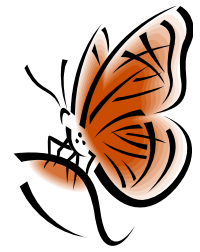


The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

November, 2013 Newsletter



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



Chapter Leader Notes from Toni

RE•PLEN•ISH (verb)

1. To make full or complete again, as by supplying what is lacking, used up, etc.: to replenish one's stock of food.
2. To supply (a fire, stove, etc.) with fresh fuel.
3. To fill again or anew.

What is replenishable?

"After a supply of anything that is exhausted, refilling it to its prior level would be considered replenishment."

At a recent TCF chapter meeting at the Millburn site, we touched on the word **replenish** as we talked about our feelings and the difficulty of establishing a "new normal" after the loss of our children.

The word **replenish** is not a word I have often heard when discussing grief but it struck me as very fitting – even poignant. We know how it feels to be thirsty and take a long, cool drink of water. It replenishes us. We know how it good it feels to sleep after being deprived for long periods of time. It replenishes us.

How heavy with grief but empty from loss, have we all felt? The analogies that are often used to describe the new and powerful feelings of loss are "I feel like I had a limb cut off", "I feel like a hole has been cut into my heart", or "I feel like I am empty – something inside of me has died". All of those descriptions are accurate but they also raise the question of how do we, as bereaved parents, fill that hole in our hearts or renew the emotional side that has "died"?

We need to consciously consider how we can **replenish** ourselves. We need to follow whatever feels healing to us.

It may be somewhat different for each individual, but we all need a certain amount of **time alone** to process our feelings and rest our minds and bodies. Grief is

exhausting. No one knows the fatigue that comes with grief except for those who have experienced it. **Time together** with people we know and trust can also help to restore our balance. It will take months and years to fully internalize and move forward from the event of our child's death. We need to be **patient** with ourselves and our family members.

Replenishment can come from **rest, relaxation, exercise and diversion**. These activities are good for everyone but are certainly needed in greater quantities for the bereaved. Even though watching a movie or going to a concert may seem frivolous in our grief, those activities will provide a diversion that can help to restore energy. Small pleasures like planting flowers, watching birds, eating favorite foods, reading books or planning small trips can be healing and provide breaks from the constant burden of grief.

The activities to help replenish us are simple but the emotions and physical well-being they address are deep and complicated. We need to value ourselves and our families enough to at least try the simple things that will provide some relief from our pain and help to **fill us up** with positive emotions and thoughts again.

"Loss leaves us empty – but learn not to close your heart and mind in grief.

Allow life to replenish you. When sorrow comes it seems impossible – but new joys wait to fill the void."

– Pam Brown



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 Patricia Rosemann
for her donation in
loving memory of her daughter,
Lisa Marie Rosemann**

**Thanks to Patricia Rosemann
for sponsoring the November newsletter in
loving memory of her daughter,
Lisa Marie Rosemann**

**Thanks to Tammie Barrera
For her donation in
Loving memory of her son,
Aaron Berrera**

"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.

Meetings

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

**Waukegan meeting
December 5, 2013 – 7:00 p.m.**
Holy Family Church
450 Keller Street, Waukegan, IL
Open discussion

National Children's Memorial Day Candle Lighting Ceremony



The 2013 candle lighting will be held at Millburn Congregational Church, on the corner of Grass Lake Road and Route 45 in Millburn, Illinois on December 8th, at 6:30 p.m.

We invite all people who grieve the loss of a child of any age to join in this moving tribute realizing they are not alone and that their child, grandchild, sibling, or friend is remembered during the difficult holiday season.

To contact the Northern Lake County Illinois Chapter of The Compassionate Friends, e-mail or call Chapter Leader: Toni Nesheim, tonin@sbcglobal.net, 847-223-7353 or Vicki Szech at vszech@comcast.net.



A Tradition of Lighting Candles

As we light these four candles in honor of you, we light one for our **GRIEF**, one for our **COURAGE**, one for our **MEMORIES** and one for our **LOVE**.

