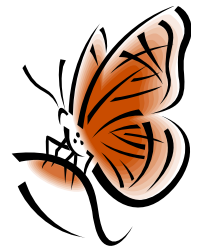


# The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

February, 2013 Newsletter



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

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## Chapter Leader Notes from Toni

### BEGIN AGAIN -

"Begin again." It sounds simple enough. It is a phrase we have all used. We surely used it when our child first began learning to walk or fell off the bike that we were teaching them to ride. Or we used it when they grew tired of practicing the piano or when they grew frustrated with a science project. "*Begin again . . . you are still learning. The more you practice, the easier it will become,*" we would say. It sounds helpful and encouraging and most of all *possible*.

Now it is our turn to begin again. We, as bereaved parents and siblings and grandparents, have experienced the most devastating loss possible. The moment of realization that our child was truly gone from this earth was the day our world collapsed. We were reduced to thinking that we could not go on. We thought that surely, we would never be able to function, much less find happiness or joy. After we somehow made it through the funeral and lines of well-wishers we were left with the burden of grief and the question of how to function in our world which has been shaken and thrown down like game pieces, scattering. How do we pick up those pieces and begin again as a changed but whole person?

After the death of her son, Wade, Elizabeth Edwards wrote in her book, Resilience, that "Grief is a long process of untangling ourselves from the physical reality of the person and from

our expectations of our future with them." Untangling is a good word to describe the experience and the emotions of coping with grief and trying, haltingly sometimes desperately, to move forward. It is often an experience of one step forward and two steps back.

There are some very simple truths for each of us to consider as we try to recover and manage our grief:

- Love never ends and neither does grief.
- Deep grief is the result of deep love.
- Everything in life changes . . . even grief.
- Grief must be acknowledged and expressed. *Short cuts in grieving will only cause new problems in the form of chemical abuse, poor relationships, submersion or decline in work activities, and behavioral issues.*
- The death of your child will change you forever. *We must work at making that change one that will allow you to grow from the experience.*

The one simple and primary truth that I have learned in 7 years of grieving for my daughter, Rachel, is that helping others has been healing to me. Listening to others speak of their struggles and their victories, e.g. "I could finally give away some of his belongings to his friends" or "I was able to go to the store we always went to together and I didn't have an anxiety attack" helped me to realize I do have things to learn from other people and that I am not in place of grief alone. There are people to help me. But

(Continued on page 9)



## GIFTS OF LOVE

A love gift is a gift of money or of time given to the Northern Lake County Illinois Chapter of the Compassionate Friends. It is usually in memory of a child who has died, but donations can also be from individuals who want to honor a relative or friend who has died, a gift of thanksgiving that their own children are alive and well, or simply a gift from someone who wants to help in the work of your chapters. Love gifts are acknowledged each month in the newsletter.

**Thanks to Jan Frederick for her donation in loving memory of her son, Michael Lee Brandon Hamilton Frederick, and in loving memory of David Michael Hamilton**

"Gifts of Love" in remembering our children and siblings help to pay for Newsletters, Postage, Books for our Lending Libraries and Resources, Memorial Services, Candle Lightings, Telephone and Outreach, and Dues to the National TCF Office. Thank you.

## GRIEF WEBSITES

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

[www.griefnet.org](http://www.griefnet.org)

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

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

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

[www.journeyofhearts.org](http://www.journeyofhearts.org)

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

## BIRTHDAY TABLE



A table is available at each meeting for those whose child has a birthday or remembrance day in that particular month. Feel free to bring photos, artwork, and mementos of your child to share with the group. You may even wish to bring a favorite snack that your child enjoyed.

Is this the first day

when you can bear to remember

how you smiled together,

that day in spring,

that morning in the rain?

Are you discovering

how many gifts of comfort

he left behind,

this child who died

too soon?

His life is gone,

but he endows your time

from this day forward,

with all the faithful treasures

of remembrance.

~words of Sascha from her book Wintersun

Dedicated with love to our son, Craig, on his Birthday,  
January 14<sup>th</sup>.

