



# The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

August 2021 Newsletter



A self-help organization offering friendship and understanding to bereaved parents



*Chapter Leader Notes from Susan*

Dear friends,

We have many items in the News and Updates for your attention please: FaceBook link to our chapter's facebook page. Newly added are links to the TCF Siblings Facebook page and newsletter. A wonderful and caring place to find support and information for siblings who have lost a brother or sister. Our meeting information for both in-person and zoom meetings. Our annual HeART Remembers evening, creating art in memory of our loved one is Thursday September 16, 2021. Updating Members information form – it is in

both English and Spanish: You only need to complete and submit one time. Thank you for the members who have completed this form.

Take care and I wish you each a happy and safe August.

Sincerely,

Susan ~ Westley's mom.

## News and updates for our Chapter:

~ Our Northern Lake County Compassionate Friends Facebook

page <https://www.facebook.com/cfonlciil>

The page will feature news, updates, motivational and comforting phrases/poems.

~ Facebook Pages for Siblings

The Sounds of the Sil-

ings: <https://www.facebook.com/groups/21358475781/>

TCF

SIBS: <https://www.facebook.com/groups/tcfsibs/>

~ TCF Sibling Newsletter link for registering for the weekly newsletter containing the TCF SIBS meeting information and meeting

link: <https://mailchi.mp/782a053d4bbe/tcf-sibs>

~ The first Thursday meeting of the month will remain a Zoom meeting only. Susan will email a zoom link to all chapter members.

~ The third Thursday of the month meeting will remain as an in-person only meeting. The location is at the Millburn Congregational Church 19073 West Grass Lake Road, Lake Villa, IL 60046. 7:00pm – 8:30pm. Park in the parking lot behind the church, enter through the double glass doors. Doors are opened at 6:30 pm. Please wear a face covering and we will practice social distancing. You may bring your own refreshments. We do have a Keurig, coffee pods and tea bags, single packaged snacks, and bottled water.

~ HeART Remembers: The HeART Remembers Creating art in memory of our loved one(s). Thursday September 16, 2021 at 7:00pm – 8:30pm. We will have our Compassionate Friends meeting and during the meeting we will complete an art project. We will have small smooth pebbles for you to write your loved one's name and if you like a small symbol. You can put the pebble in a small gift bag and take the pebble with you.

~ Updating Members information form is in both English and Spanish: Please check page 4 for a link to the information form.

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**(Our Children, Grandchildren, and Siblings Loved, Missed and Remembered in July & August continued from page 3)**

***Michael Lee Brandon Hamilton Frederick***

**August 25**

Son of Jan Frederick  
Grandson of Sharon Frederick

***James McClintock***

**August 28**

Son of Charles & Louise Knoll

***Brandon Reif***

**August 30**

Son of Marcy Reif

***Justin Cody Ortega***

**August 31**

Son of Susie Meggs

***Brian Scott Ludlow***

**September 1**

Son of Ronald & Karen Zaylik

***Donyel Prather***

**September 1**

Son of Donna Prather

***Levi Nichols***

**September 5**

Son of Bambi Nichols

***Anthony Alexander Sosa***

**September 12**

Son of Yvette Sosa

***Marleea Gerfen***

**September 13**

Daughter of Marsha & Lee Bell

***Brian Scott Engle***

**September 13**

Son of Louise Engle

***Heidi Anne Herrmann***

**September 14**

Daughter of Bonnie Brackus

***Mike Curtis***

**September 17**

Son of Sonya Curtis

***Aaron R Moore***

**September 19**

Son of Rob & Sherry Moore

***Joshua William Bowman***

**September 26**

Son of Robin Bray

Nephew of Kimberlee Christensen

***Kelsey Heaps***

**September 26**

Son of Dawn Heaps

Brother of Steven Heaps

Please let me know if I have omitted a child, misspelled a name or have published an incorrect date. I know how important it is to bereaved families to have their children remembered. [vszech@comcast.net](mailto:vszech@comcast.net)

## Meetings

### Lake Villa Meeting

#### Northern Illinois Chapter TCF

The third Thursday of the month meeting will remain as an in-person only meeting. The location is at the:

Millburn Congregational Church

19073 West Grass Lake Road

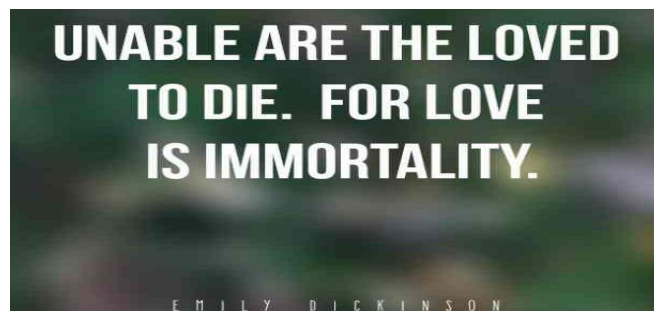
Lake Villa, IL 60046.

