



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

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 and 3rd Wednesday of each month In Person at 7:00PM at the Aldersgate Methodist Church, 235 Park Street, North Reading at 7:00 P.M. We also hold an Online meeting via Zoom on the 4th Wednesday of each month at 7:00PM. We are a self-sustaining organization with no funds except what we receive through donations from members and newsletter recipients. Please join 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.
48660 Pontiac Trail #930808
Wixom MI 48393
Toll-free: 877-969-0010

Upcoming Meetings

Monday, 2/2/26
7:00 PM

In-Person Meeting

Please contact tcfnoshoreconnect@gmail.com if you would like to attend

Topic: Will I Laugh Again? (feel free to bring a photo of your child)

Wednesday, 2/18/26

In-Person Meeting - 7:00 PM

Please contact tcfnoshoreconnect@gmail.com if you would like to attend

Topic: Open Sharing Session

-and-

Sibling Group Online Video Meeting - 7:30 PM

Please contact Aimeeb15@gmail.com if you would like to attend

Topic: Finding Out Your Sibling Died

Wednesday, 2/25/26
7:00 PM

Online Video Meeting

Please contact tcfnoshoreconnect@gmail.com if you would like to attend

Topic: The New Normal

Monday, 3/2/26
7:00 PM

In-Person Meeting

Please contact tcfnoshoreconnect@gmail.com if you would like to attend

Topic: How Our Relationships Have Changed

Chapter Leader: David Paul

978-771-6345

tcfnoshoreconnect@gmail.com

Newsletter Editor: Eden Paul

eden.r.paul@gmail.com

Regional Coordinator: Dennis Gravelle

tcfnoshorenews@gmail.com



JILLIAN ANNE SULLIVAN



Dear Jillian,
More loving and connected,
more vulnerable and strong,
more truthful and forgiving,
more wise and compassionate,
more faith- filled and courageous,
more trusting and open.



My love for you is endless
and made me more of all of these qualities,
and your life infinitely more impactful
than the number of years you had on this earth.
Together we will leave more love on earth
until God reunites us in heaven.
What a day that will be!



In love and gratitude,
Your Mom

-and-

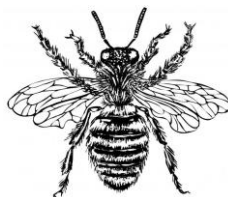


BRIANNA LEE PAUL

AN UNTAMED LIFE

you never lived your life to the pleasure of others
a wild child blazing her own path
with an honesty so bold it caused
most of us to cower
you knowing but never fearing the aftermath
time has now created just enough space
to appreciate the truth unspoken
you were meant to part this measured realm unbroken

Love you forever - Mom Dad, Erin and Eden



January Birthdays

Shane Michael Loizides son of Janet Sutcliffe sibling of Branden Loizides

Todd MacDonald son of John and Janet MacDonald

Daniel M. Scafidi son of Martin and Barbara Scafidi / stepson of Sandra Scafidi

Geoffrey Gonzalez son of Iris Gonzalez

Maria Lorraine Andrews daughter of Michelle Smith

Neal Richard O'Brien Jr. son of Neal and Nancy O'Brien

Craig Gentleman son of Mary and Jack Gentleman

Christina Laura-Ann Saviano Daughter of Laurie Saviano

Jonathan (Jed) Lazar son of Jon and Noreen Lazar

Darien Sanford-Castro son of Diane Sanford

Christopher Michael Rollins son of Nancy & Rick Rollins

Zachary Doyle Hilton son of Patricia Doyle

Katherine Stephanie Grant daughter of Laurie Grant

Robert Kagacha son of Sarah Kagacha

Mario Miller son of Maria Salles

Alex Vitale son of Rob and Robin Vitale

Nathaniel (Nate) Doiron son of Stacey and Linus Doiron and grandson of Dorothy Molley

Faith-Ena Davianna Watkins daughter of Andria Nemoda and Michael Watkins

Brian Robert Pellegrino nephew of Alyse and Joe Bonfiglio

Lucas Kump grandson of Linda Bump

Tina Lee Ducharme daughter of Deb Linnehan

Derek Heath son of Erin and Derke Heath

Giuliano Ciampolillo son of Romana Ciampolillo

January Angel Dates

Aram Karakashian son of Pat and Garo Karakashian

Deirdre Helene Olson daughter of Catherine E.B. Olson

Glenn Buttrick son of Heidi Scott

Peter Costas son of Barbara Costas, Sibling of Alaine Costas

Victor Vogis son of Victor and Margo Vogis

Jonathan Corey son of Reenie McCormack and Ron Corey

Brianna Lee Paul daughter of David & Melinda Paul sister of Erin and Eden Paul

Robert Anthony Viera son of Arlene Viera

Courtney Marie Corning daughter of Ginny & Jack Corning

Christopher Muraca son of Maria Muraca

Jessica Cormier daughter of Walter Cormier and Barbara Melesciuc sibling of Nicole Cormier

Joel Wesley Lindquist son of Roy and Mariann Lindquist

Matthew Dalimonte son of Patti Dalimonte

Julia Elizabeth Vanella daughter of Joseph Vanella, Jr.

