



# THE COMPASSIONATE FRIENDS

North Shore-Boston Chapter

Newsletter

November 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.*

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The Compassionate Friends, Inc.  
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[www.thecompassionatefriends.org](http://www.thecompassionatefriends.org)

### UPCOMING MEETINGS

- 11/2/09 **Groups- Grief during the first two years/ Grief after two years**  
Eileen & Maureen/Scott & Marianne
- 12/13/09 **Annual Candlelighting Service - 6:30 PM**  
details inside

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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:*

**David Siljeholm**

“When youth seemed immortal,  
So sweet did it weave  
Heaven's halo around thee  
Earth's hopes to deceive;  
Thou fairest and dearest  
Where many were fair,  
To my heart thou are nearest  
Though this name is but there.”

- John Clare

Mama

# Chapter Sharing Pages

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## November Birthdays

Christopher "Chris" Benedetto  
son of Evie and Tom Benedetto

Theodore K. Cathcart III (Todd)  
son of Ted and June Cathcart

Devin John Henderson  
son of Lori & Barry Henderson

Michael Joseph McNeil  
son of Mike & MaryJo McNeil

Keith Austin Pace  
son of John & Linda Pace

Harold E. Williamson  
son of Sandra Williamson



## November Angel Dates

Christopher "Chris" Benedetto  
son of Evie and Tom Benedetto

Steven John Connolly  
son of Brenda and Bob Connolly

Sarah Curley  
granddaughter of Richard and Joann  
Curley

Michael James DiNucci  
son of Cathy Guess

Thomas "Scott" Gray  
son of Laura Gray

Michael Sawyer  
son of Diane and Herb Sawyer

Daniel M. Scafidi  
son of Martin Scafidi

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 **15th of the month prior to the issue** when you want your child remembered.

If the information is missing or not correct please send the correct data to: Cindi Bolivar  
28 Colburn Rd  
Reading, MA 01867

Childs Name: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Angel Date: \_\_\_\_\_

Parents: \_\_\_\_\_

*All entries will be listed in the appropriate newsletter as accurately as possible. We are all grieving parents and mistakes can happen. Please let me know immediately if there is a problem and it will be corrected in the next issue*

## Chapter Sharing Pages

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### From the Chapter Leader

Alan Pedersen, a singer/songwriter who is also a bereaved father, graced us with his talent and his philosophy when he performed some of his original music for us at our October meeting. It was my third experience listening to Alan. I have always been moved by his music, but this time, it was his words that really struck a chord. Listening to Alan share his stories and his thoughts is almost like reliving my own personal grief journey. I have often referred to the grief of someone mourning the death of a child, grandchild or sibling as a *journey*, because somewhere along the road of my grief, I realized that as long as I am alive, this grief journey will not come to an end. It continually changes and evolves, but it always accompanies me, through both familiar and uncharted territories. Alan validated this for me when he stated, and then sang, "Grief is not something you get over, it is something you go through."

I also appreciated listening to Alan share his ideas and his observations regarding how bereaved families "survive". He summarizes this by talking about the 4 "H's", or the four elements that are shared by many bereaved parents, grandparents and siblings who have reconciled their grief. These are: *Hurt, Hope, Helping, and Honor*. He explains that the intensity of our pain is a result of the depth of our love for our children; experiencing that pain, that *hurt*, is a necessary part of the process. He also claims that most of us who eventually reinvest in life hold onto some type of *hope*, whether or not this is a hope based on faith. Alan believes that bereaved families who survive the trauma of losing a child are usually involved in *helping* others. He has observed that people who have lived through the death of a child, grandchild or sibling demonstrate genuine compassion to others who are experiencing a loss of any kind because they truly understand. The last component of making peace with our grief is to find a way to *honor* the child who died, which is a means of continuing to celebrate the life of that child. Alan claims that the result of these four "H's" is a 5<sup>th</sup> "H", which is *healing*. As Alan spoke, I reflected on the evolution of my own grief journey. I believe that I experienced each one of the "H's" in some form over the last 12 years and I must agree that these are important steps to allowing joy to re-enter your life.

One of Alan's comments shed some light on why this grief process is an ongoing journey and not

something you "get over". He reminded us that our love for our children is both physical and emotional. Even though our children, grandchildren and siblings are no longer physically here, we will always be emotionally connected to them. Our love for our children did not come to an end when *their* lives ended; our love for them will continue until the end of *our* lives.

