



The COMPASSIONATE FRIENDS



Northern Lake County Illinois Chapter

November 2020 Newsletter

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



Chapter Leaders Notes from Toni & Susan

JOIN US WITH A CANDLE VIRTUAL CANDLE LIGHTING CEREMONY

We have all had to endure so many changes with looming illness, stay-at-home orders, job insecurity, and even giving up on favorite past times or meetings. We, among other chapters of The Compassionate Friends, have continued to try to provide meetings on a virtual basis through computer and cell phone meetings. My co-leader, Susan Banks, has generously arranged those meetings 2 times a month. If you want to learn more about them and how to "zoom" into a meeting, she is very willing to assist you. She can be contacted by text or phone at 847-366-9375comcast.net or you can email her at lanwesmar@comcast.net.

We are also very committed to providing the annual candle lighting ceremony for grieving parents, grandparents, and siblings who need a dedicated time to sit still, reflect and remember the loved one that left this life too soon. In the past, we held these ceremonies at the Millburn Congregational Church in Lindenhurst. This year we are not allowed to meet so we have planned a virtual candle lighting ceremony where you can join the ceremony with your own candle to light in the com-

fort of your own home. There will be music and a few readings as well as the photo montage of our loved ones.

Please look for the mailing that will be coming to you soon, with the invitation, program and Instructions as to how to join the "zoom" candle lighting ceremony. Yes, it will be different from past years but I think it will still be meaningful and heart-warming. You will NOT be on camera so you can attend in your jammies if you like.



"Light a candle for all children and siblings who have died, that their light may always shine".

Toni & Susan

"You are so strong"

Empty words
That don't touch the reality
That my life has become
Walking through fog
Incredible pain
Searching for the beloved face
I crave to see
The voice that I strain to hear over the
noises
Of people who have no idea
Of what the world has lost.

Charissa Smith, TCF/ Tyler, TX

*You Are Cordially Invited to the
Worldwide Children's Candle Lighting Ceremony
We Remember Them
To Honor Your Child or Sibling Who Has Gone Too Soon*

Sunday December 13, 2020 6:30 p.m.

**A Virtual, Stay-Safe-At-Home Candle Lighting Ceremony
All You Need is A Candle, Computer or Cell Phone
Welcoming Music starts at 6:15 pm to begin joining**



Susan Banks is inviting you to a scheduled Zoom meeting.

Topic: Compassionate Friends Candle Lighting Ceremony

Time: Dec 13, 2020 06:00 PM Central Time (US and Canada)

Join Zoom Meeting (Click on the link to join the Ceremony)

<https://us02web.zoom.us/j/87551193863?pwd=emhZUEEzVVpScDdiSnltVzhyYzhCdz09>

Meeting ID: 875 5119 3863

Passcode: 180378

Dial by your location

Find your local number: <https://us02web.zoom.us/j/ksDt0yaMU>

We Remember them...

*"We come together in memory of a precious child whose light burnt so brightly,
yet so briefly. These children, who died from so many causes and at all
ages, are forever a part of our lives."*



The Compassionate Friends
Northern Lake County Chapter
Supporting Family After a Child Dies

