



The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

July 2021 Newsletter



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



Chapter Leader Notes from Susan

Dear Friends,

I found a picture of
you

One that I had not
seen in awhile

I held it gently in my hands
Lost for a moment in your smile.

I found a card from you
Written in your own special way

I held it gently in my hands
Lost for a moment in that day.

Memories, sweet gifts from you
To allow my heart a breath
To let me be lost for a moment
To remember life not just death.



~Author Unknown~

~ Our Northern Lake County Compassionate
Friends Facebook
page <https://www.facebook.com/cfonlciil> The page
will feature news, updates, motivational and com-
forting phrases/poems.

SEARCHING AND YEARN- ING IN GRIEF

BY ELEANOR HALEY
www.whatsyourgrief.com

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

I have a fuzzy memory of being a child at the gro-
cery store with my mother. I was little, probably only

about as tall as her waist. And young enough that
separation in a public place like Wegmans made
me uneasy. Mind you; this was Wegmans circa the
early 80s, so not the mega maze-like place it is
now. But still, I didn't like being split up in *any*
stranger-filled space.

Anyway, at one point in our trip, I got separated
from my mother. I probably wandered ahead one
aisle, or maybe she had to double back for some-
thing. I wasn't panicked, but I wanted to find her –
fast. So, when I discovered her an aisle or two
away, I hurried to her side and reached up to grab
her hand, only to realize a second or two later – oh
my god, this isn't my mother!

As an adult, I see kids make this mistake all the
time, and each time, I smile and think it's kind of
cute and funny. But I also know, for that child, it's
probably distressing. To enter the safe radius of
your parent or caregiver, and reach out for their
warm hand, only to find yourself next to a complete
stranger whose hand you would *not* like to hold. It's
a disorienting experience, to say the least.

To understand how this relates to grief, I want to
share a bit about a grief theory called the Four
Phases of Grief. This theory was put forth by John
Bowlby, known for his work on attachment in ba-
bies and children, and Colin Murray Parkes. We're
not concerned with the theory in its entirety today. If
you'd like to learn more, you can check out our arti-
cle on the [Four Phases of Grief](#). Instead, I want to
focus on what the theorists identified as the second
phase of grief – the “yearning and searching”
phase.

Yearning and Searching

In the yearning and searching phase of the
Four Phases of Grief, the grieving

(Continued on page 4)



GIFTS OF LOVE

A love gift is a gift of money or of time given to the Northern Lake County Illinois Chapter of the passionate 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 Mary Ann Grazier
For her donation in loving memory of
Barry and Jim Grazier**

"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.



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

Barry J Grazier
August 13
Son of Robert & Mary Ann Grazier

Nathan Clyde
August 17
Son of Valerie Clyde
Sister of Michaela Clyde

Raphael E Vidal
August 20
Son of Raphael & Mirtha Vidal

Kevin Pomianek
August 21
Son of Brenda & Eugene Pomianek

David Sloop
August 21
on of Charron Sloop

Ryan James Nichols
August 22
Son of Jackie & Jim Nichols

James (Jim) Grazier
August 24
Son of Mary Ann & Robert Grazier

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

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

Meetings

Lake Villa Meeting
Northern Illinois Chapter TCF
July 19 7:00 p.m. to 8:30 p.m.

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
September 1
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>Michael Stice</i>	<i>July 4</i>	Son of Dora & Gary Stice
<i>Ayva Guthrie Begier</i>	<i>July 8</i>	Grandaughter of Tom Begier
<i>Lauren Marie Cramer</i>	<i>July 12</i>	Daughter of LuAnn McComb
<i>Noel Endell Hernandez</i>	<i>July 13</i>	Son of Colleen Ramos
<i>Joshua William Bowman</i>	<i>July 18</i>	Son of Robin Bray Nephew of Kimberlee Christensen
<i>Brian Scott Ludlow</i>	<i>July 19</i>	Son of Ronald & Karen Zaylik
<i>Robert William Corbett</i>	<i>July 20</i>	Son of Mary Ellen & Robert Corbett
<i>Taylor Albert Rydahl</i>	<i>July 22</i>	Son of Carol Ann & Keith Rydahl
<i>Elizabeth (Liz) Willding</i>	<i>July 27</i>	Daughter of Gigi Wilding
<i>Darien Wilson</i>	<i>July 27</i>	Son of Tammy and Tim Olvera
<i>Lindsay Wilczynski</i>	<i>August 3</i>	Daughter of Christine Prado
<i>Jose Barrera</i>	<i>August 6</i>	Son of Lorena Alcala & 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 Grandaughter 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