Carmen

### MEMORIES

*When you need to . . .  
Reach deep inside and take out one of your  
Precious memories.  
Wipe away the cobwebs,  
lay it out in front of you  
And let the sunshine and the sound engulf you.  
Revel in the experiences of it . . .  
Re-live each precious moment,  
Be overwhelmed by them  
And taste the wonderful,  
Sweet tears that are their gift.  
When your needs have been almost satisfied  
Pause for one more second  
Then gently fold it back up, give it a big hug  
And a tender kiss and return the  
Treasure to where you found it . . .  
Then, to make the experience complete,  
Find someone special and share the feelings with  
them.  
For surely something as wonderful as this  
is meant  
To be shared.  
Don't be afraid of using them – that's what  
Memories are for.  
You will never lose them . . . for as certain as the  
Sun will rise tomorrow  
Love, once attained, is never lost.  
~ Steve Channing TCF Winnipeg*

## Chapter Sharing Pages

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### TCF North Shore/Boston Annual Candlelight Remembrance Service

The Chapter will hold its annual Candlelight Remembrance Service on **Sunday evening, December 13, 2009 starting at 6:30 p.m.** at the Aldersgate Methodist Church. This will coincide with the Worldwide Candle Lighting Ceremony. In case of snow, the **alternate date is Monday, December 14, 2009 at 7:30 pm.** We will remember our children with readings, music and a slide show in a beautiful ceremony conducted by members of our group. Family members and friends are invited. There will be a reception and a raffle after the non-denominational service. Refreshment donations are appreciated for the reception. This ceremony will replace the regular sharing meeting in December.

**NEW THIS YEAR:** During the service, we would like to present a slide show with pictures of all the “children” of our chapter. Cindi Bolivar has volunteered to coordinate the slide show. One or two photographs may be sent to her electronically at [cinbol@gmail.com](mailto:cinbol@gmail.com) or by mail to: Cindi Bolivar, 28 Colburn Road, Reading, MA 01867. Pictures should be 5x7 or smaller and must be received by November 15th to be included in the slide show. Please send the following information with the picture: child’s name as you want it shown, birth and death dates, age at time of death. If you do not have an electronic copy you may visit your local Walmart, CVS, Walgreens or similar store where you can scan your photos to make copies to send to Cindi so you don’t have to worry about the original. If we have enough interest we will produce the slide show for this years event, if not we will work on it for 2010.

We will need approximately 10 to 15 readers and 15 to 20 singers. There will be **sign up sheets at the November 2<sup>nd</sup>** meeting if you would like to participate. You may also contact the following chapter members if you would like to sing or read and cannot attend the November meeting.

#### **Singers:**

Reenie McCormack will coordinate the choir. You do not need to be a “professional” to help our choir - If you would like to sing, please contact **Reenie McCormack** at **781-729-1878** or [mmccormack2@mac.com](mailto:mmccormack2@mac.com). The choir will rehearse at the Aldersgate United Methodist Church on Sunday, December 2<sup>nd</sup>, 2008 at 4:00 PM.

#### **Readers:**

Mariann Lindquist will coordinate our readers. Each person will be given a selection to read aloud during the ceremony. You will receive your reading before the ceremony so you can become familiar with the piece. If you would like to be one of the readers, please sign up or contact **Mariann Lindquist** at **781-938-5562** or [rdlindquist@rcn.com](mailto:rdlindquist@rcn.com).

#### **Raffle Donations:**

Maureen Dawkins will coordinate the raffle donations and sale of raffle tickets. If you would like to donate something to the raffle please contact Maureen or bring it to the event. TCF is a non-profit organization and we rely on the ticket sales and donations to help keep our chapter going. Contact **Maureen Dawkins** at **978-372-8205** or [noonieandq@verizon.net](mailto:noonieandq@verizon.net).



## Chapter Sharing Pages

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### Letting Go of Guilt

Written by Clara Hinton | Feb 08, 2004

Quite often, the first feelings that overtake a mother or father following the death of a child are feelings of extreme guilt. Thoughts of “if only” seem to relentlessly keep returning. “If only” I had taken her to the doctor sooner. “If only” I had not given him the car keys when I knew the roads were icy. “If only” I had not turned my back to answer the phone. “If only” I had not left him playing alone in the bathtub. Guilt is such a heavy burden of grief to carry around!

