

# THE COMPASSIONATE FRIENDS NORTHSHORE/BOSTON CHAPTER NEWSLETTER



May 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 1<sup>st</sup> 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  
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[www.thecompassionatefriends.org](http://www.thecompassionatefriends.org)

## UPCOMING MEETINGS

**5/4/09 Annual Pot Luck Supper and Balloon Release**  
Small sharing session after - Cindi

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

Chapter Leader: Carmen Pope 978-750-4043  
[connect@tcfnoshore-boston.org](mailto:connect@tcfnoshore-boston.org)

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## [www.TCFNoShore-Boston.org](http://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:*

*Frankie D'Ippolito.*

*You're always in our hearts.*

*Love, Mom, Dad, and Sister*

# Chapter Sharing Pages

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## May Birthdays

Ryan Beaudet  
son of Claude and Judy Beaudet

Christopher Burke  
son of Dotty and David Burke

Courtney Marie Corning  
son of Ginny & Jack Corning

Michael James DiNucci  
son of Cathy Guess

Frankie D'Ippolito  
son of Frank & Cynthia D'Ippolito

Jennifer Gianocostas  
daughter of Skip and Diane Gianocostas (step-  
mom)

Lucy Virginia Grogan  
daughter of Beecher & Rick Grogan

Kara Lynne Irving  
daughter of Jean and Jerry Irving

Anthony Marcella  
son of Angella Marcella

Bobby Moore  
son of Jeff Moore

Late submission recieved for an April Birthday:

Dominic J. Cordima  
Son of Thomas and Mary Cordima



## May Anniversaries

Sheryl Lynn Becker  
daughter of Millie & Jerry Becker

Dominic J. Cordima  
Son of Thomas & Mary Cordima

Edward Michael Hedrington  
son of Jo Hedrington

Henry Robert Thompson  
son of Margaret & Henry Thompson

Donald Tottingham  
son of Mal and Bobbie Tottingham

Sheryl Ann Meehan  
daughter of Don and Eileen Veitch

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 Month: \_\_\_\_\_ Death Month: \_\_\_\_\_  
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

Death is simply a shedding  
of the physical body  
Like the butterfly shedding its cocoon.

Elisabeth Kubler-Ross  
On Life After Death

## Chapter Sharing Pages

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### From the Chapter Leader:

Carmen is taking a well deserved break from writing this month but she wanted to share the following information for anyone who may be interested.

### Chapter Leadership Training Programs

Every year The Compassionate Friends National Office offers Chapter Leadership Training Programs (CLTP) around the country. Whether you are new to leadership within your chapter or have been volunteering with your chapter for many years, this very informative weekend will help you sharpen your TCF skills. With the exception of transportation to the site, the program is an all expense paid opportunity for one leadership member from each chapter to attend, regardless of whether that person has come to a previous CLTP session. Additional persons attending from the same chapter are encouraged; however a nominal tuition is charged.

The CLTP includes a series of workshops and networking and will cover the following areas:

*History and Philosophy of TCF*  
*What Makes a Chapter Tick*  
*The Fun Words (Finances, Funding, and Fiduciary)*  
*The Chapter Meeting*  
*Facilitating the Meeting*  
*Using TCF's Website*  
*The Chapter Newsletter and Website*  
*Community Awareness and Chapter Outreach*

All meals and hotel accommodations are included. The weekend includes a Saturday evening remembrance ceremony.

A CLTP will be held May 1-3 at the Holiday Inn Airport Charlotte, **Charlotte, North Carolina.**

A fall program will be held September 25-27, 2009 at the Holiday Inn Select International Airport Hotel in **Bloomington, Minnesota.**

This year we are offering the unique opportunity for chapter leadership to attend a **Chapter Leadership Training Program (CLTP) and the National Conference!** A full day Chapter Leadership Training Program will be held on Thursday prior to the conference. We are expecting a great response to this program so attendance will be limited to anyone in leadership who has not attended a program in the last four years and no more than two steering committee members per chapter. To assist with the extra day's hotel room cost, we will waive the conference registration fee for one person from each participating chapter.