Park in the parking lot behind the church, enter through the double glass doors.

### Holy Family Church

7 p.m. to 8:30 p.m.

The first Thursday meeting of the month will remain a Zoom meeting only. This will change to in-person the date is to be announced.





## **OUR CHILDREN, GRANDCHILDREN, AND SIBLINGS LOVED, MISSED AND REMEMBERED JULY & AUGUST**

*Each month we remember the children who are sadly missed. Please take a few moments, place them in your thoughts, and remember them on their day together with their parents. None of us ever forget our special days and messages that say "I care" help us to get through them. Our children's lives will go on, as long as we remember them and celebrate their lives.*

### **BIRTHDAYS**

<i>Lindsay Wilczynski</i>	<i>August 3</i>	Daughter of Christine Prado
<i>Jose Barrera</i>	<i>August 6</i>	Son of Lorena Alcalá & Orsy Barrera
<i>Andrew Perkins</i>	<i>August 12</i>	Son of Richard & Thelma Perkins
<i>Andrew Muno</i>	<i>August 18</i>	Son of Darlene & Bart Muno
<i>Blake Logan Palmer</i>	<i>August 21</i>	Son of Amber & Brian Palmer Grandson of Lois Cooper Grandson of Gina Palmer
<i>Kelsey Heaps</i>	<i>August 22</i>	Son of Dawn Heaps Brother of Steven Heaps
<i>Ashley Seay</i>	<i>August 25</i>	Daughter of Mike and Shannon Seay Granddaughter of Dennis & Georgene Manley
<i>Josh Summers</i>	<i>August 27</i>	Son of Tina Carlson Grandson of Larry & Cheryl Armstrong
<i>Roman Gabriel Cano</i>	<i>August 28</i>	Son of Simona & Daniel Rhodes
<i>Nicole Parfitt</i>	<i>August 30</i>	Daughter of Robin Parfitt
<i>Chris Houchin</i>	<i>September 3</i>	Son of Scott Houchin & Heather McDonald
<i>Shannon McCarty</i>	<i>September 5</i>	Daughter of Kevin McCarty & Pat Hayes
<i>Mary Margaret (Maggie) Miles</i>	<i>September 5</i>	Daughter of Jim & Mary Lou Miles
<i>Kevin Lopez</i>	<i>September 13</i>	Son of Diahnn Estes Lopez
<i>Anthony Alexander Sosa</i>	<i>September 16</i>	Son of Yvette Sosa
<i>Shane Betar</i>	<i>September 21</i>	Son of Leia Betar
<i>José De Jesús Hernández</i>	<i>September 24</i>	Son of Jesús and Virginia Hernández
<i>Eduardo Chavez-Nuño</i>	<i>September 27</i>	Son of Maria Del Carmen Nuño
<i>Donette Klawonn</i>	<i>September 30</i>	Daughter of Raymond & Dorothy Klawonn
<i>Tony Trejo</i>	<i>September 30</i>	Son of Martina Williamson & Victor Trejo

### **ANNIVERSARIES**

<i>Lindsay Wilczynski</i>	<i>August 1</i>	Daughter of Christine Prado
<i>Adam Rubin</i>	<i>August 1</i>	Son of Linda Rubin Brother of Nicole Rubin
<i>Tony Trejo</i>	<i>August 1</i>	Son of Marina Williamson Brother of Victor Trejo
<i>Brian Keough</i>	<i>August 2</i>	Son of Kathleen Keough
<i>Jammi Shonlei Hui</i>	<i>August 5</i>	Daughter of William & Joyce Hui
<i>Pressley Suzanne McHugh</i>	<i>August 5</i>	Daughter of Shawn & Kari McHugh
<i>Sandra Elena Varela</i>	<i>August 5</i>	Daughter of Sandra Prez
<i>David Spannraft</i>	<i>August 12</i>	Son of Elizabeth & Dan Spannraft
<i>Danielle Trevithick</i>	<i>August 12</i>	Granddaughter of Tony Trevithick
<i>Barry J Grazier</i>	<i>August 13</i>	Son of Robert & Mary Ann Grazier
<i>Nathan Clyde</i>	<i>August 17</i>	Son of Valerie Clyde Sister of Michaela Clyde
<i>Raphael E Vidal</i>	<i>August 20</i>	Son of Raphael & Mirtha Vidal
<i>Kevin Pomianek</i>	<i>August 21</i>	Son of Brenda & Eugene Pomianek
<i>David Sloop</i>	<i>August 21</i>	Son of Charron Sloop
<i>Ryan James Nichols</i>	<i>August 22</i>	Son of Jackie & Jim Nichols
<i>James (Jim) Grazier</i>	<i>August 24</i>	Son of Mary Ann & Robert Grazier

