumb sense of vast loss—that is all. It will take a mind and memory months, and possibly years, to gather together the details, and thus learn and know the whole extent of the loss. A man's house burns down. The smoking wreckage represents only a ruined home that was dear through years of use and pleasant associations. By and by, as the days and weeks go on, first he misses this, then that, then the other thing. And, when he casts about for it, he finds that it was in that house. Always it is an essential—there was but one of its kind. It cannot be replaced. It was in that house. It is irrevocably lost. He did not realize that it was an essential when he had it; he only discovers it now when he finds himself balked, hampered, by its absence. It will be years before the tale of lost essentials is complete, and not till then can he truly know the magnitude of his disaster."

From: Mark Twain's Own Autobiography: The Chapters from the North American Review, ed. Michael J. Kiskis (Madison: University of Wisconsin Press, 1990) First published in the *North American Review* 183 (Oct. 5, 1906)

In Memoriam

Memory can tell us only what we were,
in company with those we loved;
it cannot help us find
what each of us, alone,
must now become.
Yet no person is really alone;
those who live no more
echo still
within our thoughts and words,
and what they did
has become woven
into what we are.

- Jewish prayer -

Mark Twain on the death of his daughter

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

A Graduation Moment

This week graduation ceremonies took place at the school where I work. Just before the program started, the wife of one of our teachers asked me how my son was doing. I had to tell her what happened, without softening the impact that my son had died. I know she felt like crawling under my desk. Her husband, a teacher on our staff, had the same shocked and embarrassed look on his face. He said to her, "I told you." She replied, "NO, you didn't." As they debated the point, I stood there, feeling really strange.

I haven't had anyone ask me that question for a long time. The wife kept apologizing. I kept saying it was all right and changed the subject, but even later on, I couldn't stop thinking about the conversation. Actually, I'm still thinking about it. I can't seem to shake the weird feeling I had and the sound of my voice saying he died. I couldn't sleep at all that night. I kept saying those two words over and over: he died, he died. At two years and four months into my grief, I found myself saying, "I can't believe this really happened."

This sadness and tidal wave of pain sometimes seems to come out of nowhere. It can be just a moment, such as graduation. It takes only one small incident to bring on an immense amount of fresh grief. You may spend a few days or weeks or months feeling okay, and then it hits, without warning, without mercy. This unsuspected grief makes you feel like you are back at the beginning against, even though you know you have made progress. Others see you as adjusted and "going on" with your life, so you keep your feelings inside. Sometimes it seems that the more time that passes, the more feelings we keep inside. Others don't know the storm raging inside of us at these times. They don't

know that there will always be some clouds, even when the storm is over.

The tidal wave that hit me on graduation nights is still pounding at my heart. The constant choking back of tears, the questions, and the anger are all part of the grief that impacts at these moments. I bought a card with these words, "I miss you all of the time, but some days I feel it more than others." Like today, Graduation Day.

Cindy Fisher, TCF Fairfield OH

Graduation Day

It's May/June and graduation time again. Your child would have been among those wearing the cap and gown, walking down the aisle to the ever stirring "Pomp and Circumstance". Now there will be a vacant spot in the line. Should you attend? Can you stand the pain? Will people think you're strange?

As always, you must follow your heart. So, go if you like to, and don't hide your tears. It's quite all right to miss your own child while celebrating the achievements of others.

Just remember that your own instincts are the most important ones: that no one else can make this decision for you and that it doesn't really matter what other people think of you. It was your child who died. This is your pain, and you have the right to feel it and deal with it in your own way - and may a bit more healing take place in the doing.

Peggy Gibson, TCF, Nashville, TN

Chapter Sharing Pages



LOVE NOTES



In Loving Memory of Andrew Wilder. Forever missed and loved. Mom, Dad & Doug.

In Loving Memory of our son Don on his birthday, June 30, 1954. Love, Mom & Dad

In Loving Memory of Ricky Burnham (Tessimond) 41st Birthday, Jun 2nd. You are always in our thoughts, hearts & prayers. Miss you so much. Happy Birthday my "forever" young son. Love, Mom, Dad, Jodi, Jenni & Family.

In Loving Memory of Michael James DiNucci. I miss you, your humor & your love. Our bond will never end. Love, Mom

In Loving Memory of our Patricia Kingston. We miss you and will remember you always. Love, Mom & Dad

In Loving Memory of Eric Kronk. We love & miss you. Love Mom, Dad & Bryan

In Loving Memory of Christopher, on what would have been his 15th birthday. You were with us only 3 days, but you will live on in our hearts forever. Love Mom, Dad, Kelly & Dave.

In Loving Memory of my son Harold Williamson on his June 10th anniversary of having left us. And also thinking of you Harold on Father's Day. I know you would be a wonderful father to your tow beautiful girls who love you very much. I love you and miss you very much and I think of you always. With Much Love, Mom

In Loving Memory of Scott Gray. You are with us always. Love, Mom, Todd, & Dylan Scott

In Loving Memory of son Christopher and husband Tom Benedetto. Miss you and will love you forever. Bless you Tom on Father's Day.

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 – JUNE 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.