



THE COMPASSIONATE FRIENDS

North Shore-Boston Chapter

Newsletter

May 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.

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UPCOMING MEETINGS

5/3/10 Annual Pot Luck Supper and Balloon Release

6/7/10 Sharing Precious Memories
Mariann & Reenie

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

Chapter Co-Leader: Mariann Lindquist 781-938-5562
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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:*

Eric Krasker

Forever in Our Hearts.
Missing you more and more each day.

Love Always, Mom, Dad, & Lynne

-and-

**Steven
5/6/94**

Always in our hearts . . .
You're so wonderful to think of, but so hard to be without.

Love, Mom, Chris and Katie

Remembering Our Children



May Birthdays

Ryan Beaudet
son of Claude and Judy Beaudet

Steven Bekel
son of Nancy Bekel

Christopher Burke
son of Dotty and David Burke

Courtney Marie Corning
daughter 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)

Kara Lynne Irving
daughter of Jean and Jerry Irving

Eric Howard Krasker
son of Barry and Cheryl Krasker

Bobby Moore
son of Jeff Moore



May Angel Dates

Sheryl Lynn Becker
daughter of Millie & Jerry Becker

Steven Bekel
son of Nancy Bekel

Dominic Cordima
son of Tom and Mary Cordima

Edward Michael Hedrington
son of Jo Hedrington

Alyssa Lynne Nanopoulos
son of Andrew & Nancy Nanopoulos

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. 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

It is my pleasure to inform you that **Mariann Lindquist** has recently agreed to accept the position of Co-Leader of the North Shore/Boston Chapter of The Compassionate Friends. Mariann has been involved with our chapter steering committee since 2004 and has greatly contributed to the workings of the chapter in various ways. She has been instrumental in reorganizing and maintaining our chapter library; she has carefully researched and submitted material for our chapter newsletter on an ongoing basis since 2005; she serves as a facilitator for some of our chapter meetings; she has also co-chaired the Candlelight Remembrance Service committee since 2004, during which time she has coordinated various thoughtful and creative changes to our beautiful program.

It hardly seems possible, but I have now been in the chapter leadership position for almost 5 ½ years. I plan to continue on as Chapter Co-Leader through the end of this year, or longer if need be, to assure a smooth leadership transition. I know I have mentioned this in past newsletters, but staying involved in The Compassionate Friends for almost 12 ½ years has greatly contributed to my healing process after the death of my sons. Through helping the more newly bereaved members in our group, I have come to recognize my own progress, to deepen my understanding of my own personal grief journey, and to realize that I am not alone. I have also witnessed the healing journeys of so many other bereaved parents, which continues to fill me with hope.

If you have been attending our chapter meetings for a couple of years and would like to become more involved with the chapter, many volunteer opportunities await. Some of these include:

- **Arriving early to set up before meetings; greeting members as they arrive; providing refreshments; cleaning up after meetings.**
- **Assisting with chapter secretarial tasks.**
- **Assisting with planning and organizing special chapter events, such as the *December Candlelight Remembrance Service*, the *Potluck Supper and Balloon Release*, guest performances and guest speakers.**
- **Assisting with chapter library organization and maintenance.**
- **Contributing to our monthly newsletter, either by assisting the newsletter editor to research material or by submitting material that you have written.**
- **Assisting with phone calls to the newly bereaved.**
- **Facilitating chapter meetings.**

If any of these opportunities interest you, or if you have other ideas or suggestions for the improvement of our chapter, please do not hesitate to contact me or Mariann Lindquist. We look forward to working with you.

Carmen

Chapter Sharing Pages

Mother's Day Revisited

By Barbara Atwood, TCF, Tucson, Arizona

Many of us in TCF do not look forward to Mother's Day. On this holiday, when the whole nation is celebrating the joys of parenthood, grieving parents often feel a special anguish. Mother's Day this year looms as a particularly difficult milestone for me, Sunday, May 10, 1998, is not only Mother's Day but also the second anniversary of the death of my ten-year-old son, Jacob. Because this day of private sadness also happens to be a day of public celebration, I decided that I should start thinking early about the occasion. I engaged in a little research about the holiday and learned a story that I think is worth sharing.