Judy and Joel Blumsack, Sandy Spring, Ga

## TREASURES



## ***OUR CHILDREN, GRANDCHILDREN, AND SIBLINGS LOVED, MISSED AND REMEMBERED IN JANUARY & FEBRUARY***

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**

***Dan Rowe***  
**February 4**

Son of Kim Fremaux & Tim Sweet

***Russell Twiehaus***  
**February 11**

Son of Christine Twiehaus

***Daniel Garza***  
**February 16**

Son of Gloria Garza

***David Quade***  
**February 20**

Son of Pat & Dave Quade

***Megan Candice Grace***  
**February 24**

Daughter of Tim & Marilyn Grace

***Anne Thomson***  
**February 25**

Daughter of Nancy & Tom Thomson

***Elizabeth Mary Foresta***  
**March 8**

Daughter of Al & Mary Foresta

***David Sloop***  
**March 9**

Son of Charron Sloop

***Rusty Anderson***  
**March 11**

Son of Forest & Christine Anderson

***Eric Pederson***  
**March 14**

Son of Debbie & John Pederson

***David Spannraft***  
**March 18**

Son of Elizabeth & Dan Spannraft

***Justin Michael Mentell***  
**February 2**

Son of Alicia Mentell

***Rob Petit***  
**February 2**

Son of Nancy Ervin

***Douglas Ramsay***  
**February 12**

Son of Carlene Ramsay

***Michael Stice***  
**February 13**

Son of Dora & Gary Stice

***Kelly Klawonn***  
**February 14**

Son of Ray & Dorothy Klawonn

***Mary Margaret "Maggie" Miles***  
**February 19**

Daughter of Jim & Mary Lou Miles

***Mitchell Carlson***  
**February 19**

Son of Tina Carlson

Grandson of Larry & Cheryl Armstrong

***Zachary Taylor***  
**February 24**

Son of Mike Taylor & Karen Adams-Taylor

***Edgar O Villareal***  
**March 1**

Son of Guadalupe Villareal

***Jeremy Govekar***  
**March 2**

Son of Maggie McGaughey

***J Daniel (Danny) O'Connor***  
**March 4**

Son of Kay O'Connor

***Rasheed Mariano***  
**March 5**

Son of Joan Marino

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 be-reaved families to have their children remembered.

### **ANNIVERSARIES**

**TCF 2013 National Conference**  
**Save the date: July 5-7, 2013 in Boston,**  
**MA**



**Reserve Your Conference Hotel Rooms Now!**

You can now make reservations for the 36th TCF National Conference host hotel, the Boston Sheraton, 39 Dalton St., Boston MA 02199. Reservations can be made through the [Online Reservation Form](#) or by calling the hotel at 888-627-7054.

Although The Compassionate Friends has arranged a large room block for the conference, we recommend you reserve your room early if you wish to guarantee that you can stay at the host hotel as we believe the room block, although large, will be filled. The room block is available from June 29-July 11, subject to availability. Latest date to reserve rooms, if still available, will be June 11. Room charge is \$129 per night plus tax. Rooms are available as follows: King--holds 3 (king plus rollaway); Queen--holds 2; Doubles hold 4. Rollaways are at no extra charge for the King rooms, but the hotel only has 100. Rollaways do not fit in the other rooms.

To reserve your room online, please go to [Online Reservations](#). Please note that at the time of reservation, a one day deposit is required for each room reserved. Should your plans change, this deposit will be refunded as long as the room is cancelled 72 hours prior to arrival.

Some additional information: Shuttle available from and to Boston Logan Airport at \$17 a person. See information at Airport Shuttle. Advance registration required. Taxi should run about \$32 from Logan to the Hotel (includes tolls) and \$28 from hotel to Logan. Valet parking is available at \$46 a night. Since the Sheraton does not own any of the adjacent parking lots, if you are planning to drive, attached is information provided by the hotel on valet and self-parking in nearby parking structures: Sheraton Parking Options .

You may wish to call to verify pricing and in and out privileges.