Chapters that wish to send more than two people, or members who have attended a program within the last four years, can have their names put on a waiting list. The first 75 people who meet the criteria will be given the opportunity to attend. If additional slots are available, we will fill those spaces from the waiting list May 1. The program will begin at 8:00 am and run until 6:15 pm. Breakfast and lunch will be served to the participants. Note: if you wish to attend this program, please register for the conference. Conference registration refunds for program participants will be issued before August 31.

**Anyone who is interested in attending one of these programs should contact Carmen Pope for a registration form.**

### TCF Library Reminder

We recently did an inventory of our TCF library, and noted that there are some "overdue" books. Please take a look at home and see if you have any lying about that need to be returned, perhaps as part of your spring cleaning. You can bring them to the next meeting (don't forget to sign them back in on the Library Sign-Out sheet), or mail the books to the following address:

**TCF NorthShore/Boston Chapter  
c/o Aldersgate United Methodist Church  
235 Park Street  
North Reading, MA 01864**

If you haven't done so for awhile, consider browsing in the library next time you attend a meeting. There are many excellent resources available, grouped by topics using color-coded stickers. The codes are identified on the side of the book carts. We hope you will take advantage of this great resource. Reading about bereavement can be a valuable part of the healing process.

Mariann Lindquist

### Special Note of thanks

TCF No.Shore/Boston wishes to thank Andrew Lindquist for his help with the April Newsletter (folding, labeling and stamping) and with our library inventory. Andrew did the volunteer work to get community service hours. He is a member of the National Junior Honor Society, which requires 20 hours per year. He was inducted into the society last year due to his good grades (straight A's this year so far). He's a 7th grader at the Daniel L. Joyce Middle School in Woburn. Andrew is the bereaved sibling of Joel Lindquist. Thank you Andrew for your help.

## Chapter Sharing Pages

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### Annual Pot Luck Supper - May Meeting

Our annual Pot-Luck supper will be held this year on our regular meeting night in May (Monday, May 4th). We will begin the evening with a brief ceremony and balloon release at 6:30 PM, followed by a pot luck supper and small general sharing session.

**If you plan to attend this event, please RSVP** to Cindi at [Newsletter@tcfnoshore-boston.org](mailto:Newsletter@tcfnoshore-boston.org) or 781-944-0016, or Carmen at [Connect@tcfnoshore-boston.org](mailto:Connect@tcfnoshore-boston.org) or 978-750-4043. We need to have a headcount prior to the event to insure we have enough balloons and paper goods on hand.

Every family is asked to bring a food item to share. 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.

There will be one balloon for every family in attendance. There will also be markers available for you to write your child's name or a special message on the balloon before launch.

We look forward to seeing you there and are grateful for any assistance you provide in helping us to coordinate this event.

Cindi

Earth brings us into life  
and nourishes us.  
Earth takes us back again.  
Birth and death are present in every moment.

*Thich Nhat Hahn "Gardening Gatha"*

### HOPE

Hope is not an easy word for griever.  
But we, more than most others  
Need to understand  
What hope can mean for us.

Hope means finding the strength  
To live with the grief.

Hope means nurturing with grace  
The joy of remembrance.

Hope means embracing  
With tenderness and pride  
Our own life  
And the gifts left to us  
By those we have lost.

Sascha Wagner From "Wintersun"

### Mother's Day Thoughts

That first Mother's Day after Raymond died was a dark day. I had not only lost my son, but in losing him I was no longer a mother. The telephone didn't ring; I felt very much alone. I let the tears fall and fell asleep lying on Raymond's bed. While I was sleeping a neighbor came by with a small pot of miniature white mums with a note attached. "Now everyone in heaven knows what a great Mom you are." That simple message lifted me, and I was able to smile. Now, I don't think I'm a great Mom, but a pretty good Mom I am—and I'll always be Raymond's Mom, no matter what! Rather simplistic you say? Yes, but sometimes we need to think in simplistic terms to experience the joy hidden within the sorrow.