How does a parent move beyond the guilt of losing a child? How can a parent shed the painful feelings of inadequacy? How does a parent ever find a way to let go of the guilt?

The most difficult step in releasing the tight clutch that guilt holds on a parents’ heart is dealing with the reality of the loss. “My child died” are often the most difficult three words that will ever come from the mouth of a parent. Those words are hard words, yet they are words that are necessary to say and to understand before being able to rid oneself of guilt.

When we live in an “if only” emotional environment, we have not yet come to the full realization that child loss has actually occurred. We are still working through the mental “if only” reasoning which continues to wreak havoc on a parent’s heart. When a parent lives in an “if only” state, the reality of the child’s death can never be completely accepted. As painful as it is, a parent must—at some point—make the hard choice to accept the reality that the child has died.

Because a parent’s primary role is to nurture and care for the child, a parent often has a feeling of deserving punishment when a child dies. That is simply another way of expressing the heaviness of guilt. A parent often wrestles with the thought that “because my child died, I do not deserve to ever smile again.” Guilt continues to prevent many parents from moving forward in this difficult journey we call grief.

It takes a lot of concentrated effort, hard work, and support from others to be able to forgive oneself and finally let go of the gnawing feeling of guilt following the death of a child. Until a parent makes the decision to leave the heavy weight of guilt

behind, joy can never return to a heart that has been so deeply wounded by the loss of a child.

Letting go of guilt is a decision that must be made. There is no timetable for making that decision, and others cannot force that decision on any parent. Eventually, a parent will come to the realization that the child’s death is real, and there is a hard choice to be made—to continue to live in the guilt of the loss, or to let go of that heaviness of guilt and begin to experience a bit of peace and joy once again.

Letting go of guilt requires a real effort to put an end to the “if only” questions. Letting go of guilt means that a parent no longer blames himself for the death of the child. Letting go of guilt means forgiving oneself and accepting oneself. Letting go of guilt means being gentle with oneself and allowing time for healing to take place.

Letting go of guilt is one of the most difficult parts of grief work. It takes a lot of energy, understanding, and patience. But, when guilt is finally set free, a parent’s heart can begin to walk the journey of healing through child loss.

From: SilentGrief.com

A boy was flying his kite. He kept adding more spools of string to make it go higher. A woman walked by and said, “You have that kite flying high.” And the boy agreed. The woman left and went about her business. On her way back, she looked up toward the kite and said, “I do not see your kite.” The boy agreed. She asked, “Then why don’t you let go of it?” The boy answered, “I can’t. I can still feel it tugging.” **This is the plight of bereaved parents. ~ TCF of Tilton, GA**

## Chapter Sharing Pages

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### Ignore the Science

I claim to know nothing about the science of grief. I am not a psychologist. I don't know the chronological stages of grief or the biological explanations for the way my body feels. A graph of emotions will not change the way I feel. I do know that emotions are exhausting, and if any science could describe the order of emotions after a loss, it would be the science of chaos, the absence of order.

I might think of a specific memory, begin to cry, then laugh out loud as I remember something else. I might have a normal week and then be blind sided by grief for one day. I might not cry at all for a month or I might wonder how my body can still produce tears after all I've cried. I might be confused because, as I remember the brother I loved, I have two conflicted emotions; I love thinking of Chris and the wonderful times we had together, but I can't stand the reality of the loss. Even when I have positive memories, the memories remind me that I would prefer to have my brother than to have memories. Over time, the positive memories have become comforting. The loss doesn't go away, but it doesn't knock me to my knees every time I acknowledge it.

I ignore the science. I've seen charts of emotions, graphs of guilty feelings, time lines for grief, and I've read explanations that were supposed to explain something about the way I felt. They did nothing for me. If there were really a pattern that all bereaved siblings followed in their grief, I would know exactly what to say to other surviving siblings. I would know where they are in their grief. I could tell them how they were going to feel at three months, six months, and the one-year anniversary of their sibling's death date. People who have not experienced such a loss say things like, "It's been four months. It's time to get yourself together and move on . . ." Other people don't fully understand how I am affected by my grief. Their time frames are not my time frames.