ANNIVERSARIES

<i>Justin Perez</i>	<i>July 4</i>	Son of Traci & Carlos Perez Brother of Samantha (Perez) Przybylski
<i>Anna Smith Miller</i>	<i>July 6</i>	Daughter of Carol Smith
<i>Gabriel Murphy Jr</i>	<i>July 7</i>	Son of Arvine Murphy
<i>Elizabeth (Liz) Willding</i>	<i>July 14</i>	Daughter of Gigi Wilding
<i>Qua'Shawn Wade</i>	<i>July 24</i>	Son of June Andrejewski
<i>Sage Cue</i>	<i>July 26</i>	Daughter of Ben & Jennifer Peterson-Cue
<i>John Thumel</i>	<i>July 26</i>	Son of Laura & Mike Thumel
<i>Tony Trevithick Jr</i>	<i>July 26</i>	Son of Tony Trevithick
<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>	Grandaughter of Tony Trevithick

(Continued on page 2)

(Searching and Yearning in Grief continued from page 1)

person intellectually understands their loved one has died, but they continue to search for them. Remember, Bowlby saw relationships through the framework of attachments. So, one might say that in this phase, a person's thoughts, emotions, and behaviors are oriented towards repairing the physical attachment that was severed by death.

Yes, the person rationally knows this isn't possible, but I guess the parts of the brain preoccupied with habits, routine, love, attachment, and yearning have some catching up to do. So, the grieving person continuously reaches for their loved one in vain. You don't have to agree with everything in the Four Phases of Grief to agree that searching for deceased loved ones is a real experience, especially in the early days of grief.

It's hard to explain this "searching" to people who haven't experienced it because it isn't just a matter of looking around for the person and finding they're not there. Instead, searching, in this context, means doing all sorts of things to try and repair the physical attachment – like seeking out sights, sounds, smells, people, and places that remind you of the person. Sometimes you get so close that for a split second, you honestly think you've managed to cross the void. But then, once again, your loved one is gone. It's like they've picked up the phone, said "hello", and the signal cuts out.

As you might expect or relate to, this experience is more than just sad; it's tormenting. It's a bait and switch of the worst kind. For a second, you're that kid in the grocery store who thinks they've found their parent, only to look up and find something dark, strange, and unfamiliar. For many people, the consequence of this unfulfilled searching is repeated feelings of loss, hopelessness, and despair. Because over and over again, they are reminded that nothing – no sight, smell, sound, or

dream – will ever bring the person back again.

Do we ever stop searching?

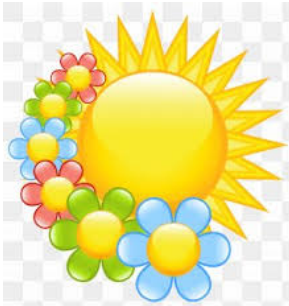
I think the natural next question is, do we ever stop searching? I honestly don't have an answer, but that's because the tendency to search evolves differently for people over time. **One theory** that we particularly like posits that, though we may always seek connection with deceased loved ones, eventually we accept that a physical connection isn't possible and instead establish a *psychological connection*.

This psychological connection often takes the shape of thinking about a loved one, talking to them, carrying on their legacy and traditions, and other **continued bonds**. It also often provides the grieving person with the comfort of knowing that they've established a psychological bond that no amount of time or distance can destroy.

That said, I'd be remiss if I didn't mention how hard it can be to get to a place where you feel comfortable and secure in your psychological connection. This bond does not exist on a higher, more sunny, plane than your grief. Rather, it exists in the same place as it. Your grief and your continued bond are two sides of the same coin. This means that you have to live with the knowledge that there's often a 50/50 chance you could feel either comfort or grief (or both!).