Joanne Azre  
TCF West Suburban Cleveland, OH

# Chapter Sharing Pages

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## "Getting on With Life" What Does It Mean?

Of all the statements and spiritual platitudes quoted at me since my son Daniel's death, the phrase that I hear most frequently makes me squirm the most. "You have got to get on with your life." Recently I quit squirming long enough to ponder the meaning behind this phrase that is usually said to the bereaved in the form of a command. Exactly what does this phrase mean? What are people implying when they say it? I was pregnant when Daniel died, and three months later I gave birth to a baby girl. Wasn't that getting on with life? I nurtured my three children, took them to school, the park and birthday parties. Now wasn't that going on with life? I even cooked dinner at least four times a week! At first after Daniel's death, I would have liked to literally stop my life and be buried next to my son, but I existed. Like a plastic bag tossed about by the wind, I was fluttering, being carried by the events of life. Seasons came and went. In the spring, I planted marigolds and tomato vines. In the autumn, I jumped in fallen leaves with my children. I continued; I am still continuing to live.

Now I may be bereaved, but I am by no means a fool. As I ponder the meaning behind "getting on with life," I know exactly what those who say this have in mind. "Forget your dead child. Quit grieving. You make me uncomfortable!" Getting on with life means don't acknowledge August 25, Daniel's birthday, anymore. Forget how he slid down the snowy bank in the recycle bin, sang in the van and ate Gummy Bears. Forget he had cancer, suffered and died at only age four. Don't see the empty chair at the dinner table, don't cry, just live!

Some, who are more "religious" would like to believe that a bereaved parent can claim, "My child is safe and happy in heaven. Therefore, why should I yearn for him?" Perhaps I pose a threat to certain types because I have let it be known I question. I weep. I have been angry. I miss my Daniel. Maybe old friends feel if they hang around me too long I might convince them that a few of their illusions about life are just that, illusions. As my cries of anguish are heard, there are those who can only think how to make me be quiet. To stop my heartfelt yearnings, they say quite sternly. "You must get on with your life."

I am living. I do move on with life with Daniel in my mind and in my heart, although he is not physically here as I continue to live and to love. To sever his memory totally from my life would cause destruction and damage that would ruin me. To push Daniel out of my life and not be able to freely mention his name or write & speak about who he was on earth would only bring more pain to my life. I'd shrivel up. Comfort for me comes in remembering with smiles how he drew with a blue marker on his sister's wall, ran outside naked and picked green tomatoes. For the reality is, getting on with life means continuing to cherish Daniel.

Alice J. Wisler, Bereavement Magazine

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## **Common Reactions in Grief.**

*Grief is an emotional, physical, cognitive, and spiritual response to a loss.* Sometimes grieving feels so painful and overwhelming, it can be frightening. If you feel you are "going crazy" know you are not alone. Some normal and very common responses people experience in grief are:

- Reoccurring need to tell the story about the loss.
- Restlessness, forgetfulness and/or difficulty concentrating
- Sensing the deceased person's presence
- Changes in eating and sleeping patterns
- Crying and/or sharp mood swings
- Feelings of guilt or regret
- Weakness and lack of energy

Healing from grief and regaining a balance in life takes time. Remain patient with yourself and nurture yourself, as you would a good friend. Remember, your grief is unique.

## Chapter Sharing Pages

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### On Mother's Day, Wondering why...

If you were looking for an answer this Mother's Day on why God reclaimed your child, I don't know. I only know that thousands of mothers out there today desperately need an answer as to why they were permitted to go through the elation of carrying a child and then lose it to miscarriage (still birth, prematurity), accident, violence, disease or drugs.