Mother's Day was the creation of a woman named Anna Jarvis in the early years of this century. Anna, who never married and never had children of her own, devoted herself to establishing a national Mother's Day as a way of honoring her beloved mother, who died on May 9, 1905. In Anna's view, her mother deserved a memorial because she had lived selflessly and endured considerable suffering - seven of her eleven children had died in early childhood. According to historians, Anna's mother mourned the deaths of her children throughout her life.

Anna insisted that the holiday always fall on a Sunday so that it would retain its spiritual moorings. Because of her efforts, President Woodrow Wilson finally proclaimed the second Sunday in May as Mother's Day. Although Anna couldn't prevent the new holiday from quickly becoming a marketing phenomenon, she did try. Speaking out against "the mire of commercialization" that threatened to engulf Mother's Day, Anna attempted to preserve her creation as a true "holy day," a time for solemn reflection and prayer.

Mother's Day, then, was borne of a daughter's grief and love. More importantly, it was intended as a tribute to a bereaved mother-a brave woman who lost multiple children but who managed to live with an abiding kindness and generosity toward others. I like knowing this background, and my attitude towards Mother's Day has been colored by the knowledge. The holiday now makes me think of the common sorrow that links all bereaved parents. I feel a bond with Anna's mother that stretches over time and space. In a broader sense, the woman for whom the holiday was founded reminds me of people I've met at TCF who have continued to live productive, meaningful lives in the face of unthinkable loss.

Finally, Mother's Day in its origins symbolizes both the joy and the vulnerability inherent in parenthood. Anna's mother knew all too well that from the moment a child is born, hope and the possibility of tragedy go hand in hand. She understood the fragility of life.

Enriched by its own history, Mother's Day is easier for me to tolerate. The coincidence of dates this year-Mother's Day and the anniversary of my son's death-is not as jarring as it once seemed. Although the commercial images of the modern Mother's Day still make me wince, I can turn off the television and envision the kind of day that Anna Jarvis had in mind: a time for quiet reflection and the sharing of cherished memories.

Chapter Sharing Pages

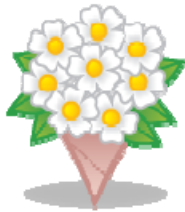
Last Moments

Last moments
Snatches of conversation
That echo across all decades...
Priceless words
Indelibly etched on the heart.

Sometimes
Thoughts were never spoken
But unexpected sentiment—
A quick embrace, a silly smirk,
Or joyous laughter—
Reaches through the pain
And warms the heart.

We came too soon to understand
The folly of harsh words
Or neglected touch,
For who can know which
Taken-for-granted event
Will become
A last moment.

By Diane Fields TCF, Westmoreland, PA



Second Sunday of May

Many happy memories
Linger in our hearts this day
As we each remember our child
Who has left this earthly plane.
The day is bittersweet for us,
The mothers who have lost so much,
For to remove all pain could well
Erase the precious life we touched.
Tears will trace the memories of
Other, happier Mother's Days,
As we dwell in a quiet reverie
This Second Sunday of May

*Annette Mennen Baldwin
In Memory of my son, Todd Mennen
May 2006TCF, Katy, TX*

WHERE ARE YOU?

*I missed you yesterday
and looked for you
among the artifacts of your life -
your room with pictures,
the clothes that still carried your scent,
your favorite tools and books,
the tapes you loved to hear.*

*The very walls echoed your vitality
and carried faint memories of riotous laughter.
And so I sat there, comforted for a while,
but forced at last to confess
that although beautiful memories lingered
you were not there,
not then and not ever again.*

*If I could not find you yesterday,
where, then, can I look today?
Who can I talk to, implore, beg
to show me the way?
Where are the hidden doorways
to the signs and wonders
others claim to see?*

*My musings bring no answers
so I take a walk to clear my mind.
Ahead, I see children playing,
and their laughter floating on the wind
reminds me of your own carefree approach to life.
Their running mirrors your own abandon
and the way you always found joy in simple things.*

*Can this be the answer
to the riddle of finding you again?
Can it be that I will hear you
in every moment of laughter?
That I will see you
in the actions of a mischievous friend,
that I will feel you in every touch of compassion?*

*I've always heard
that if you seek, you will find.
Perhaps the corollary to that
is that you must seek in the right places.
I've been looking in the scrapbook
of all that used to be
and found only momentary solace.*