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Dear members of The Northern Lake County Compassionate Friends,

We, the steering committee and I, Susan have created a form to update our database. This form will provide us with the necessary information to update our members' personal contact information, mailing preference and provide us with your interests to receive information about chapter events. Please click on the link below. The link will display a google form to complete and submit. The form once submitted will come directly to me and I will keep all information confidential within the chapter. As we collect and review the forms, we can better serve our chapter with information of events and news updates. Click on the link to view, complete and submit:

*The Northern Lake County Compassionate Friends Members Information Form - click on the link*

<https://forms.gle/XfQkVvNCqgr13Avo9>

Nosotros, el comité directivo y yo, Susan, hemos creado un formulario para actualizar nuestra base de datos. Este formulario nos proporcionará la información necesaria para actualizar la información de contacto personal de nuestros miembros, la preferencia de correo y proporcionarnos sus intereses para recibir información sobre los eventos del capítulo. Por favor, haga clic en el enlace de abajo. El enlace mostrará un formulario de Google para completar y enviar. El formulario, una vez enviado, me llegará directamente y mantendré toda la información confidencial dentro del capítulo. A medida que recopilamos y revisamos los formularios, podemos brindar un mejor servicio a nuestro capítulo con información de eventos y actualizaciones de noticias. Haga clic en el enlace para ver, completar y enviar:

*Formulario de información para miembros de Amigos compasivos del condado de Northern Lake – click on the link*

<https://forms.gle/XfQkVvNCqgr13Avo9>

## *Why Does Healing Feel Like A Betrayal?*



By  
Katja  
Faber

In the first years after my son's death, the mere mention of the word 'healing' made me recoil.

Healing. It's a simple, comfort word, right?

A concept that all right-minded people believe is a healthy thing, supposedly the ultimate goal for those who are suffering.

*So why, I used to ask myself, DOES HEALING FEEL like a betrayal?*

Terminology is a tricky thing. The use of the word 'healing' tends to confuse most loss parents. It's not surprising. We associate healing with 'getting over' something, much as one would if you'd broken a leg and it had healed 'nicely' as doctors are apt to say.

If you heal, it means you're better and that you're no longer sick or injured. It means you're back to normal; it means you've got over your

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*(Why Does Healing Feel Like A Betrayal? Continued from page 4)*

injury; it means you're now well.

To me, healing seemed an aberration.

If there's one thing loss parents know it's that grieving the death of our child doesn't mean we're sick. Nor are we stuck. Nor do we want to 'move on'. We are grieving. There's no fixing this. Our child is dead. What we yearn for is understanding and not some quack remedy for our devastating loss.

When well-intentioned friends and family used the word around me, it felt as if my grief wasn't being acknowledged. It sounded as if they were sweeping aside the magnitude of my loss. That they felt so distressed at seeing me traumatized that their need to white-wash my soul-crushing grief took precedence over my feelings. I wept for their lack of understanding.

*Yet, in these four years since my son was killed, I have learned that healing is possible.*

It doesn't look or feel like I thought it would but the fact is that it can and is happening. A work in progress. Day by hard day. It's tough, grueling grief work. Often, I'm too tired to even contemplate the rest of my life without my son but I sense that healing is happening nonetheless.

And that's because healing following the death of our child is all about transformation. It has nothing whatsoever to do with 'moving on' or 'forgetting'. It's about inner change. It's about becoming the best new version of ourselves as we wrap our heart around our grief. It's about using grief to teach us how to build a new, different life where joy and loss reside together. It's about gently cradling the grief like we would our child and using it to help us towards the light.

I liken it to a metamorphosis. This healing changes us to our very core. We are no longer who we were. The death of our child transforms us so

profoundly that it's as if we emerge into a new world, never to return to our old pre-loss state.

*So why did I reconsider my view on healing?*

Before I could do so, I had to crawl my way out of the abyss that was acute raw grief for long enough to catch my breath. Believe me, that took a while, not months but years.

And then, as insipid colors began to filter back into my life, what helped me to understand that transformative healing was possible was the slow realization that it was fear that was making me recoil at the idea of it. Fear? Why did I fear healing? Because it felt like a betrayal.