- This candle represents our **GRIEF**. The pain of losing you is intense. It reminds us of the depth of our love for you.
- This candle represents our **COURAGE** – to confront our sorrow, to comfort each other, to change our lives.
- This light is in your **MEMORY** – the times we laughed, the times we cried, the times we were angry with each other, the silly things you did, the caring and joy you gave us.
- This is the light is for the light of **LOVE**.
- As we enter this holiday season, day by day we cherish the special place in our hearts that will always be reserved for you. We thank you for the gift your living brought to each of us. We love you.

*~From Holiday Help: Coping for the Bereaved,
by Sherry Gibson, B.S., R.N. and Sandra Graves, Ph.D.*

OUR CHILDREN, GRANDCHILDREN, AND SIBLINGS LOVED, MISSED AND REMEMBERED IN NOVEMBER & DECEMBER



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>Selene Martinez</i>	November 1	Daughter of Manuel & Lidia Martinez
<i>Charles E Clark</i>	November 3	Son of Deloris Clark
<i>Christopher Jackson</i>	November 6	Son of Pamela Burt & Jeff Jackson
<i>Jim O'Connor</i>	November 6	Son of Kay O'Connor
<i>Carrie Seger</i>	November 10	Daughter of Sandy Seger
<i>Jeremy M Govekar</i>	November 12	Son of Maggie McGaughey
<i>Lisa Rosemann</i>	November 16	Daughter of Pat Rosemann
<i>Douglas Ramsay</i>	November 17	Son of Carlene Ramsay
<i>Eric Friedle</i>	November 19	Son of Dennis & Diane Friedle
<i>Zachary Taylor</i>	November 30	Son of Mike Taylor & Karen Adams-Taylor
<i>Hugh Andrew Mathis</i>	December 7	Son of Richard & Helen Mathis
<i>Alexander Rettinger</i>	December 9	Son of Kathleen Rettinger
<i>Joey Frase</i>	December 11	Son of Cathy Frase
<i>Anthony Clemente</i>	December 12	Son of Becky Wolf
<i>Ryan James Nachols</i>	December 12	Son of Jackie & Jim Nichols
<i>Rasheed Mariano</i>	December 15	Son of Joan Mariano
<i>Zack A Maslanich</i>	December 18	Son of Karen Zimmerman
<i>Mark Yates</i>	December 20	Son of Linda Hegg
<i>Barry J Grazier</i>	December 22	Son of Robert & Mary Ann Grazier
<i>Raphael E Vidal</i>	December 24	Son of Raphael & Mirtha Vidal

ANNIVERSARIES

<i>Lila Ruffolo</i>	November 1	Daughter of Jenny & Rick Selle
<i>Andrew C Perkins</i>	November 3	Son of Richard & Thelma Perkin
<i>Christopher Jackson</i>	November 5	Son of Pamela Burt & Jeff Jackson
<i>Rachel Salomonson</i>	November 15	Daughter of Toni Nesheim & Denny Salomonson
<i>Aaron Barrera</i>	November 18	Son of Tammie & Ernie Barrera
<i>Megan Candice Grace</i>	November 18	Daughter of Tim & Marilyn Grace
<i>Nicole Parfill</i>	November 19	Daughter of Robin Parfitt
<i>Sven Christian Reinhard</i>	November 22	Son of Astrid Reinhard
<i>Alexandria (Alex) Scarbro</i>	November 24	Daughter of David Scarbro
<i>Mark Yates</i>	November 24	Son of Richard & Linda Hegg
<i>Elizabeth Mary Foresta</i>	November 28	Daughter of Al & Mary Foresta
<i>Zack Maslanich</i>	November 30	Son of Karen Zimmerman
<i>Mike Reardon</i>	December 6	Son of Sonia & Jim Reardon
<i>Andrew Munro</i>	December 15	Son of Darlene Munro
<i>Scott Ewing</i>	December 16	Son of Alan & Renee Ewing
<i>David Quade</i>	December 23	Son of Pat & Dave Quade

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

Balloon Launch 2013 in



AN ATTITUDE OF GRATITUDE

By Martha Honn, Chapter Leader, So. IL BP/USA Chapter Written 11/06

(Martha and her husband Gene and their chapter are co-chairs of the 2008 Gathering in St. Louis.)