*So let me look for you anew
in all the wonders and blessings of life.
I believe you are reflected there
with every expression of happiness and joy,
in every instance of fearless exploration
and with every act of unconditional love.*

*In loving memory of Lance Porter Hopkins
July 20, 1975 – November 30, 1999
Harold Hopkins, January, 2001*

Chapter Sharing Pages



'Reflections of Love Visions of Hope' Describes 33rd TCF National Conference July 2-4 in Arlington, Virginia

One of the most healing experiences for bereaved families is a Compassionate Friends National Conference. If you're planning to attend The Compassionate Friends 33rd National Conference in Arlington, Virginia July 2-4, 2010, easy online registration is now available by visiting www.compassionatefriends.org. We also now have more details on what will be included in the conference. With 1500 expected to attend, four outstanding keynote speakers have been lined up for the conference:

Gordan Smith, a two-term U.S. Senator and now president and CEO of the National Association of Broadcasters, experienced the death of his son Garrett by suicide while Garrett was attending college. Gordon wrote the book *Remembering Garrett: One Family's Battle with a Child's Depression* and was successful in having the Garrett Lee Smith Memorial Act enacted authorizing \$82 million for suicide-prevention and awareness programs at colleges.

Maria Housden is author of *Hannah's Gift: Lessons from a Life Fully Lived*, the best-seller translated into more than 15 languages that shares the lessons Maria received during the last year of her three-year-old daughter's courageous, but losing, struggle with cancer.

Cathy Reid's 19 year-old step-daughter was killed in French class during the Virginia Tech shootings in 2007. As Cathy worked to keep her family intact through grief, she pushed for legislative change and worked with the Virginia Tech Review Panel to ensure accuracy of the public record and provide lessons learned to help prevent future tragedies.

Helen Fitzgerald, a bereaved mom, is a nationally known psychotherapist, certified thanatologist, and author of *The Grieving Child*, *The Mourning Handbook*, and *The Grieving Teen*.

Beyond the speakers, there will be: 114 workshops for parents, siblings, grandparents, and those who care about them, including many workshops for no surviving children; complete sibling program; Friday afternoon and Saturday evening banquets with a candle lighting after the Saturday banquet; sharing sessions; the Eleventh Annual Walk to Remember, and much, much more. Friday evenings are free time for those attending, but the conference committee is providing a special show by the political satire group, "The Capitol Steps." This year many workshops, plus the keynote speakers, will be recorded and cds and cassettes will be available for purchase.

Registration for the conference is: (early registration through May 31) \$85 for adults ages 18 and older, \$35 for siblings and full-time college students; (late registration June 1 to June 15) \$125 adults and \$60 siblings and full-time college students. No refunds after June 15.

For all the latest information, to register (download a conference packet), and to reserve a room at the host hotel Hyatt Regency Crystal City, visit TCF's 2010 National Conference Page at www.compassionatefriends.org.

Chapter Sharing Pages

TCF Walk to Remember Join our "Virtual" Team

TCF No Shore - Boston will once again participate in the "**virtual**" Walk to Remember. The Walk to Remember is an event that takes place at the National Conference each year. For those of us who can't attend in person this is a way to participate and raise funds for the Chapter. As you know, we are a non-profit and we depend on donations to cover the administrative costs of our chapter. We have created a team page where you may make a general donation to the team, or join as a team member and create your own page where your friends and family can join you by making donations to your personal page.

Please go to the following web page to get started:
<http://tcfwalktoremember.org>

Click on Team Rank on the right side of the page and **select "more"** to find TCF No Shore-Boston and **click on the team**.

On the next page you may either make a **general donation** to the team by clicking on the box at the top of the page, or you may "**join our team**" and create your own web page.

If you choose to become a member of the team you may then create your own web page which can be sent to family and friends to enlist them in our fundraising campaign.

Thank you for considering this method of donating to help TCF National and **our own chapter**. We rely on this type of fundraising to help us with things like buying additional books for the library, the newsletter mailing, the Pot Luck Supper and Balloon Release and the Annual Candlelighting Ceremony.