Motherhood isn't just a series of contractions; it's a state of mind. From the moment we know life is inside us, we feel a responsibility to protect and defend that human being. It's a promise we can't keep. We beat ourselves to death over that pledge. "If I had taken him to the doctor when he had a fever," "If I hadn't been so naïve, I would have noticed he was on drugs."

The longer I live, the more convinced I become that surviving changes us. After the bitterness, the anger, the guilt and the despair are tempered by time, we look at life differently.

While I was writing my book, *I Want to Grow Hair. I Want to Grow Up. I Want to Go to Boise.*, I talked with mothers who lost a child to cancer. Every single one said that death gave their lives new meaning and purpose. And who do you think prepared them for the rough, lonely road they had to travel? Their dying child. They pointed their mothers toward the future and told them to keep going.

The child had already accepted what their mother was fighting to reject.

The children in the bombed-out nursery in Oklahoma City have touched more lives than they will ever know. Workers who had probably given their kids a mechanical pat on the head without thinking that morning were making calls during the day to say, "I love you."

This column may seem like a strange Mother's Day column on a day when joy and life abound for the millions of mothers throughout the country. But it's also a day for appreciation and respect. I can think of no mothers who deserve it more than those who had to give a child back.

In the face of adversity, we are not permitted to ask, "Why me?" You can ask, but you won't get an answer. Maybe you are the instrument who is left behind to perpetuate the life that was lost and appreciate the time you had with it.

The late Gilda Radner summed it up pretty well: "I've learned the hard way that some poems don't rhyme and 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 is going to happen next. Delicious ambiguity."

Erma Bombeck

Lovingly lifted from the TCF of Metrowest May-June 2007 newsletter

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"The only lasting trauma is the one we suffer without positive change"

*Leo Buscaglia*

## Chapter Sharing Pages

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### Memorial Day

I saw you today, in the downy soft face of a newborn babe, nestled lovingly in the protective arms of his mom. I felt the joy that only a mother could feel, radiating from her face as she proudly gazed at him. It took me back to another day when you fist came into my life.

I saw you today in a precocious four-year-old at the supermarket. His little hands grabbed for colorful boxes of cereal and other goodies. His bewildered young mom kept one hand on him and one on the cart while explaining to him why he couldn't have everything he saw and what would happen to him if he didn't behave.

I heard your voice today through the backyard fence in the voices of children as they negotiated at play. Who was going to be the first to go down the slide and who was going to tell Timmy next door that he couldn't play? My mind raced back to another day when you came running in from play, saying someone wasn't being fair. I wiped the tears from your dark little face and brushed your hair back with my hand. Somehow a hug and a kiss would even the score. Out you'd go, to get into it once again.

I saw you today, in a young boy twelve or thirteen years old racing his bike down the street. I remember the blue one we bought for you and how proud you were of it. How I worried as you flew like the wind down the street, hoping you wouldn't get hit by some careless driver. How we searched the town after it was stolen from the parking lot at school; the disappointment you felt when we couldn't find it.

I saw you today on the football field as the boys were out for practice. Driving by, I remembered your games, the ones I missed because I had to work. How proud I was when I did see you play, remembering your enthusiasm, how you wanted that scholarship.

I saw you today in a young army private just home on leave; those civilian clothes were no cover for that short cropped hair. Your hair, soft as a kitten it was. I was the only one you'd trust to cut it. "Thanks, Mom," you'd say. "That's just how I wanted it." That hair, cut within an inch of your

scalp, was not at all your style. You looked so strange this Christmas when you came home on leave. But you were my son, and you looked very handsome to me, and I was so very proud of you.

