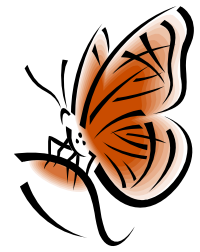




The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

January, 2017 Newsletter



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



Chapter Leader Notes from Toni

GRIEVING THE NEW YEAR

A new year provides a point in time that we as individuals can take some time to reflect on the past and contemplate the future. When you are a person in grief, this is not always a welcome opportunity. Another year can mean just one more year further from the last time you saw or spoke to your loved one. We grieve the new year.

So let's try to be positive and lift our state of mind in 2017. We can do so by doing a mental or physical exercise of listing all that you *received from or shared with* your loved one. These things may include a shared sense of humor, a love of fishing, cooking together, fun shopping trips, favorite meals, crazy vacations or simple everyday rituals that you both enjoyed. It is hoped that remembering these things will make you smile and not hurt. Of course it will make a difference as to how far along you are on your grief journey.

The listing that you create of your loved one's attributes and experiences that you shared together is intended to be a way for the best of your child or sibling to live on. Sharing the list with others can also help initiate a conversation about your loved one.

The year 2017 is a year for us to work on our grief by being conscious of it and talking about it as well as sharing the personality and gifts of the child or sibling who has died. Remembering and sharing can be a helpful method in surviving the new year and bringing some comfort to all of us.

Wishing you a new year of happy moments and gentleness.

I know for certain
that we never lose the people we love,
even to death.

They continue to participate
in every act, thought
and decision that we make.

Their love leaves
an indelible imprint in our memories.
We find comfort knowing that our lives
have been enriched
by having shared their love.

Leo Buscaglia

*A challenge in grieving
is learning
to move forward in life
while fearing
that you will leave behind loved ones.*

Nancy Berns



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 Judy & Stan Veoukas
for their donation
in loving memory of their granddaughter
Alyssa Burnstine

Thanks to Alan & Renee Ewing
for their donation
in loving memory of their son
Scott Ewing

"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.



Thoughts on Winter

January, February, so cold, so crisp, so leafless. Beginning a NEW year, and NEW beginning. You never lived in this year and that is new. Sometimes new is painful. January is also the month of resolutions and the only resolution we must make is that we must learn to live without our child. What a profound sadness that is! To love them so deeply, so passionately, so completely, only to have us part.

My child, did I ever tell you enough how much I loved you? I've wondered. Do we tell those we love how very much their life has meant to us? Probably we do not. Somehow we arrogantly believe that time goes on forever. It does. It's just that people do not. We fail to rec-

ognize how entirely too brief some lives can be. You were not supposed to die. Death is reserved for others. How could you disappoint me? Didn't you know that I had such plans for you? I didn't want to face my own mortality. How cruel life was, using you to prove to me that w do indeed come to an end.

I don't want to accept your death, but what choice have I left? Oh, I'll mend, although mending sometimes means forgetting. I cannot put you aside, but already memories of you are fading. You know what I like best? When I'm given little tidbits of your life by those who knew you. What a bittersweet delight. Each piece of my jigsaw puzzle will eventually fit together. You will be the only missing piece.

-Dorothy Worrell TCF, Palo Alto, CA

Meetings

Northern Illinois Chapter TCF
January 19 - 7:30 p.m.

Millburn Congregational Church
Grass Lake Road & Rt. 45, Millburn, IL
Open discussion

Waukegan meeting
February 2 – 7 p.m. to 9 p.m.

Holy Family Church
450 Keller Street, Waukegan, IL
Meeting in Room 4
Open discussion

Enter by church office then down the hall to
Room 4 on right.

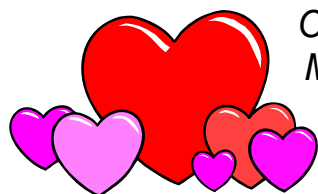
"Tenemos un cuarto nuevo para las reuniones- Salon 4. Entre por la oficina de la iglesia y sigue en el pasillo al Salon

"For some, these feelings will last for years, while for others, anger and guilt will be fleeting as other emotions dominate.

As our grief softens over time and we come to understand and accept its complexity, perhaps, in the end, we should not be surprised at the intensity of our feelings.