**Questions? Call or text Susan at 847-366-9375
Email her at: lanwesmar@comcast.net**



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

Heidi Anne Hermann	November 2	Daughter of Bonnie Brackus
Nick Battis	November 3	Son of Susan Battis
Jeremy M Govekar	November 12	Son of Maggie McGaughey
Lisa Rosemann	November 16	Daughter of Pat & Craig Rosemann
Stephanie Andrea Zamarron	November 16	Daughter of Vicky Zamarron & Juan Mungula Granddaughter of Alejandra Rodriguez & César Rojas
Nathan Clyde	November 17	Son of Valerie Clyde Sister of Michaela Clyde
Douglas Ramsay	November 17	Son of Carlene Ramsay
James McClintock	November 18	Son of Charles "Chip" & Louise Knoll
Marcia Castillo	November 19	Daughter of Sissy & Arthur Castillo
Amy Jo Baldwin	November 21	Daughter of Mike & Sheila Baldwin
Amanda Lauren Cecchi	November 22	Daughter of Kim & Steve Cecchi
Camden Frisby	November 23	Son of Kris Frisby
Mitchell Rodefer	November 24	Son of Dennis & Susan Rodefer
Zachary Taylor	November 30	Son of Mike Taylor & Karen Adams-Taylor
Zachary Maslanich	November 30	Son of Karen Zimmerman
Tracie Musich	December 4	Daughter of Trisha Musich
Rafael Villanveva	December 9	Son of Victoria Villanveva
Joey Frase	December 11	Son of Cathy Frase
Anthony Clemente	December 12	Son of Becky Wolf
Ryan James Nichols	December 12	Son of Jackie & Jim Nichols
Alina Booras	December 13	Daughter of Amanda Booras
Daniel Wang	December 15	Son of Millie Yu
Kerrin Fleming	December 16	Daughter of Barbara Fleming
Zack A Maslanich	December 18	Son of Karen Zimmerman
Mark Yates	December 20	Son of Linda Hegg
Barry J Grazier	December 22	Son of Robert & Mary Ann Grazier
Raphael E Vidal	December 24	Son of Raphael & Mirtha Vidal

ANNIVERSARIES

Lila Ruffolo	November 1	Daughter of Jenny & Rick Selle
Andrew C Perkins	November 3	Son of Richard & Thelma Perkin
Rachel Salomonson	November 15	Daughter of Toni Nesheim & Denny Salomonson
Erin Dinklenburg	November 16	Daughter of Kelli Brooks
Kyle Glueck	November 17	Dolores Krason
Aaron Barrera	November 18	Son of Tammie & Ernie Barrera
Megan Candice Grace	November 18	Daughter of Tim & Marilyn Grace
Nicole Parfitt	November 19	Daughter of Robin Parfitt
Keegan Cray	November 22	Son of Kristin & Ken Willis
Sven Christian Reinhard	November 22	Son of Astrid Reinhard
Kevin Lopez	November 22	Son of Diahnn Estes Lopez
Camden Frisby	November 23	Son of Kris Frisby
Rachel Elaine Robertson	November 23	Daughter of Regan Robertson

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When We Can't Protect Those We Love by Gary Roe

We want to protect those we love. Unfortunately, that's not always possible.

When something happens and a loved one is taken from us, regret and guilt often come visiting. This article, taken from the newly released ***Comfort for the Grieving Parent's Heart***, delves into the intense struggle our hearts can have with guilt.

No matter what your loss, chances are you will be able to relate...

FROM THE GRIEVING HEART:

I have failed. I'm your parent. I should have protected you.

That's part of my job – protection. I swore to myself early on that I would take care of you and never let anything harm you. I would gladly lay down my own life to save yours.

I've protected you since you were born. Yes, some bad things happened to you. I blame myself for many of those too. I thought those hurts and hardships were so big back then. I didn't have a clue. They were nothing. Nothing at all, compared to this.

But now this has happened. You're gone. I'm left here. I failed you. I'm responsible for this. I didn't protect you. I didn't act. I should have known.

I don't know what to do with this. The pain is excruciating. My thoughts torture me day and night. I'm a sorry excuse for a parent.

What parent can't protect their own child? This can't be real. No. It just can't.

When we can't protect those we love...

When our child came out of the womb, they were completely dependent on us. They



could do nothing for themselves and relied on us for everything. They were so small and vulnerable. They were amazing, perfect little miracles. We held them and gazed at them in awe.

Our child. They were ours. Part of us. Even if they were adopted, our hearts attached and intertwined with theirs. Yes, this was meant to be.

Many of us were also semi-terrified. We were now responsible for this little life. We watched them all the time. We were hyper-aware and hyper-vigilant. We were constantly scanning for anything that could be a potential threat to this precious new life that had been entrusted to us.

Yes, they were entrusted to us. Our job was to provide everything they needed and to protect them from everything harmful. No matter how old our kids are, those original parental instincts are still active. All it takes is a need or a danger to activate them.