To quote one of our theorists from above, Colin Murray Parkes, "*The pain of grief is just as much a part of life as the joy of love; it is, perhaps, the price we pay for love, the cost of commitment.*"

SUMMER THOUGHTS



Summer is a time when things naturally slow down, a time when many are waiting for the orderly routine of their lives to begin again. For those of us in grief whose lives are already in limbo, it can seem endless if we let it. Seeing children, babies and teenagers is not easy for us, and we see them everywhere from shopping centers to beaches. Everyone is out living, loving, enjoying care-free activities with their children, and we want to scream, "It's not fair!" I was sitting on my patio on evening at dusk recently listening to the shouts of children playing, and I was crying as I remembered the sounds that my child used to make. I became very depressed as I thought what a long summer this was going to be.

In my reverie, I was reminded of a recent comment that I had heard at a TCF meeting: "My child was such a loving, giving person. He would not want me to waste my life being bitter." I also remember a good friend telling me to "count my blessings" and naming all the things I had to be grateful for. I was furious at that time. Nothing I had to be grateful for could compensate for the fact that my child had died. Now, sitting in the twilight of this early summer evening, I began to see things differently. I determined that this summer would not be an eternity: I would not let it be. I decided first of all to stay busy.

I am also going to try to enjoy the simple things that used to give me so much pleasure, like flowers, and working in my garden. I then decided to try to be truly grateful for the blessings that I have, like my husband, my friends, my job etc. It has been almost 5 years for me, and I know that last year this would not have worked. Of course I still have times of sadness; I know I always will. But I have decided that in the process of grieving we close so many doors, the only way to recovery is to reopen them gradually at our own pace.

I know I will never be the same person I was before the death of my child, but I hope eventually in some ways I will be a better person because suffering can be beneficial if we learn and grow through it. A year ago I didn't feel that way, and I know I still have a long way to go, but in the meantime, I know the greatest tribute to my child will be to en-

joy this summer as he would have done.

~Libby Gonzales, TCF Huntsville, AL

~reprinted from July 2011 DC/Northern Virginia Chapters Newsletter

Death of a Sibling: Issues for the Grieving Child

By Robin Fiorelli

When a sibling dies, the surviving child reacts both to the loss of his or her sibling and to the change in behavior and grief process of his or her parents. A sibling's grief response may be longer or shorter than the parents', and the sibling may have a different understanding of the death. Siblings often are asked numerous questions about their brother or sister's death by their peers and other adults. This can feel overwhelming to a child.

An ill child often receives more attention from parents than a well sibling. The surviving child often believes he or she will get more attention from the parents after the death of the sibling, and then he or she is disappointed when those expectations are not met. The surviving child also may grapple with identity and role issues after the loss. "Am I still a little brother?" "Who's going to take out the garbage now?"

Grieving parents sometimes are overprotective of the remaining siblings, concerned that they may die or become ill as well. Other parents place expectations or unreasonable demands on the remaining siblings to take on the responsibilities and roles or to have the attributes of the deceased sibling.

It is important that parents avoid being either overprotective or over permissive with a grieving sibling—despite the temptation. Care should be taken not to make comparisons between the deceased child and the siblings, as it may lead to the surviving children feeling inadequate. Care also should be taken not to assign inappropriate responsibilities to a child that the deceased sibling used to have—especially responsibilities that are not developmentally appropriate.

(Continued on page 6)

(Death of a Sibling: Issues for the Grieving Child continued from page 5)

For all these reasons, grieving siblings need a lot of reassurance from their parents that they are loved for who they are and that they will be cared for and supported. They need to be reminded that they did not cause their brother or sister's death. They also should be encouraged to share memories and hold keepsakes of their deceased sibling and to participate in family rituals related to the deceased child.

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Unbroken Dreams



I grew up believing in dreams. As a child, my dream was to some day have children. I remember looking into the night sky and believing angels were watching

over my unborn babies until it was time for them to become a part of my life.

Years later, when I first learned I was going to have a baby, I wanted to stop strangers on the street and tell them. I was absolutely filled with love.

I was in disbelief when months later my baby boy died soon after his birth. I felt the first crack in my dream and thought my twenty-five-year-old heart would break. The love which had filled my heart so completely had suddenly turned into emptiness, and I was touched with the reality that life is too brief and fragile.