As Thanksgiving approaches, I find myself thinking of people, events, feelings and things I am grateful for. However, the first Thanksgiving after my son died I cannot say I possessed an attitude of gratitude. My 16-year-old son, Cameron, died in an automobile accident on June 4, 1999. That first Thanksgiving after he died, all I could think of was the things he didn't get to experience, the places he never got to go, items I never got to buy for him, subjects we never got to discuss, arguments I wished we hadn't had, finding out how his life would have unfolded, what he would have become, who he would have married, how many children he would have had, where he would have lived, etc., etc., etc.

If you are newly bereaved, I know you can relate to those thoughts. My head was so full of the thoughts of what death cheated Cameron out of. I felt singled out and alone. Life wasn't fair and I felt cheated. I was hurt, angry and in pain. But, along the way, I was blessed to find fellow travelers on the journey through grief. I found out that it was normal to have these thoughts. I feared that I would forget some of Cameron's ways and mannerisms that made him so unique. I have gained strength, insight and hope from other bereaved parents. I encourage you to go to support groups for bereaved parents, siblings and grandparents and just talk. Tell your story as many times as you need to. Listen as others share their experience, strength and hope. I promise you that, if you do the grief work, and, yes, it's probably the hardest work you'll ever do, you will reach a point in time when you too can have an attitude of gratitude.

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 to return the form on page 8 to Vicki Szech, 31023 Prairie Ridge Road, Green Oaks, IL 60048 or call 847-573-1055 or send an email to vszech@comcast.net.



For That I Am Thankful

By Darcie D. Sims

It doesn't seem to get any better...
but it doesn't get any worse either,
For that, I am thankful.

There are no more pictures to be taken....
But there are memories to be cherished.
For that, I am thankful.

There is a missing chair at the table...
But the circle of family gathers close.
For that, I am thankful.

The turkey is small...
But there is still stuffing.
For that, I am thankful.

The days are shorter...
But the nights are softer.
For that, I am thankful.

The pain is still there....
But it lasts only moments.
For that, I am thankful.

The calendar still turns...
The holidays still appear
And they still cost too much...
But I am still here.
For that, I am thankful.

The room is still empty,
The soul still aches...
But the heart remembers,
For that, I am thankful.

The guests still come,
The dishes pile up....
But the dishwasher works.
For that, I am thankful.

The name is still missing,
The words still unspoken...
But the silence is shared,
For that, I am thankful.

The snow still falls,
The sled still waits,
And the spirit still wants to....
For that, I am thankful.

The stillness remains...
But the sadness is smaller.
For that, I am thankful.

The moment is gone....
But the love is forever,
For that, I am blessed,
For that, I am grateful....

Love was once (and still is)
A part of my being....
For that, I am living.

I am living...
And for that, I am thankful.

May your holidays be filled with reasons to be thankful. Having loved and been loved is perhaps the most wondrous reason of all.

Journaling



In October 1996, my world fell apart. All things felt and believed were shattered. My emotions and feelings were swirling inside my head and heart at such a rate I could not deal with it. All the words I needed to say to my daughter on a daily basis, all the words I had to share with her, all the words I needed to tell her of the future were stuck. They were lodged in my mouth with nowhere to go. There were words of sorrow over my loss of something so precious and dear to me, words of fear, longing, love, joy, anger, hate and any number of other words that you can imagine. What to do with these words? I talked to as many as would listen, but still the words were there, still are in lots of ways. A friend, yes-another bereaved parent who knew, sent me a journal with words of encouragement to use it. I was frightened at first. What do I put in this book? If I wrote the words, would I feel better or worse? How to start? I thought about it for a few days, and then I just sat down and wrote. Oh how I wrote! Pages and pages of words, sprinkled with tears, yet containing my sanity. I wrote poems, letters, and holiday greetings. I wrote of my love, my loss, my longing. I wrote for days, I wrote at odd times, unusual places. I carried my little book, still do, and felt like it was a link to her in some way. I do not use it as much now. I guess time has robbed me of that need to say those words. I think they are still there, I just have become use to it. Maybe in a way, holding on to those words now keep her closer somehow. You know time has a way of dimming things for us no matter how hard we try to hold on. I think I have started holding on more to the words to keep her more alive and near me, if that makes any sense. Does to me anyway. I guess I am still afraid, more than I like to admit, more than others would like for me to be I should say. Journaling is good, if you can do it. Some can,