The Steering Committee



TCF No Shore-Boston Annual Pot Luck Supper and Balloon Release

May 3, 2010

Our annual Pot-Luck supper will be held this year on our regular meeting night in May (Monday, May 3rd). We will begin the evening with a brief ceremony and balloon release at 6:30 PM, followed by a pot luck supper.

Our chapter Pot Luck Supper has been a popular annual event and we look forward to seeing many of our current and past members in May. This is a wonderful opportunity to share on a more personal level with other members. You are invited to bring a picture of your child to share with the group. We will also have our usual monthly birthday table available for those children with May birthdays.

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

Some members have already volunteered to bring food items. There will be a sign up sheet for additional food items at the April meeting. If you are unable to attend that meeting and would like to attend the Pot Luck Supper event, please RSVP to Cindi at Newsletter@tcfnoshore-boston.org or 781-944-0016, or Carmen at Connect@tcfnoshore-boston.org or 978-750-4043. It is helpful for us to know ahead of time how many people to expect and what you are planning to contribute to the supper. 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. We look forward to seeing you there and are grateful for any assistance you provide in helping us to coordinate this event.

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

Newsletter Update – Don't miss the next edition!

Receiving the newsletter via email helps us to keep the costs of production down - to do so please send your email address to: newsletter@tcfnoshore-boston.org.

UPDATING OUR MAILING LIST

Please fill out and return this form as soon as possible:
 I do do not wish to continue receiving this newsletter.
 NAME : _____
 ADDRESS: _____
 CITY _____
 STATE _____ ZIP CODE _____
 Parent, Sibling, or Grandparent
 Professional

If you have not attended a meeting or contacted us in the past year, but still want to continue receiving the newsletter, WE NEED TO HEAR FROM YOU! Please consider making a donation to help cover newsletter costs. Suggested donation: \$10.

Send to: **TCF No.Shore-Boston**
PO BOX 1117
Billerica, MA 01821-0961

A Tribute to my Sister -Lori Lee Smith I Saw You

*I saw you today in the morning dew
 As brilliant as a sea of shimmering diamonds*

*I shared the most amazing sunrise with you today
 A million shades of red so random in their
 perfection*

*I heard you today in the laugh of my children
 An enchanting melody a thousand angels strong*

*I walked with you today and we talked about
 everything. . . and nothing all at once*

*I saw you today in the changing of the leaves
 The colors of your life, the close of one season
 And the ushering in of another*

*I sat beside a stream with you today
 The peaceful flow, steady and constant*

*I saw you today . . . and you were perfect
 And rest assured . . . I shall see you again*

By Avery Smith, TCF Ada Area Chapter

Chapter Sharing Pages



LOVE NOTES



From Evie Benedetto. In Loving Memory of Christopher "Chris" Benedetto. I wish every day that you were here. Love & miss you so much, XO Mom

From Jean, Jerry & Greg Irving. In Loving Memory of our daughter Kara Lynne Irving on your birthday. Thinking of you and missing your beautiful smile always. Love, Mom, Dad & Greg

From the Henderson Family. In Loving Memory of Devin Henderson. You are always in our thoughts. Miss you every day. Love, Mom, Dad, Taylor & Faith

From Jack & Virginia Corning. In Loving Memory of Courtney Marie Corning. Court, Why you were taken will never be known. You would have made a wonderful Aunt, great nurse, wife and mother. There must be times God needs a special angel and you were called. We miss you. We struggle without you and pray to God everyday to see you again. Love, Mom & Dad OXOX

From Elaine & John Kingston. In Loving Memory of Patricia Kingston. In loving memory of our daughter "Patty". You will always be remembered and thinking of you. Love, Mom & Dad

From Francis & Cynthia D'Ippolito. In Loving Memory of Frankie. You're always in our thoughts. Happy Birthday. Love, Mom, Dad & Adrienne.

From Jeff & Elaine Moore. In Loving Memory of Bobby Moore. Happy Birthday Bobby. I can't begin to tell you how much we miss you. Love Dad

From Bill & Stacey Smith. In Loving Memory of Eric Smith. It's been four years and our love continues. We think of you always and miss you every day. Love Mom, Dad, Rachel & Aaron.

Please contact us at newsletter@tcfno-shore-boston.org for information on how to have a love note posted in the newsletter.

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 – MAY 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.