After all, they are only a minute reflection of the intensity of our love"

~ Bill Ermatinger



OUR CHILDREN, GRANDCHILDREN, AND SIBLINGS LOVED, MISSED AND REMEMBERED IN FEBRUARY & MARCH

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. 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 - 847-573-1055

BIRTHDAYS

<i>Kevin Pomianek</i>	February 4	Son of Brenda & Eugene Pomianek
<i>Aaron Barrera</i>	February 6	Son of Tammie & Ernie Barrera
<i>Megan Candice Grace</i>	February 24	Daughter of Tim & Marilyn Grace
<i>Anne Thomson</i>	February 25	Daughter of Nancy & Tom Thomson
<i>Kyle Glueck</i>	March 4	Son of Dolores Krason
<i>Elizabeth Mary Foresta</i>	March 8	Daughter of Al & Mary Foresta
<i>David Sloop</i>	March 9	Son of Charron Sloop
<i>Rusty Anderson</i>	March 11	Son of Forest & Christine Anderson
<i>David Spannraft</i>	March 18	Son of Elizabeth & Dan Spannraft
<i>Adam Rubin</i>	March 28	Son of Linda Rubin Brother of Nicole Rubin

ANNIVERSARIES

<i>Rob Petit</i>	February 2	Son of Nancy Ervin
<i>Susan Nesheim Allbee</i>	February 5	Sister of Toni Nesheim
<i>Darien Wilson</i>	February 11	Son of Tammy & Tim Olvera
<i>Douglas Ramsay</i>	February 12	Son of Carlene Ramsay
<i>Michael Stice</i>	February 13	Son of Dora & Gary Stice
<i>Kelly Klawonn</i>	February 14	Son of Ray & Dorothy Klawonn
<i>Ashley Seay</i>	February 18	Daughter of Mike and Shannon Seay Granddaughter of Dennis & Georgene Manley
<i>Mitchell Carlson</i>	February 19	Son of Tina VanerMeer Grandson of Cheryl Armstrong
<i>Mary Margaret "Maggie" Miles</i>	February 19	Daughter of Jim & Mary Lou Miles
<i>Edgar O Villareal</i>	March 1	Son of Guadalupe Villareal
<i>Jeremy Govekar</i>	March 2	Son of Maggie McGaughey
<i>John "Jake" Mosansky</i>	March 12	Son of Darlene & John Mosansky Sister of Veronica Steif
<i>Blake Logan Palmer</i>	March 13	Son of Amber & Brian Palmer Grandson of Lois Cooper Grandson of Gina Palmer

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IS IT EASING?

I heard your name today and my heart did not skip a beat, nor was my mind flooded with the emotion of losing you. I heard your name today and it did not bring back the terrible hurt feelings of when you first left me.

I heard your name today with a calmness that surprised me. Many another child carries your name, and it had been torture hearing it and seeing the smiling faces on those little girls.

But today I knew—I found out—what others in my footsteps found out and tried to tell me. The hurt will ease; but the memories, the love, the good times will never go away.

Phoebe C. Redman
TCF Bradenton, FL



Take Your Time

The one phrase we hear more than any other is, “it will take time for you to get over your child’s death.” We know that this is spoken with care and love. But little do we know at the beginning of our grief just what time means: the first time, the day time, the night time, the last time, all of these times. The one thing we can say it “take it.” Take all the time you need. Grief is hard work, and we need to take the time for all of the aspects we talk so much about and really work through it.

Take time to feel, it is hard but worth it. We can’t just push those feelings aside because they are part of who we are, how we have managed, and the life we have had. All of our life experiences combine to affect our feelings.

Take time to talk. Talk to anyone who seems to care about you. Ask your friends and family if they will take the time to listen. If you need a telephone listener, call the National office. We have time to listen.

Take the time to read. When you read the experience of others, you will realize that you are not alone. Maybe a special book will help you understand what is happening to you during this time we call bereavement. Take the time to read and re-read the paragraphs or chapters that help.

Take the time to physically take care of yourself. If you like to walk, jog or run, go out and use that time to help you feel better. Get enough rest, take the time to sleep late some days, or go to bed earlier if you need to. Sleeping may be an escape, but if it helps you, take the time for an extra few hours. Take care of yourself by eating better. Try to understand that food gives you some energy. Food is better for you than drugs or alcohol. A small weight gain or loss is not unusual. Take the time to understand what is happening to your body.

Take the time to be angry or guilty without letting these feelings ruin your life. You may think that your life is ruined anyhow and who cares, but anger and guilt turned inward can destroy your self-esteem faster than anything. Take time to sort through these feelings and acknowledge them, then let them go. Now that when someone says, “It will take time,” we can nod and try to accept that as part of our getting through these days, months, and years.