Kaleigh Lambert granddaughter of Irene Lambert

Shane Lambert grandson of Irene Lambert

Faith-Ena Davianna Watkins daughter of Andria Nemoda and Michael Watkins

Quinlan Weekes son of Lindsay and Jaunel Weekes

Eliot Lee Bennett son of Eric and Elizabeth Bennett

Robert DeCarlo son of Janet DeCarlo Staples

Katy Warde daughter of Peg Warde

Daniel Rogers son of Donna Rogers

Anthony Diaz son of Gail Scimone

Paulyne Mbowa daughter of Julius Mbowa

Elizabeth "Liz" Chandler daughter of Kimberly Surrette



COMMUNITY CONNECTIONS

Posted on January 26th, 2026

“Some people think they are in community, but they are only in proximity. True community requires commitment and openness. It is a willingness to extend yourself to encounter and know the other.”

– M. Scott Peck

Our TCF family spans across all 50 States and Puerto Rico. Both in-person and online, The Compassionate Friends offers a true community of love and understanding. Our communities hold space for all who are grieving the death of a child, grandchild, or sibling of any age and any cause of death. There are few places where we can go in our world today that slows down enough to listen to our story, support us in our pain, and nurture a renewed sense of hope and purpose. It takes a lot of time, energy, and committed individuals to make this community happen. Thank you to all our volunteers and members who work tirelessly to create this compassionate community.


I was able to witness a part of this community in action this past holiday season with two of our chapters, the TCF Potomac Chapter and the TCF Treasure Coast Chapter. I would like to thank my friends at the TCF Potomac chapter for the invitation and opportunity to deliver the keynote address during their annual candlelight memorial service held on December 4, 2025. Thank you, also, to my friends here in my hometown of Stuart, Florida at the Treasure Coast Chapter of TCF for inviting me to provide opening remarks for their candle lighting program on National Children’s Memorial Day. Both services were a deeply sacred, meaningful time of remembrance, and a wonderful display of the TCF community mission at work. The volunteers and attendees created a safe space for the community to celebrate the lives and speak the names of the precious children, grandchildren, siblings, and loved ones we were there to remember.

I would like to extend a special thanks to Rob and Linda Goor for their hospitality and hosting me as a guest in their home when I visited with the Potomac Chapter. We enjoyed many heartfelt and meaningful conversations together and the warmth with which I was welcomed was palpable. I also had the opportunity to spend an evening in conversation with the Potomac Chapter’s Steering Committee members. This dedicated group of individuals shared about their chapter, asked questions about our organization, and listened as I shared ideas for strengthening and expanding our supportive community. Before we knew it, over three hours had passed, and we were all up way after our bedtimes. I cherish this time we were able to spend together.

I believe it is this type of community that Dr. Scott Peck was attempting to describe in the quote above. TCF has proven that peer support works. When we care enough to spend time in honest conversation, trusted

dialogue, shared experience, and united purpose, we become less alone, more validated, and experience a closer connection to others. Beginning this year, TCF will be offering supportive webinars featuring well-respected, sought after presenters from within and outside of TCF free to our members in the spirit of building our community. Please look for these offerings, sign up, and attend. Join me for our first webinar for 2026, being held on February 4th at 12:00 pm ET, “Giving Grief and Healthy Coping a Language.” On behalf of our staff, board of directors, and thousands of dedicated, hard working volunteers, please know that you are not alone – your TCF community is here for you.

BY: Andy McNiel, MA, is an author, trainer, bereavement support professional, and non-profit leader with three decades of experience facilitating support groups and providing individual care to bereaved people of all ages. Andy currently serves as the CEO of the Compassionate Friends, a national non-profit supporting families after the death of a child. His years of service and executive leadership experience span hospice care, regional and national grief organizations, and creating a safe space for bereaved people to connect with others who understand. Andy is highly regarded as a presenter, educator, and thought leader on understanding grief and bereavement support. He lectures and keynotes extensively on topics related to grief, loss, and personal wellness. He is the author of "Understanding and Supporting Bereaved Children: A Practical Guide for Professionals," in addition to numerous chapters and articles on grief and loss across the lifespan. Andy is a member of the Tragedy Assistance Program for Survivors (TAPS) Advisory Board. He is a national trainer for the American Foundation for Suicide Prevention and a member of the International Workgroup on Death, Dying, and Bereavement. Andy holds a Bachelor of Arts in Religion and a Master of Arts in Counseling.