Now our child is gone. They have been taken from us – ripped from our watchful, loving arms. Something took them and we didn't stop it. We didn't protect them. We failed. Our hearts writhe in agony.

Of course, we logically know that we are not all-powerful and that we don't know everything. But as a parent, for the sake of our children, we expect ourselves to be both of

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(When We Can't Protect Those We Love continued from page 4)

these. When something bad or painful happens to our child, it's naturally our fault.

When pain or tragedy comes to our children, logic gives way to the heart. They are our children. We are their parents. We nurture, love, provide, and protect. Period.

No wonder we're devastated. Not only is our child gone, but we're to blame. The guilt can be stifling. The emotional pain is more than words can possibly describe.

We must take our hearts seriously. We must begin to process this powerful sense of guilt and responsibility for what happened. We couldn't protect them, and our hearts must feel their way through this. We must find healthy ways to express this festering guilt and get it out.

We breathe deeply. In through the nose, and out through the mouth. Over and over. We express what's happening inside us. We talk, write, and share. As we give our hearts the space they need to grieve and mourn, we will see things more clearly over time.

Affirmation: *I didn't protect you. Perhaps I couldn't. That's hard to swallow. Protection has been my job for so long. I'll let my heart feel this pain. You're worth mourning for.*

Adapted from the newly released *Comfort for the Grieving Parent's Heart: Hope and Healing After Losing Your Child*. Gary Roe was a Workshop Presenter at our 2020 Virtual Gathering Conference. Loving borrowed from the Bereaved Parents newsletter A JOURNEY TOGETHER Fall 2020

A LETTER TO THE NEWLY BEREAVED MOTHER

<https://www.facebook.com/grievingmother>

From one grieving mother's heart to another, I'm sending you love and so much strength... There are no rules for grieving and time becomes insignificant in so many ways now.



I'm not going to lie to you. It will never be okay. It will never become easy. And the sorrow of losing your son or daughter will never lessen. What I can tell you is that it will change. You will learn to survive and live around the pain and emptiness. It will not always be as suffocating and debilitating as it is right now.

If you refuse to give up, you will find life again, in your own time. The colors will never be as vivid as they once were; however, they will return to your world one day... Time will never be your friend but rather your teacher.

Follow your heart. No one else knows what you need. It is so raw right now so simply breathe and do whatever it is that will get you to the next moment. Nothing more. It is breath by breath and moment by moment right now and for some time to come. There is no time limit, no right or wrong and no matter what you may think sometimes, you are NOT crazy or going insane. It is simply your new normal.

You also are NOT alone. There are many of us traveling this road ahead of you and many more will arrive to follow behind you. When you are ready, reach out to the hands that journey ahead of you and allow them to pull you up and forward when you fall. They are waiting, and they are infused with the strength of a million broken hearts connected throughout time and space by a pain and sorrow that is hermetically

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(A Letter to the Newly Bereaved Mother
Continued from page 5)

sealed off from the rest of the world and all other experiences. And if you refuse to give up, if you remember that you alone are the keeper of your son's or daughter's memory, you will one day find yourself taking hold of a desperate hand reaching out for help from behind you and you will realize that you too have been infused with the strength needed to pull another mother or father up and forward.

But for today and for as many tomorrows as your heart says is needed, simply breathe and grieve my sister... Breathe and grieve for your child. And do it in absolutely any way that feels right to you. Simply breathe and grieve.

Because for as long as you breathe, your son or daughter will be.

Loving borrowed from the Bereaved Parents newsletter A JOURNEY TOGETHER Fall 2020



TEARS www.KeyserCarr.com

Crying is an important, and misunderstood, aspect of the healing process. Some people worry that if they cry it shows weakness. Others are afraid that if they start crying, they will be unable to stop. Still others are wondering why they are *unable* to cry, even while they experience grief.