I saw you today in the handsome strong face of an eighteen-year-old. The smile on his face belied the turmoil within. Only God knows why he, like you, decided that life wasn't worth living anymore. He ended his life with a single shot, just as you ended yours. I sit and stare at his picture in the obituary column of the morning paper. Hot tears sting my face as I think of his mom, how much she must have loved him. I share in her grief, remembering the numbness of the first few days, the unbearable pain. I say a silent prayer for her and the young man, knowing for her what surely lies ahead. As she lays her son to rest, her memorial day has just begun. For as each passing moment, hour, and day evolve into weeks, months, and years, she will see her son and hear his voice in someone else's child, and she will remember.

Mary A. Bell  
TCF-Ankeny, IA

### Memorial Day

For each grave  
where a soldier lies  
at his rest

For each prayer  
that is said today  
out of love

For each sign  
of remembering  
someone who died

Let us also give thought to  
the mothers and fathers,  
the brothers and sisters,  
the friends and lovers  
whom death left behind.

Sascha  
From "Wintersun"

## Chapter Sharing Pages

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# *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

### Who Will Bring You Flowers?

Who will bring you flowers  
When I'm no longer here—  
Who will bring you flowers  
To show somebody cares?

Who will remember special days  
And very special songs,  
For a very fragile rosebud  
Who ahs been gone so very long?

Who will keep your memories alive  
By the mentioning of your name?  
I miss your love and laughter—  
Will anyone feel the same?

Who will bring you flowers  
When I'm no longer here—  
Who will bring you flowers  
To show somebody cares?

Judy Peckinpaugh  
TCF—Inland Empire

### I Am Spring

I am the beginning.  
I am budding promise.  
I spill cleansing tears of life  
From cloudy vessels.  
Creating muddy puddles  
Where single-cell creatures abide  
And splashing children play.

I am new green growth.  
I softly flow from winter's barren hand.  
With compassion, we feather nests  
Where winged voices sing  
Winter-spring duets.  
As frozen ice transforms to playful stream  
I whisper truth—life is change.

I am spring.  
I bless long, dark wintry days.  
I crown mankind's pain  
With starry skies  
in deepest night.  
Lighting solitary paths from sorrow to joy  
As the wheel of life turns round and round.

By Carol Clum  
In memory of her son Jason  
And her granddaughter Hannah



## Chapter Sharing Pages

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# LOVE NOTES



*Loving Memory of Kara Lynne Irving on her Birthday, May 4.  
Thinking of you on your birthday and every day. We love you and miss you so much.  
Love, Mom, Dad and Greg*

*In Loving Memory of Patricia Kingston.  
Thinking of you today and always.  
Love Mom & Dad*

*In Loving Memory of my daughter Jeannie and husband Tom.  
We will miss you and will love you forever.  
Love, Jean, Deidre, Tom & John.*

*In Loving Memory of my son Jimmy Corliss. You will always be an inspiration in my life.  
I love you and miss you all the time.*

*In Loving Memory of Frankie D'Ippolito. You're always in our hearts.  
Love, Mom Dad, and Sister.*

*In Loving Memory of Joel Lindquist. Remembering you on Mother's Day.  
Love Mom, Dad & Andrew*

*In Loving Memory of Bobby Moore. Remembering you on what would have been your 35th Birthday. You are forever in our hearts. Love Dad, Elaine, Amanda & Jimmy*

*In Loving Memory of Michael James DiNucci on his Birthday May 18  
I miss you, your humor and your love. Our bond will never end. Love Mom*

*And a big thank you to all who leave donations in the box at the meetings each month*

## Chapter Sharing Pages

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### 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

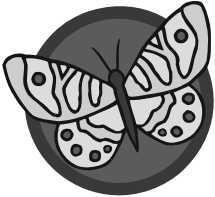
NorthShore/Boston Chapter

PO BOX 1117

Billerica, MA 01821-0961

RETURN SERVICE REQUESTED

DATED MATERIALS



NEWSLETTER – MAY 2009



National Website: [www.compassionatefriends.org](http://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](http://www.TCFNoShore-Boston.org)\*\*\*\*\*

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