I hear about the "Stages of Grief." According to my experience, the stages of grief are mumbo jumbo. The beginning of grief is not forwardly logical. With hindsight I can break down my past emotions and experiences into a logical sequence. I see where one thing caused something else, but there is no clear reason why some days hit me and some days don't. There may be triggers in my sensory

perception like songs, sights or smells that remind me of my brother. I might just be sitting in my room and start crying. There doesn't need to be an explanation for that. It just is what it is. There are all emotions all the time and some emotions are closer to the surface than others. There are moments of numbness. There are dreaded days and days that will surprise me with a hint of joy. It is difficult to predict.

The closest I can come to assigning an order to the grief process is to say that it is suffocation at first, then grief with gasps of life, and then life with grief. I will always deal with grief, some days more effectively than other days. I can learn to accept the grief and once again live a full life. Like other surviving siblings I am up to the test, but I can make it. I can survive successfully because I have managed to do it. I am here now.

If I learned one thing from my brother's death, it is that there are only basic truths, and everyone knows them. I don't have to tell you what they are because you feel them in moments of glory, moments of sadness; you feel them when you cry in a movie. When you think you might be in love, when your best friend makes you proud, you feel the foundation of happiness. Defining bereavement is taking too much information, too many memories, and too much confusion and putting it all into a bottle that can only hold a hundred tears.

Random moments that were once insignificant return to me and overload my senses. I see Chris in so many ways. When I drive, I replay the things he said and the things he did, and I cry. The tears may come from different places. I cry angry tears, desperate tears, and I also cry thankful, almost joyful tears. If I think about the question of fairness and try to figure out why it happened to my family, I exhaust myself with grief. If I remember Chris's flaws and the reasons we loved him so much, I laugh through my tears. Sometimes it hurts to cry so intensely, but other times it lifts a great weight from me. After three years, I can see all of this clearly, but the first few weeks weren't so clear.

From: [Surviving a Sibling: Discovering Life After Loss](#) by Scott Mastley (excerpt printed with permission from author)

## Chapter Sharing Pages

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### THANKSGIVING

You may ask, "What do I have to be thankful for now that my child is dead?" After the death of a child, where is the joy in a day off from work? What pleasure can we derive from sitting around a table when someone is missing, and an uttered prayer of thanksgiving echoes hollow in our hearts?

Maybe we have been concentrating on the loss which has brought the overwhelming sorrow of death, and have forgotten the complete joy of life. When I remember laughing brown eyes, a mischievous grin, and a scraped knee that Mommy could fix, a new word learned, even the memory of the realization that I had a baby boy, I have a great deal to be thankful for. I had one and a half years of a dream come true, and I'm truly thankful I had my child. Sure, the agony of grief, the anguish of losing my precious child to death, the torture of wanting to see that child grow and mature, and the pain of never knowing, rips me up.

There is no Thanksgiving in entertaining these thoughts, so this month I am going to concentrate on the Living of my child. The Life that brought me so much joy. In this I am thankful that Evan was born, thankful that he lived, thankful that even for those short thirty months, I lived them too. Even so, as he lived once, I live now and want a productive life.

I am thankful I have come that far in my grief work to know I want to live and remember the good times without sorrow. And, I am thankful for my husband, who stood by me during the rough times. The husband who is the father of the child of our love. In him I have found my child, in our marriage I have found love, and that love taught us how to love that child. I am also thankful for you, my real friends—Compassionate Friends.

Edie Kaplan  
TCF Fort Lauderdale, FL

**TAKE THE TIME . . . TO HURT, TO CRY**  
**Wordless and worldless—Endless and forever, grief goes on—**

**It takes the best—And leaves the rest an empty shell—Life is Hell.**

David was dead four months when I wrote that in my journal. Time is my enemy. As I envisioned the future of my life, I saw only a vast expanse of desert — dry, parched, and empty. It is now a year and a half since David's death, and I recognize that time has become my friend. Now, when I look to the future, I see hills and valleys — struggles, to be sure — but also moments spent at the summit. What has happened? Time is healing.

**Take the time . . .**

**To hurt . . .** the pain is great and the temptation to run away is great. But there is no avoiding, no escaping the hard feelings. If you cover them over, they only resurface later in a potentially more destructive way.

**To cry . . .** it may feel like once started, you can never stop. But you have every reason to cry, and when you have cried enough, you will stop.