My second little boy was born the next year, also prematurely, and like his brother before him, he lived only a short time. It was a different place, a different time, but the same deep heartache and darkness returned to my world. A part of me had died with each of these babies, and there were no words to explain how I felt. I kept my heart closed, my feelings unshared, and my silent hurt buried deep inside. I had not yet learned that from every loss there is something gained. Living through the loss of a child can lead us to a deeper knowledge of life's gifts, and a kind of strength we never knew we had. The time came when I could no longer dwell on questions which had no answers, and I searched

for insight and a right of passage to change my focus toward positive memories and feelings. My healing began when I realized I could not have felt this sadness about losing my babies unless I had first been blessed with the joy of loving and wanting them. The real emptiness in my heart would have been never having had them at all.

As I worked through my grief, I was beginning to learn some of life's lessons. The pain of losing someone we love, especially a child, never really leaves us, for it is a part of our lives that will always be unfinished and unexplained. It's never easy to accept the unfairness of life, and yet it touches us all. And sometimes, only because life has touched us in this way, do we become more aware of its wonder and the pure blessing life gives us.

I came to understand that each time I had allowed myself to love, it meant taking a risk. And each time I had reached for a dream also meant taking a risk. I knew the only way I could live life fully was to let go of the emptiness and become unafraid to risk again. I promised myself that I would let love back into my heart, for it is much too precious a gift to waste, and my days and nights too precious to be covered with sadness. I began to cherish life even more.

My third baby son was born the next year, and two years later, my baby daughter. Both again premature, but thanks to God, a wonderfully dedicated pediatrician, and advanced medical technology, they survived.

Their hospital stays were long and filled with frightening moments, but in spite of the odds that faced them, they clung tightly to life. Months later when they came home, I slowly found I was mending my broken dreams with the love I was giving to them. And I was beginning a new dream. Many years have passed, yet the thought of unfairness still comes, and I still feel my tears when I think of my first two

(Continued on page 7)

(Unbroken Dreams continued from page 6)



babies, or when I hear of precious children being abused and neglected. This is when I remember the lessons I have learned and, instead of dwelling on loss, I strive to embrace the hope I know is real. I now give my love and sup-

port to organizations that dedicate themselves to the lives of children and to mending their broken dreams. Giving of myself is the only way I can ever give back the blessings life has given me.

We all have something to give, and it is through this act of giving and risking to love again, that we ultimately find a way to heal. Often we uncover sacred gifts of our own just by listening to others who are hurting, or by holding someone's hand and letting them know we care. Each of us has a story, and each of us feels alone with our heartache. Yet we are never truly alone when we let ourselves be unafraid to share our feelings, and to give what is in our hearts. Sharing connects us and makes us realize how much people need one another in this world.

I still look up into the night sky sometimes and think about those two little boys that were with me wondering what they would be like today if they could have grown up with their brother and sister. Then I remember that although they are with the angels, in some wonderful way they are still with me - because love never dies. It is the strength we carry with us forever.

*Written by Flavia Weedn
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<http://www.facebook.com/l/a5b62;www.tcfatlanta.org/SeptOct2002.html>*

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>

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

Steering Committee 2021 – 2022

CHAPTER LEADERSHIP Susan Banks 847-366-9375 lanwesmar@comcast.net – son, Westley Banks Age 21 of suicide

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

COMMUNITY OUTREACH Sue Battis 847-445-7004 suebattis@yahoo.com son, Nick Battis Age 24 of suicide.

HOSPITALITY Kris Frisby 847-366-3170 Kefrisby88@comcast.net son, Camden Frisby Age 15 of suicide.

SECRETARY

REMEMBRANCE SECRETARY Shannon Seay 224-456-2891 Seayseven1@comcast.net daughter, Ashley Seay Age 17 Auto accident.

LIBRARIAN

NEWSLETTER EDITOR Vicki Szech 847-573-1055 vszech@comcast.net daughter, Rachel Szech Age 16 Horseback-riding Accident

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847-223-7353 drdeno@sbcglobal.net - daughter, Rachel Salomonson, 19 Auto accident

WOODLAND WALK COORDINATORS Christine Pado 847-455-6642 chpado@gmail.com - daughter Lindsay Wilcynski Age 29 Pulmonary Embolism

FACILITATORS at our Holy Family Catholic Church Waukegan, IL Mirtha Vidal 847-293-

1658 mirthavidal1213@yahoo.com, & Raphael Vidal rvidal1027@yahoo.com, son Raphael Vidal age 17 of suicide.

Northern Lake County IL Chapter #1511 <http://www.iltcf.org/index.html>