some can't. It was a help to me. I try to go back sometimes and read some of it. Some of the pages are so blurred because of the tears they are hard to read. Some of it is too painful for me even though I wrote them. I weep for myself when I read them. Some of them I could share most of them I could not. It would be like opening up my heart and soul and letting people see inside. I think someday I will toss them away, but not yet. Not just yet.....

~written by Barbara Sockwell, Snellville, Ga

In Memory of Ashley...January 31, 1978 - October 22, 1996



As Thanksgiving approaches I would like to thank our Compassionate Friends for all the work they do for your chapter:

Toni Nesheim & Denny Salomonson
 Jenny & Rick Selle
 Forest & Christine Anderson
 Thelma Perkins
 Mary Foresta
 Kathleen Rettinger
 Kari McHugh
 Marilyn Grace
 Mary Ann Grazier
 Maggie McGaughey
 Charron Sloop


Someone is needed to provide publicity/community information for the chapter. If you would like to volunteer to help with this important job please call or email Toni Nesheim - 847-223-7353
tonin@sbcglobal.net

Sharing Ideas for the Holidays

The holidays are always painful without our children and as each of us are ready, we begin to re-enter the world and try very hard to include our children who are gone. Here's how some parents include their children in their holidays.

Christmas Card Inserts

This is a sample of an insert Jennifer Greer (Share Atlanta) includes in her Christmas Cards... She mails the cards out December 1st...so everyone has an opportunity to hear about the World Wide Candle Lighting and share if they care to. Jennifer said the response from everyone was very good. These were produced on Jennifer's home computer... she printed 6 to a page and then cut them and inserted them in her Christmas Cards. ~Thanks Jennifer for sharing this with us

 <p>Please join us in remembering Jesse, Jamie, and Jacob Greer by lighting a candle On Sunday, December 12, 1999 From 7-8pm in your time zone</p> <p><i>Jennifer, Braxton, Braxton, and Cullen Greer</i></p>	<p><i>Third Annual Worldwide Candle Lighting</i></p> <p>Candles will be lighted at 7 PM in every time zone in memory of all children who have died, producing a wave of light that will encircle the earth.</p> <p>As candles burn down in one time zone, it becomes 7 PM in another, creating a virtual 24-hour memorial</p>
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IN LOVING MEMORY LUMINARIES

The Northern Lake Co IL Compassionate Friends Chapter is offering an *additional* opportunity for bereaved families to remember their loved ones during the annual Candle Lighting Ceremony on Sunday, December 8, 2013. It will be at the Millburn Congregational Church.

The luminary is an opaque bag that has a weight, a flameless candle, and printed label on the front that states "In Loving Memory" (and then your child's or sibling's name). We will place all of the luminaries outside of the Millburn church as a touching and welcoming entrance to the church. If the weather is inclement, we will line the hallway inside of the church with luminaries so that they light the way to the sanctuary for the candle lighting ceremony. You will be able to take your luminary home with you after the ceremony.

You should receive an order form in the mail soon. Questions call Toni @847-204-7585.

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 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

Regional Coordinator, Mary Seibert PH: 773-721-7810 nationaloffice@compassionatefriends.org

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 847-223-7353 tonin@sbcglobal.net Rachel Salomonson Age 18 – Auto accident

TREASURER Forest Anderson 847-838-0567 forest.anderson@att.net Rusty Anderson Age 15 – Osteosarcoma

SECRETARY Jenny & Rick Selle 847-249-4776 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 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 ksmchugh@hotmail.com Pressley McHugh Age 46 days Hypoplastic left heart syndrome

STEERING COMMITTEE Marilyn Grace 847-395-8597 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 Jeremy Govekar Age 22 – Hit by train

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

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.