For more information and online registration for the 36th National Conference, please visit the [National website](#):  
[http://www.compassionatefriends.org/News\\_Events/Conferences/TCF\\_2013\\_National\\_Conference\\_Boston.aspx](http://www.compassionatefriends.org/News_Events/Conferences/TCF_2013_National_Conference_Boston.aspx)

**THROUGH DEATH-----MARKED FOR  
 LIFE ☐**

Alice J. Wisler



After my four year old died, I was certain my family would never be the same again. It is true and has been proven over and over that we will no longer be the typical family living at the end of the cul-de-sac. We may look the same (only because I have not been daring enough to don all black as our Victorian ancestors) but our hearts have been mangled and our future dimmed. Through death we have been marked---for life.

In the course of any given week I can clearly note how the changes have come and stayed with us. Events that seemed insignificant when Daniel was alive now hold powerful and emotional memories. Seeing the boxes of Cocoa Puffs on the grocery store shelf, hearing the lyrics to Toy Story's theme song 'You've Got A Friend In Me' and driving past the local McDonalds bring jolts of pain to my broken heart.

People may feel uncomfortable as they see my eyes well up with tears during these times of remembering some of the favorite things a lively little boy with an infectious grin enjoyed so much. The neighbors may be bothered by my woeful cries as I stand on my deck and stare into the night sky, wondering where Heaven lies and what my child is doing

Yes, we have changed. I, as the mother, can no longer promise (as I used to) that nothing bad will (Continued on page 7)

# Looking Back

By Richard Mirabile



Rick Mirabile is the chair of this year's national conference in Boston July 5-7 and in "Looking Back," he recalls his first conference as a bereaved parent almost a decade earlier (this article appeared in We Need Not Walk Alone's Autumn 2011 issue).

As I arrived in Arlington, Virginia, for TCF's 33<sup>rd</sup> National Conference, I

was immediately flooded with memories. It had been the site of my first conference almost a decade ago. I remembered arriving in the lobby, seeing everyone talking in groups, and feeling very much alone. My son had died four years earlier. I had no idea what to expect or even what I hoped to accomplish on this weekend. Suddenly, I was wondering if it had been a mistake to come. What if I actually should cry? The first person I spoke with in the lobby was an older woman who asked me how I was doing. I soon learned she had suffered the loss of four children! I was speechless. As the morning went on, I was searching to find the one person I had met before, my friend Ceil. By the time the first day was over, I had met many new bereaved parents and TCF leaders, some of whom would become close friends. I also had my first taste of the wonderful support this group offered, and retired that evening anticipating the start of the next day's opening ceremony. During that weekend, I shared more about my son's death than I ever had before, and I learned much about my own grief. I had thought my loss had occurred too long ago to be needing a support group, but I soon met people whose losses had occurred 10 or even 20 years earlier. I had read many books over

the past years, but this conference would teach in a very different way. □

I did not want to miss anything, so I attended as many workshops as I could fit into the schedule. Ten conferences later, one of them, entitled "Finding Joy Again," is still fresh in my memory. It was presented by the late Richard Edler. I never could have imagined how many times I would quote his words at chapter meetings, candle lighting memorials, workshops, and other events. This was a message of hope, and I eventually learned that hope is what every bereaved family member yearns for. At the end of the weekend I left feeling supported, hopeful, and confident, but at the same time apprehensive about reentering that outside world where so few could understand my pain. I recall removing my ID badge that had become my security blanket for the past three days and suddenly being reluctant to leave. I had made new friends and knew that I would be back the following year. □

The next time I wrote down my reflections was after the 2005 conference in Boston. It had special meaning for two reasons. It happened to be hosted by my own state, but more important, the conference took place shortly after I had suffered a second loss. My son Richard had died in 1997. On November 21, 2004, I attended a lunch in Boston with several members of TCF where plans were being made for the upcoming conference. I arrived home to discover that my daughter Lynn had suddenly died at the age of 30. The journey had begun once again, but in the midst of my pain, I somehow

(Continued on page 6)

("LOOKING BACK" continued from page 5)

realized that it would not last forever. I would have to make use of the knowledge and skills I had learned in the previous four years. I was immediately surrounded by the love and support of more compassionate friends than I could have imagined. One month later, someone wiser than I suggested that I chair one of the committees for the upcoming event. With great hesitation I agreed while continuing my duties as chapter leader and newsletter editor. The following six months were a blur of activity, and I did recognize this as a temporary distraction that might aid me in coping with my recent loss. □