	<p>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 professional - we are all bereaved parents seeking to find a way through our grief.</p> <p>Please be considerate in the timing of your calls to these volunteers</p>	
Beverly	Carmen Pope , son, 3 days old, anencephaly, and son, 11 years old, boating accident	(978) 771-4942
Reading	Sheila Thabet , son, 19 years old, pedestrian accident, and son 20 years old, accidental overdose	(781) 670-0335
Gloucester	Melinda & David Paul , daughter, 20 years old, sudden cardiac arrest	(978) 771-6345
Haverhill	Crystal Chambers , sibling, 28 years old, cause unknown	(508) 523-2810
Salem NH	Regan Burke , son, 8 years old, pneumonia/ cardiac arrest	(603) 264-9391
Winchester	Reenie McCormack , son, 20 years old, drowning	(781) 729-1878
Woburn	Nancy Whipple , son 22 months old, cancer	(781) 938-5840
North Andover	Cathrine Olson , Daughter, 27, Pedestrian accident	(978) 681-8341

TCF North Shore-Boston Chapter Website Sponsorship

In order to help cover our chapter website fees, we invite our members to sponsor our chapter website for 1 month in memory of their children, grandchildren or siblings. The monthly website sponsor donation is \$25 per member and the maximum number of sponsors per month is 2. Sponsors may post a message to their children, grandchildren or siblings; this message will be displayed in the Website Sponsor column on the Home page of our website and will also appear in our chapter newsletter.

If you would like to sponsor our chapter website, please contact our Website Manager via email: tcfnorthshoreweb@gmail.com

Website sponsor signup sheets are also available at our monthly in-person meetings.



Love Notes



In memory of Roger Costa,

As we come into another year with you in our hearts, we love and miss you

Love Mom, Dad and Matt

In Memory of my son, Alexander Peter Smith .

His 34th Birthday would be Jan 7th. His memory is always with me. Now and Forever, Alex will be always with me.

Love Dad

In memory of our son Donald Tottingham and my wife Roberta.

Love, Malcolm Tottingham

In memory of Renee

Miss you so much! your boy is growing up so fast!

Love Kathleen Ravagno

In memory of James L Stammers

James A to Z Active Adventurous Ambitious Boisterous Big Bruins Boating Caring
Comical Driven Daring Energetic Engaging Funny Frustrated Gallant Generous Gaming
Gambler Helpful Hopeful Huge Hockey Impulsive Intelligent Instigator In-charge Joyful
Jaded Kind Knowledgeable Knowing Large Loving Looney Lethargic Lazy Messy Manic
Maniac Notable Optimistic Outgoing Open Positive Preposterous Questioning Quick
Resistant Reckless Sports Smart Skier Spectator Sloppy Tough Truthful Unrealistic
Valiant Valued Valuable Warm Wanderlust Wasted Wayward West Ham eXuberant
eXcitable Yellow-haired Young Zany You were the most Adventurous, Kind, Joyful
Optimist

We will love and miss you always Love Mom, Dad, Kate, Kenny, Ed & Rich

*This section is reserved for personal messages in memory of our children, grandchildren, and siblings.
Donations received help to cover the operating costs of the chapter; monthly meetings,
refreshments, newsletter mailing, etc. While not expected, any donations are always appreciated.
Thank you to all who continue to leave donations in the box at every
meeting*

Love Notes are a way to share a message in memory of your child/grandchild/sibling. Donations received with Love notes help with the cost of publication of this newsletter.

Please send your Love Notes with donation by mail to

Bob Boulanger, 42 Chatham Rd. Billerica, MA 01821, or give them to the leader at the monthly meetings.

Please use the form below to assure notes are posted exactly as you want them. Love Notes for the next newsletter must be received by the **15th of the previous month**.

Love Gifts for future dates may be sent at any time; month to be published: _____

Love Gift from _____ **In memory of**

Message:

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 SEASONED 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

c/o Bob Boulanger
42 Chatham Road
Billerica, MA 01821

RETURN SERVICE REQUESTED

DATED MATERIALS
PLEASE FORWARD



The Compassionate Friends

North Shore-Boston Chapter
Supporting Family After a Child Dies

NEWSLETTER – January 2026



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
tcfnoshorenews@gmail.com