"There are many misconceptions about the pain associated with significant emotional



loss. Some relate to the relationship of others, for example: "It's not fair to burden them with my pain," or "You have to be strong for others" [mom, dad, kids, etc.]. Some relate to how we think we should be reacting to the loss, for example: "I should be over it by now," or "I have to keep busy."

One of the most hidden and dangerous fears is that if I ever let myself feel the pain that I sense, I will start crying and never be able to stop. It is precisely this kind of incorrect assumption that can keep us locked into a position of unresolved grief, forever. And yet, based on what we have been taught in our society, it is a most logical extension of everything we have ever learned." From www.griefrecoverymethod.com

Here's another relevant take describing why it's ok, and oftentimes critical, to cry:

Crying, lamenting, sobbing and wailing — all of these allow us to discharge our pain so we can heal. The sadness and despair, when repressed, don't just disappear. Instead, they go underground in your psyche where the pain, unfortunately, intensifies. The feelings are not gone, they are merely buried alive. They then re-emerge at a later time and can cause chronic stress, depression, stomach ulcers, and even a nervous breakdown.

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(Tears continued from page 6)

One of the unexpectedly wonderful aspects of crying is that expressing our grief allows us to experience the strength of our aliveness. Our tears let us know we were truly connected to another and that the love we felt was real. Crying releases us from our grief and reaffirms our ability to love and be loved.

You may find some people in your life trying to discourage you from crying. We have all grown up with warnings about not being a "crybaby" or that "real men don't cry." However, crying is the most natural thing in the world for humans to do. Studies show that real healing takes place when we give ourselves permission to cry. I'm sure you've often heard people say they needed a good cry and how much better they felt afterward.

If the people in your life are making you feel uncomfortable about crying, here are a few tips I have tried in order to feel safe shedding tears.

*Get in the car. Alone. Take a drive. Find a nice safe place to park and cry. You can cry all you like in private. You can play music on the radio or your favorite CDs. Get in the shower. Turn on the hot water. You can cry and no one will hear you under the sound of the water running. Get outside. Take a walk by yourself. Wear sunglasses. You can cry while you walk and no one will be the wiser. Get in the pool. Start swimming. You can cry underwater and no one will figure it out. **From "It's Okay To Cry" by Catherine Greenleaf Loving borrowed from the Bereaved Parents newsletter A JOURNEY TOGETHER Fall 2020***

Even Shakespeare has offered perspective on the importance of crying as form a recovery. *"To weep is to make less the depth of grief."* ~ William Shakespeare

So, no matter how your emotions affect your crying, please remember that your tears (or lack of tears) are warranted and ok. Please don't let others pressure you to feel otherwise.

(Our children, grandchildren, and siblings loved, missed and remembered in November & December continued from page 3)

Alexandria (Alex) Scarbro

November 24
Daughter of David Scarbro

Mark Yates
November 24
Son of Richard & Linda Hegg

Zack Maslanich
November 30
Son of Karen Zimmerman

Shane Betar
December 1
Son of Leia Betar

Nathan Enright
December 5
Son of Martin Boyle

Mike Reardon
December 6
Son of Sonia & Jim Reardon

Alyssa Burnstine
December 6
Granddaughter of Judi & Stan Veoukas

Sean Jones
December 6
Son of Octavine Jones

Mitchell Rodefer
December 6
Son of Dennis & Susan Rodefer

Andrew Muno
December 15
Son of Darlene Muno

Scott Ewing
December 16
Son of Alan & Renee Ewing

Nick Battis
December 24
Son of Susan Battis

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

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, P.O. Box 3696, Oak Brook, IL 60522 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 CO-LEADERSHIP Toni Nesheim 847-204-7585 tnesheim@sbcglobal.net Rachel Salomonson Age 19 – Auto accident, Susan Banks 847-336-8375 lanwestmar@comcast.net. Westly Banks Age 21 – Of suicide

TREASURER/COMMUNITY OUTREACH 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

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 Toni Nesheim 847-204-7585 tnesheim@sbcglobal.net & Denny Salomonson, 847-223-7353 drdeno@sbcglobal.net - daughter, Rachel Salomonson, 19, auto accident

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

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