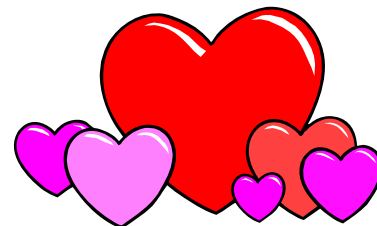
When that conference ended I felt that I had accomplished something extremely important in the face of tragedy. To this day my participation in that conference remains one of the most rewarding activities I have been a part of since my children died. From that time on, I knew I was capable of leading a useful and productive life. I also knew that it was time to slow down and deal with the reality of my grief. □

The 2010 conference has come to a close. This year I did not arrive frightened but rather eagerly anticipating the opportunity to renew the many friendships I have made over the last nine years. I knew that it would not be long before I received the many famous TCF hugs that we all need. I had arrived early in order to help with the many tasks that needed to be done to prepare for an event of this size. Within a few minutes of my arrival, old friends seemed to be found at every turn. Within a short time I was hard at work, but this work was a labor of love. No longer the frightened parent approaching the registration desk, instead I looked from the other side and saw the faces and eyes of all who arrived and immediately recognized those who were attending the conference for the first time. I did my best to extend a warm greeting and reassure them.

I no longer felt the need to attend workshops throughout the day but did feel an obligation to be available and lend a word of encouragement, share my experience, and most importantly, to listen to someone's story and give a hug when needed. Before I knew it, another weekend had passed and the conference ended with the usual quick good-byes and promises to see my friends next year. □

Much changes in the course of ten conferences. Grief softens, we become older, perhaps a bit wiser, and hopefully better able to handle our loss. We also learn that life does go on, and the loss of a child does not protect us from whatever life might have in store for us. I certainly arrived at this conference feeling I had more to give than was the case in the past. But what never changes is the fact that as much as I could ever give, I always leave the conference with much more than I arrived with—more hope, optimism, courage, love, and of course—hugs!

Richard Mirabile is a physician and lives with his wife, Ellen, in Hingham, Massachusetts. In addition to his son, Richard Jr. and his daughter Lynn, they have one surviving child, Libby, who is a teacher in Washington, DC. Richard is a former chapter leader of the South Shore Chapter in Hingham, Massachusetts, and is currently regional coordinator for Massachusetts and Rhode Island.



## (THROUGH DEATH-----MARKED FOR LIFE □continued from page 4)

ever happen to any of us. Nor can we believe that if you pray hard enough and just hold onto faith your fervent prayers will be answered as you desire. For now, in our grief, all we can see is a little boy with cancer who died one cold winter night though surrounded by the prayers of church leaders and believers.



At first when Daniel left us, I seldom went to the cemetery but now we often

take a picnic and venture to the grassy lawn beside his marker. We named the cemetery Daniel's Place and the kids and I leave messages for my husband to meet us there after work. We eat, decorate Daniel's grave and the older two run and do cartwheels. The baby picks at blades of grass.

Now, whenever my two year old passes a cemetery with flowers on the markers he says, "I wanna go playground and play."

No, we are not the same. How many two year olds say they want to watch their deceased brother? I am not sure if Benjamin understands exactly who Daniel is but he loves to tell me, "I wanna watch Daniel," and I know this means to pop a video of his older brother into the VCR. Benjamin sits in his highchair, his pudgy face round with a big smile.

How many seven year olds write on their list to Santa that this Christmas, they want things to remind them of their brother who died? How many of them have to tell you that the line "if you wish hard enough it will come true" is not a true statement, and they have proof it is not?

Our innocence has been lost and we will never be able to have that sunshine existence that many like to hold onto (I know I sure did). But I like to believe that in spite of our devastation due to Daniel's death and our yearnings to have him here as a part of our family again, we have, though broken, grown to be strong people of character. More than ever before we are able to mourn woefully with those who are in despair and pain. We are able to comfort with truths like "I don't understand" instead of "Well, it will get better."