Did other loss parents feel that way too? Most certainly, yes. I was not alone. Almost everyone I spoke to who'd lost a child felt uncomfortable at the mention of the word 'healing.'

So, I decided to identify the source of my fear so as to challenge my concept on healing.

*Six points to consider if healing feels like a betrayal:*

1. **If I heal it means I don't love my child enough. Certainly, this was my greatest fear. Rest assured, healing has zero to do with how much you love your child and everything to do with acceptance. Accepting that love is eternal and that I would grieve my child for the rest of my life allowed me to understand that healing wouldn't diminish my grief or love but instead could transform me.**
2. **If I heal, I'm being selfish by putting my needs before those of my dead will**

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*(Why Does Healing Feel Like A Betrayal?  
Continued from page 5)*

conquer the fear. It always does. Child. Irrational fear disguised as guilt was hijacking my thoughts and turning them upside down. Learning to parent a dead child is hard work and challenges us in every conceivable way. You'll need energy and focus to undertake grief work as you carry the love of your child within you. Practice self-compassion and self-care, and allow yourself to transform into the best version of you as a loss parent.

3. If I heal it means I'm forgetting my child. Trust that you will never forget your child any more than you'll forget how to breathe. Our children are always with us. Always.
4. If I heal people will think I'm not grieving or that I don't care enough. Grief is as unique as a fingerprint. Each one of us grieves in our own way. Some loss parents are extremely private about their pain, others talk about their loss, and some set up foundations. Whatever your way of grieving, it is yours, as is your healing. No one can take that away from you and neither should they judge. If they do, perhaps it's time to expunge them from your life.
5. If I heal, I'll start living life again and that thought frightens me. Living life again will happen slowly and will come from within. It'll be about learning to live in a new way. It'll be a different you, with grief as your teacher and the love for your child guiding you every step of the way.

6. Healing feels like a betrayal and I can't even contemplate such an idea. Give it time. Explore your feelings and identify which ones serve fear and which bring comfort. Don't push the fear away but instead, listen to it and find out why it resides in your heart right next to the love for your child. Trust in your love. It's the love that will conquer the fear. It always does.

Borrowed from A Journey Together the newsletter of The Bereaved Parents USA **Summer** Volume XXIV No. 3

## THE OLD ME...

By Keith Swett



In an argument about if I am too old to coach at 65 one of the parents said, "Swett doesn't have the same fire since Matt died." That's right. He wanted the old me back. As bereaved parents we know that the old me is not coming back. The old me was innocent, optimistic, enthusiastic. I had endless energy and the world was full of possibilities. Most parents are innocent when it comes to a child's death. They are optimistic about the future and enthusiastic about a world filled with possibilities for their children. I still share all those traits but I know another outcome is possible. I know pain and loss. I know shattered dreams and despair.

The funny thing is I am a better coach. I know what is important. I don't get excited about hair length or color, tats or scars, wins or losses. I get very excited about kids living their best quality of life.

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*(The Old Me continued on page 6)*

I share hopes and dreams with kids but I know how to rebuild a broken heart. I

love the ones who try as much as the ones that make it. I have come too far to go back to what I was.

I do not even get angry at ignorant parents. I realize that they are still living in a small safe world. I hope their world is always small and safe, but I will be here to help if it is not.

Borrowed from A Journey Together the newsletter of The Bereaved Parents USA **Summer** Volume XXI No. 3



*Can you sit with this ocean of grief? Can you feel the gravity of what is happening without rushing towards silver linings or happy endings?*

*Let the wound bleed a little longer without running to cauterize it with certainty or guarantees.*

*Let the lacerations cut a little deeper carving lessons of the great mystery into your flesh and lean in close to the*

*Can you soothe without numbing? Feel the deep and raw somatic sensations*

*that swell and ooze through each subtle body layer. Paint new landscapes with your frayed nerves as your tongue searches for words in a language that you have never had to speak before. Feel the searing truth that nothing is certain not today or tomorrow not the very next breath. It never was but in this moment we cannot ignore that. Death sits close right now we have a front row seat to the cycles of living and dying. Feel the shakiness of your trust the gnawing fear the sting of loss the burning anger the confusion leaving you grasping for why and how and when will this end? Dissolve into the stillpoint beyond thinking and doing and feel the exquisite ache of the heartbreaking heart-opening act of surrender.*

~ Gina Puorro

[www.ginapuorro.com/](http://www.ginapuorro.com/)

Borrowed from A Journey Together the newsletter of The Bereaved Parents USA **Summer** Volume XXV No. 3

**LOVE GIFTS**

Enclosed in a check in the amount of \_\_\_\_\_ to be used as follows (check all that apply):