Remember that someday you will take the time to help someone else and that time will be the most satisfying time of all.

Terese Goodrich, former Executive Director/The Compassionate Friends.



NEW YEAR

*Parties, toasts,
and careless resolutions
Waiting for midnight*

*Silence, tears,
no easy solutions
Quietly waiting for Eternity*

Naomi Holzman/TCF Volusia/Flagler, FL

Take the time to be angry or guilty without letting these feelings ruin your life. You may think that your life is ruined anyhow and who cares, but anger and guilt turned inward can destroy your self-esteem faster than anything.

It's the Music That Bonds the Soul

The room you once lived in
Doesn't look the same.
The people who used to call you
Never mention your name

The car you used to drive
They may not make anymore;
And all the things you treasured
Are boxed behind closed doors.

The clothes you set the trends by
Are surely out of date.
The people you owed money to
Have wiped away the slate.

Things have changed and
changed
Since you went away.
But some things remain the
same
Each and every day.



Like the aching in my heart
A scar that just won't heal.
Or the way a special song
Can change the way I feel.

Brother, you must know that the music
Bonds us and will keep us close;
Because secretly I know in my heart
It's the music you miss the most.

So let the world keep turning,
Time can take its toll.
As long as the music is playing
You'll be dancing in my soul.

Stacey Gilliam
TCF, N. Oklahoma City, OK

2) Allow yourself time to cry, both alone, and with your loved ones.

3) Don't shut out other family members from your thoughts and feelings. Share these difficult times. You may all become closer for it.

4) Try to be realistic about your expectations of yourself, your spouse, other family members and friends. Each of us is an entity, therefore different. So how can there be perfect understanding?

5) When a good day comes, relish it – don't feel guilty and don't be discouraged because it doesn't last. It WILL come again and multiply.

6) Take care of your health. Even though the mind might not care, a sick body will only compound your troubles. Drink lots of water and take stress type multiple vitamins; rest (even if you don't sleep), and get moderate exercise. Help your body heal, as well as your mind.

7) Share your feelings with other Compassionate Friends (or other groups you may choose) and let them share with you. As you find you are caring about the pain of others, you are starting to come out of your shell - a very healthy sign.

I know following these suggestions won't be easy. But it's worth a try, don't you think? Nothing to lose and perhaps much to gain.

Mary Ehmann,
TCF, Valley Forge, PA

~reprinted from Arlington, DC,
Leesburg, Prince William, and
Burke-Springfield-Fairfax Virginia
Chapters January 2008 Newsletter
New Year's Wishes For Bereaved Par-
ents



For The New Year

Instead of the old kind of New Year's resolutions we used to make and break, let's make some this year and really try to keep them.

1) Let's not try to imagine the future - take one day at a time.



What is New about the New Year?

There is a lot of silliness about ringing in the New Year, and I have never been able to enter into the spirit with noisemakers, funny hats and loud hurrahs. Since the death of my son, I especially find myself wondering what this is all about. I think some of the partying and celebrating are motivated by a deep desire for a new start in our lives; a desire to leave behind some of the problems, sorrows, worries and pain of the year just ending. The short, sunless days and long, dark nights make us want something to cheer us. So we give the New Year's Eve party a try. But it really doesn't work for most of us; we see now that we are just the same and the heaviness in our hearts, as we continue with the struggle to cope with the loss of our child, remains with us. Can we find new ways to live our lives in the New Year?

I'd like to suggest a few things we can try. Let's make an effort to find new friends. A good place to start this is at Compassionate Friends meetings. Here you are with a group of people who care about each other in special ways. We understand the pain and anger, the confusion and the inertia suffered by bereaved parents. In the New Year, let's also find new ways to be close to the family that we have left. We feel regrets about hugs not given, letters not written, "I love you" not said often enough. We can do all these things now. We can establish new memories with the family we have right now. Another way to move into this New Year with a better feeling is to think about what we can do for others, because that is truly a way to help ourselves, too. If we can reach out to other sorrowing families, give a gift of our time, a note of love, a listening ear, or a shoulder to lean on, we'll grow stronger ourselves.

For those parents who are suffering the deep pain of the newly bereaved, none of the things I've mentioned may be possible yet. For you, I hold out the hope that soon your days will be

just a bit better, your sorrow a little lighter, your tears healing, your friends strengthening and your memories filled more with the good times and less with the unhappiness of your grief.