I know I have been to the bank of life where death

meets and begged death to take me, too, for I knew there was no way I could live without my son. I have since learned that living and thriving on this difficult earth takes much more than just being happy. I have extended my view to see that I am not the only one who suffers or feels life is unfair. I'm sure both my neighbor who has a mentally handicapped child and my friend whose husband suddenly left her and their children feel life is no bowl of fresh peaches.

Through Daniel's death I have learned life is really short, and so I argue less with my husband and children and when I do lose my temper, I am much quicker to apologize. I eat more ice-cream and not just the generic brand for I think after all I've been through, I am worthy of Haagen-Dazs. (This is quite an achievement coming from one of the world's most thrifty people.) I want to send more cards to friends, just because.... I want to spend less time working on trying to get grouchy people to like me and instead focus on those who appreciate my love.

And now at family get-togethers, I hug everyone tighter when I tell them good-bye, not just my 86 year old grandmother. For in this extended family we have, over the years, seen death take three children and therefore know that death cares not about one's age. Anyone could die before I see them again.

Sometimes I get so excited when I let myself think what I would do if Daniel were to come back to live with us. I think for the first day I would want to spend it in intervals of hugging him and making pancakes with lots of maple syrup for him to eat. But whether I like it or not, and as marked and wounded as I am, life still calls me to live. So I don't want to just be the "lady whose child died." I want to be the lady who gained wisdom, enlarged her heart, supplied the box of 'Puffs' to those with teary eyes and daily seeks to love like the Bible passage of I Corinthians 13. And when seen talking to the starry night sky, I want others to hear not just the anguished yearnings over a precious four-year-old son, but the great revelations that have been received-- knowledge of how to really be alive, teachings of life that can only be discovered from the death of a part of us--the death of a child.

**PLEASE CHECK YOUR MAILING LABEL TO SEE WHEN YOUR SUBSCRIPTION EXPIRES.**

**NEW SUBSCRIPTIONS - RENEWALS - CHANGE FORM - DONATIONS**

The newsletter is sent without charge to any person interested in receiving it. Each year, in order to be sure we are sending it only to those who truly want to be on our mailing list, we ask that everyone who wants the newsletter return this form. We also accept LOVE GIFTS to pay for some of the chapter's expenses. Your voluntary, tax-deductible donations make it possible for us to mail out the monthly newsletter, contact newly bereaved parents, purchase brochures and other grief materials, continue our participation in the TCF/National organization and meet other chapter expenses. Perhaps you would like to make a gift in memory of your child's birthday or remembrance day. It is a meaningful way to honor our children and we are grateful to members who are able to support us with their contributions. Please make the check payable to The Compassionate Friends. Return to Vicki Szech, 31023 Prairie Ridge Road, Green Oaks, IL 60048 or call 847-573-1055 or send an email to [vszech@comcast.net](mailto:vszech@comcast.net).

I/We are ( ) bereaved parents ( ) grandparents ( ) siblings

Please ( ) keep sending the monthly newsletter. Please ( ) add to the mailing list. Please ( ) remove from mailing list.

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_

Remember my ( ) child(ren) ( ) sibling ( ) grandchild on special days

(You do not have to list the cause of death. We list this only so that parents whose children have died in similar ways may reach out to one another.)

NAME OF CHILD:	Date of Birth	Date of Death	Cause of Death
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**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 1/2 monthly cost)

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

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.



("Begin Again" continued from page 1)

most importantly I have learned that a key element of beginning again is helping others and sharing with others.

The Compassionate Friends provided me with the opportunity to speak of my daughter and share her memory but most importantly, it brought me together with other bereaved parents, who were further along in their grief who were able to listen to me and say, "Begin again..." and it felt positive and hopeful and helpful.

***The ear is the avenue to the heart.***

# # #

We welcome your comments and/or items submitted for use in the newsletter. Short articles, poems, or book reviews are always welcome. Please include 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. Founded in England in 1969, the first U.S. chapter was organized in 1972. Presently there are 579 chapters in America. Northern Lake County Chapter was formed in 1976.  
TCF National Office  
P.O. Box 3696  
Oak Brook, IL 60522 3696  
PH 877-969-0010  
Fax: 630-990-0246

Regional Coordinator, Mary Seibert PH: 773-721-7810  
[nationaloffice@compassionatefriends.org](mailto:nationaloffice@compassionatefriends.org)  
The Compassionate Friends home page can be found at [www.compassionatefriends.org](http://www.compassionatefriends.org)  
There are seven TCF Internet chat sessions weekly. To participate, visit the TCF home page and select the "Chat" button.