**To "fall apart" . . .** if you have a broken leg, you would not expect yourself to function at full capacity right away. Your wound is much greater—you have a broken heart. Confusion, inability to concentrate, lethargy, imagined glimpses of your dead child are a normal part of the grieving process and do not mean that you are going crazy.

**To be "selfish" . . .** mourning is an egocentric time, a time for turning inward and introspection.

**To "identify" . . .** and seek our resources in your environment that can help: friends, clergy, Compassionate Friends, a counselor. Talk to them. Having done all that—having lingered in the valley of the shadow—it is time to begin the climb out.

**Take the time . . .**

**To engage again . . .** in activities that were once pleasurable. They may hold no joy the first few times; someday they will and that will be all right.

**To laugh without guilt . . .** savor the good moments in the day, brief though they may be. Through your child, you can rediscover the beauty of a sunset.

**To care for your health . . .** grieving is a physical, as well as psychological stress. Your body needs protection.

**To be patient . . .** wanting to live again and learning to live again takes time. The path out of the other side of the Valley is steep, and we all often stumble. But with — time spent doing the work of grief—**you can find the path to a world made richer by your love.**

~ Bronna Romaoff, PhD. Albany, NY, TCF

## Chapter Sharing Pages

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### **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
Reading	Stacey Smith, son 23, suicide	781-944-5841

#### AT THANKSGIVING

Though you're filled with sorrow and pain over the loss of your child, you can be thankful for--

- The memories you hold close
- The time you shared with your child, no matter how short it was
- The things your child taught you
- The friends that are there when you need them

And you can be thankful also for--

- The strength you have that makes you a survivor
- The smiles of other children. They are not our children, but they still smile.

TCF Portland OR

Shadows often lengthen-  
and sometimes sadness  
comes stealing up from the  
place of remembering-  
for sadness is but a shadow-  
a shadow that is fashioned  
from love's bright sunlight  
shining upon a treasured memory.

Winston A. Abbott  
Come Walk Among the Stars

"HOPE FOR THE DAY" from SilentGrief.com

Grief carries its own set of burdens, and among all of them, we don't need to deal with the burden of when it is okay to shed tears. It's okay to cry - anywhere, at any time, and any amount. Allow the tears to flow, and think of them as "healing rain from heaven", for our tears bring cleansing and comfort. We were designed to cry when we are in pain!!!

Little by little, as we work through some of the most difficult days of pain, our tears will begin to lessen, and the tears that have fallen will now be the life support for the new joy that will begin to sprout from the innermost being of our hearts.

If you are struggling with grief and pain today, remember that your sadness will not last forever. Deep within your being is a seed of HOPE that is being watered daily by your tears!

- Clara Hinton

"Even in my sorrow, hope holds me in its embrace."  
- Clara Hinton

## Chapter Sharing Pages

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# LOVE NOTES



*In Loving Memory of our daughter "Patty" and remembering you at Thanksgiving 2009. Love, Mom & Dad*

*In Loving Memory of Jimmy Corliss. I think of you often and have so many wonderful memories. I love you and wish you were here. Love, Mom*

*In Loving Memory of our son, Theodore K. (Todd) Cathcart III, on his 41<sup>st</sup> birthday, Nov 3<sup>rd</sup>. It has been 18 years- we miss you and love you so much! We always wonder what might have been. Love, Mom & Dad.*

*In Loving Memory of Chris and husband Tom – Dearly miss and love you forever. Bless you Chris on your birthday, Nov. 28<sup>th</sup>. You are with me always, Mom XO*

*In Loving Memory of Keith A. Pace. Remembering Keith Austin on your 30<sup>th</sup> birthday, Nov. 10<sup>th</sup>. Our hearts are broken forever. Birthdays and holidays are never going to be the same. We miss you so much! Love, Mom, Dad & John, Jr*

*In Loving Memory of Harold Williamson, Jr. Harold, thinking of you on your birthday, Nov. 11<sup>th</sup>. I will always love you and miss you very much. With lots of love, Mom*

*In Loving Memory of our dearest Nicholas. It's been two long years, but you are always in our hearts. Love you, miss you... forever, Dad, Mom and Holly*

# 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  
PLEASE FORWARD



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

NEWSLETTER – November 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) \*\*\*\*\*

Help us save money and paper.....

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