In loving memory of \_\_\_\_\_

In honor of \_\_\_\_\_

Sponsor the newsletter for \_\_\_\_\_ month) (\$25 pays ½ monthly cost)

Pay for a book for the chapter's Lending Library \_\_\_\_\_

Check here to keep receiving the newsletter \_\_\_\_\_

It is important for our children to be remembered. Please understand that in order for your child to be included in the "special days" list each month in the newsletter, you must fill out this form that gives us permission to list this information. If you are making a donation, please make the check payable to **The Compassionate Friends. Return to Tammie Barrera, 821 Roberts Road, Winthrop Harbor, IL. 60096**

We welcome your comments and/or items submitted for use in the newsletter. Short articles, poems, or book reviews are always appreciated. Please include the author of any written works. Send your items for the newsletter to Vicki Szech at [vszech@comcast.net](mailto:vszech@comcast.net) or 31023 Prairie Ridge Road, Libertyville, IL 60048.

The Compassionate Friends is a non-profit, self-help organization offering friendship and understanding to bereaved families. Its' mission is to assist them in the positive resolution of grief following the death of a child and to provide information and education to help others to be supportive

TCF National Office - 48660 Pontiac Trail, #930808, Wixom, MI - 48393 PH 877-969-0010 - Fax: 630-990-0246. The Compassionate Friends home page can be found at [www.compassionatefriends.org](http://www.compassionatefriends.org)

**Steering Committee 2021 – 2022**

**CHAPTER LEADERSHIP** Susan Banks 847-366-9375 [lanwesmar@comcast.net](mailto:lanwesmar@comcast.net) – son, Westley Banks Age 21 of suicide  
**TREASURER** Tammie Barrera 847-872-9684 [julyson2@gmail.com](mailto:julyson2@gmail.com) son, Aaron Barrera Age 29 Auto accident due to Diabetes

**COMMUNITY OUTREACH** Sue Battis 847-445-7004 [suebattis@yahoo.com](mailto:suebattis@yahoo.com) son, Nick Battis Age 24 of suicide.

**HOSPITALITY** Kris Frisby 847-366-3170 [Kefrisby88@comcast.net](mailto:Kefrisby88@comcast.net) son, Camden Frisby Age 15 of suicide.

**SECRETARY**

**REMEMBRANCE SECRETARY** Shannon Seay 224-456-2891 [Seayseven1@comcast.net](mailto:Seayseven1@comcast.net) daughter, Ashley Seay Age 17 Auto accident.

**LIBRARIAN**

**NEWSLETTER EDITOR** Vicki Szech 847-573-1055 [vszech@comcast.net](mailto:vszech@comcast.net) daughter, Rachel Szech Age 16 Horseback-riding Accident

**NEWSLETTER PRINTING & MAILING** Toni Nesheim 847-204-7585 [tnesheim@sbcglobal.net](mailto:tnesheim@sbcglobal.net) & Denny Salomonson, 847-223-7353 [drdeno@sbcglobal.net](mailto:drdeno@sbcglobal.net) - daughter, Rachel Salomonson, 19 Auto accident

**WOODLAND WALK COORDINATORS** Christine Pado 847-455-6642 [chpado@gmail.com](mailto:chpado@gmail.com) - daughter Lindsay Wilcynski Age 29 Pulmonary Embolism

**FACILITATORS AT HOLY FAMILY CATHOLIC CHURCH WAUKEGAN, IL. SPANISH AND ENGLISH** Mirtha Vidal 847-293-1658 [mirthavidal1213@yahoo.com](mailto:mirthavidal1213@yahoo.com) & Raphael Vidal [rvidal1027@yahoo.com](mailto:rvidal1027@yahoo.com), son Raphael Vidal age 17 of suicide. Mirtha is available by phone call or email.

**FACILITADORES EN HOLY FAMILY CATHOLIC CHURCH WAUKEGAN, IL.** Español e inglés. Mirtha Vidal 847-293-1658 [mirthavidal1213@yahoo.com](mailto:mirthavidal1213@yahoo.com) & Raphael Vidal [rvidal1027@yahoo.com](mailto:rvidal1027@yahoo.com), hijo Raphael Vidal de 17 años de suicidio. Mirtha está disponible por teléfono o correo electrónico.

**NORTHERN LAKE COUNTY COMPASSIONATE FRIENDS FACEBOOK** page <https://www.facebook.com/cfonlcl>

**Facebook Pages for Siblings - The Sounds of the Siblings:** <https://www.facebook.com/groups/21358475781/>

**TCF SIBS:** <https://www.facebook.com/groups/tcfsibs/>