**The Northern Lake County, IL chapter usually meets on the third Thursday of each month at 7:30 p.m. at the Millburn Congregational Church, Rt. 45 & Grass Lake Rd in Millburn.**

#### CHAPTER LEADERSHIP

Toni Nesheim  
847-223-7353  
[tonin@sbcglobal.net](mailto:tonin@sbcglobal.net)  
Rachel Salomonson  
Age 18 – Auto accident

#### TREASURER

Forest Anderson  
847-838-0567  
[forest.anderson@att.net](mailto:forest.anderson@att.net)  
Rusty Anderson  
Age 15 – Osteosarcoma

#### SECRETARY

Jenny & Rick Selle  
847-249-4776  
[jennyselle@yahoo.com](mailto:jennyselle@yahoo.com)  
Lila Ruffolo  
Age 24 – Auto Accident

#### REMEMBRANCE SECRETARY

Thelma Perkins  
262-279-6178  
Andrew C Perkins  
Age 17 – Auto Accident

#### LIBRARIAN

Kathleen Rettinger  
847-922-7456  
Alexander Rettinger  
Age 18 – Of suicide

#### NEWSLETTER EDITOR

Vicki Szech

847-573-1055  
[vszech@comcast.net](mailto:vszech@comcast.net)  
Rachel Szech  
Age 16 – Horseback-riding Accident

#### NEWSLETTER PRINTING & MAILING

Mary Foresta  
847-986-4133  
Elizabeth Foresta  
Age 11 – Septic Shock, Heart/Lung failure

#### PUBLICITY

Kari McHugh  
262-862-6880  
[kismchugh@hotmail.com](mailto:kismchugh@hotmail.com)  
Pressley McHugh  
Age 46 days  
Hypoplastic left heart syndrome

#### STEERING COMMITTEE

Marilyn Grace  
847-395-8597  
[grace.marilyn@gmail.com](mailto:grace.marilyn@gmail.com)  
Megan Grace  
Age 15 – Hypertrophic Cardiomyopathy

Mary Ann Grazier  
847-336-0539  
Barry Grazier  
Age 27 – Auto Accident

Maggie McGaughey  
224-406-6644  
[maggieg00@hotmail.com](mailto:maggieg00@hotmail.com)  
Jeremy Govekar  
Age 22 – Hit by train

Charron Sloop  
847-623-2264  
[charronsloop@AOL.com](mailto:charronsloop@AOL.com)  
David Sloop  
Age 33 – Motorcycle Accident

## A Valentine Sent To Heaven



Angels come swiftly, hurry to our side  
Carry our hearts back with you, to our children in heaven now reside.  
Carry them gently, handle them with care  
And take them to their sides, and gently lay them there.  
Whisper to them of our love, and our longing hearts  
All our lonely aching while we are apart.  
Hold them gently to you, and let them see our love  
Let them see this, our valentine to them above.  
Reassure them of our love, that it is still the same  
And gently hold us when we cry, when we hear them whisper our names.  
Let this exchange of love be our valentine  
And whisper to them that our love will stand the test of time.  
Show them the memories are safely held inside  
And with us they will always abide.  
Let them see this day, a day filled with our love  
As we shed our tears, and whisper their names, to our Valentines above.

by Sheila Simmons  
Dallas, GA



### **THE COMPASSIONATE FRIENDS** Northern Lake County Chapter

31023 Prairie Ridge Road  
Libertyville, IL 60048

#### *Meetings*

**February 21, 2013 - 7:30 p.m.**  
Millburn Congregational Church  
Grass Lake Road & Rt. 45, Millburn, IL  
Open discussion

**Waukegan meeting**  
**March 7, 2013 - 7:00 p.m.**  
Holy Family Church  
450 Keller Street, Waukegan, IL  
Open discussion