Dory Rooker
TCF, Upper Valley, VT

Death is Nothing at all

Death is nothing at all. I have only slipped away into the next room. I am I and you are you. Whatever we were to each other that we are still.

Call me by my old familiar name, speak to me in the easy tone; wear no forced air of solemnity or sorrow. Laugh as we always laughed at the little jokes we enjoyed together.

Play, smile, think of me, pray for me.

Let my name be ever the household word that it always was, let it be spoke without an effort, without trace of shadow in it.

Life means all that it ever meant; it is the same as it ever was; there is absolutely unbroken continuity.

What is this death but a negligible accident? Why should I be out of mind because I am out of sight? I am but waiting for you, for an interval, somewhere very near, just around the corner.

All is well.

Canon Henry Scott Holland
(1847-1918)

A Special Place



There is a special place for you
That's kept within my heart.
It's where I hold your memories
Even though we are apart.

Each precious one wrapped up in love
and sealed with a hug and kiss.
For that is all I have of you
Since you died twenty years ago.

They're taken out—one by one
To cherish and to treasure,
For they contain my thoughts of you
That time can never sever.

Samantha, though you're not in sight,
I think of you each day.
And long for that certain future time
when together we all will be.

So carefully...
and lovingly...
Each memory is unwrapped
And again our family is complete.
Us four
instead....
of three.

All our love and missing you so,

Mary Seibert, Samantha's mom
TCF/Greater Kankakee, IL



Winter Memories

The days are getting colder, and the first snow's
not too far off. It used to be so pretty gently falling
from aloft.

But the snow won't be as pretty, as it gathers on
the ground, 'cause there'll be a snowman missing,
my son is not around. The playing children's
laughter, used to be a special song, but this year
will be different, without my son to sing along.

The song has lost its music, and it'll be just an-
other day, as I gaze down from my window and
watch the children play.

But the snow will again be pretty, in a far off dis-
tant time, and we'll build snowmen together and
we'll never look behind. For now, I'll remain with
memories, and the melting snow will fade, but he
builds snowmen to his heart's content, because
he now lives where snow is made.

Jeremiah Sundown TCF Nashville, TN

I'M BEGINNING

I'm beginning to know your children
From the things I heard you tell. From the pictures that
you've brought here I think I know them well.

Our hurt and sorrow are immense
I'm not sure where to start.
Compassion after all is
Your Pain in my heart.

My thanks to you for listening
To words wrung from my soul.

We are The Compassionate Friends
That's all I need to know.

Jack Brown
TCF Louisville

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 Vicki Szech, 31023 Prairie Ridge Road, Green Oaks, IL 60048 or call 847-573-1055 or send an email to vszech@comcast.net.

We welcome your comments and/or items submitted for use in the newsletter. Short articles, poems, or book reviews are always appreciated. Please include author of any written works. Send your items for the newsletter to Vicki Szech at 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, P.O. Box 3696, Oak Brook, IL 60522 3696 - PH 877-969-0010 - Fax: 630-990-0246

The Compassionate Friends home page can be found at www.compassionatefriends.org

There are seven TCF Internet chat sessions weekly. To participate, visit the TCF home page and select the "Chat" button.

CHAPTER LEADERSHIP Toni Nesheim 847-204-7585 tnesheim@sbcglobal.net Rachel Salomonson Age 19 – Auto accident

TREASURER Tammie Barrera 847-872-9684 julyson2@gmail.com Aaron Barrera Age 29 – Auto accident due to Diabetes

SECRETARY Bambi Nichols 262-220-9323 lcbtsec@aol.com Levi Nichols Age 19 - Accidental death

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 Rachel Szech Age 16 – Horseback-riding Accident

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

WOODLAND WALK COORDINATOR Christine Pado 847-455-6642 chpado@gmail.com Lindsay Wilcynski Age 29 - PULMONARY EMBOLISM

OUTREACH/INFORMATION Tammie Barrera 847-872-9684 julyson2@gmail.com Aaron Barrera, age 29 - insulin reaction subsequent auto accident

STEERING COMMITTEE Marilyn Grace 847-395-8597 grace.marilyn@gmail.com Megan Grace Age 15 – Hypertrophic Cardiomyopathy

Charon Sloop 847-623-2264 charronsloop@AOL.com David Sloop Age 33 – Motor Cycles accident

Mirtha Vidal 847-293-1658 mirthavidal1213@yahoo.com & Raphael Vidal rvidal1027@yahoo.com,

Raphael, age 17, suicide