



The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

October 2023 Newsletter



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



Chapter Leader Notes from Susan

I am very appreciative of all that I have, my family, dear friends, my home, my health, my job, and my very sweet cat, Brie. I feel blessed to have found Compassionate Friends, and the friendships I have made. I will always remember those firsts in the year following my son's death. I will remember the care and understanding of the people at the meetings I attended.

May your entrance to the Autumn season be gentle, kind, and enjoyable. I hope you can find comfort in the memories you have of your loved one, of days gone by. The blaze of colors will soon surround us as we go about our daily routines. Pause, breathe, and rest in the beauty ~ keeping your loved one dear and near to your heart and soul.

Wishing you a happy Autumn season,
your friend, Susan ~ Westley's mom

Upcoming events for our Chapter.



The adopt highway cleanup will be Saturday October 14, 2023

Saturday October 14, 2023, Adopt a Highway Clean – up. No rain date.

Our Adopt a Highway event for our Northern Lake County IL Chapter of The Compassionate Friends is SATURDAY, October 14, 2022. Meet at 8:45 am to review rules and safety guidelines. (Front Garden side of the Walmart parking lot)

Begin cleanup at 9:00 am. We can organize with more detail at the site on Saturday October 14. The section of road we have adopted begins at the corner of Deep Lake Road and IL Route 173 going north on Deep Lake Road to the County Line. It is approximately 2.02 miles. There is a sign with our group name identifying the location.

A few things to know for the cleanup:

No children under 10 are allowed.

Wear long sleeves, long pants, a hat, and gloves that are waterproof.

Bring water, bug spray and sunscreen.

Bring a "grabber" if you have one or we a few to share.

Please review the video for your information before joining us at our event.

https://lakecountyil.new.swagit.com/videos/16309?t_s=446

Lake Villa Meeting Northern Illinois Chapter TCF

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 Old Town Court
Lake Villa, IL 60046.

Park in the parking lot behind the church, enter through the double glass doors.

Holy Family Church

The first Thursday of the month meeting will remain a Zoom meeting only. This will change to in-person the date is to be announced.



DECEMBER ACTIVITIES

We have a very special event coming in December, The Annual Candle lighting Ceremony. This year we will come together; family and friends, in-person at the Millburn Congregational Church to light a candle in memory of our loved ones who have gone too soon. We will remember our loved ones with music, readings, the candle lighting, and a photo montage presentation. We will have refreshments and conversation after the ceremony.

The Candle Lighting Ceremony is Sunday December 10, 2023. The Ceremony begins at 6:30 pm. The candles are provided at the ceremony. We do invite you to purchase a luminary in memory of your loved one. A luminary is an opaque bag with a weighted base that holds a flameless candle. We will place a name label "In loving Memory" with your loved one's name on the outside of the bag. The luminaries will line the hallway to

the sanctuary, the location of the Ceremony. After the Ceremony, please take the luminary in memory of your loved one. You may purchase as many luminaries as you would like. We are asking for a donation of \$5.00 for a luminary, but no one will be refused.

The photo montage is a slideshow presentation of our members' loved ones who have gone too soon. We are inviting our new members to send a picture of your child, sibling or grandchild to Susan Banks and the photo will be included in our Chapter's photo montage, presented at the conclusion of the Candle Lighting ceremony.

The first Thursday of the month meeting on December 1, 2022, is our Zoom meeting. At this meeting you will be invited to light a candle for your loved one and share a picture with those joining the meeting. This will not be a formal Candle Lighting Ceremony, but we will honor the memories of our loved one with readings, lighting a candle and showing a picture. I will send an email and the Zoom link for the meeting the week of November 28, 2022.

If you have any questions about the Candle Lighting Ceremony, the Luminary or the Photo request please call, email, or text Susan at 847.366.9375 or Lanwesmar@comcast.net

**There will be informational flyers included with this newsletter for the ceremony, the luminaries, and the photo for the slide show.*



OUR CHILDREN, GRANDCHILDREN, AND SIBLINGS LOVED, MISSED AND REMEMBERED OCTOBER & NOVEMBER

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, if we remember them and celebrate their lives.

BIRTHDAYS

Levi Nichols	October 4	Son of Bambi Nichols
Susan Allbee	October 11	Sister of Toni Nesheim
Marc Hawkinson	October 11	Son of Mary Kay Clark
Marleea Gerfen	October 12	Daughter of Marsha & Lee Bell
Nick Weber	October 16	Son of Glenda Weber
		Brother of Karen Lumusga
Martin H Bernal	October 17	Son of Leticia Bernal
Jennifer Corbett Dennis	October 17	Daughter of Joan Corbett
Timothy James Pitzen	October 18	Grandson of Alana Anderson
Brian Keough	October 20	Son of Kathleen Keough
Autumn Ward	October 20	Granddaughter of Erin & Luke Ward
Donyel Prather	October 22	Son of Donna Prather
Kelly Klawonn	October 23	Son of Raymond & Dorothy Klawonn
Aaron R Moore	October 24	Son of Rob & Sherry Moore
Colin Henderson	October 27	Son of Lisa Henderson
Selene Martinez	November 1	Daughter of Manuel & Linda Martinez
Heidi Anne Hermann	November 2	Daughter of Bonnie Brackus
Nick Battis	November 3	Son of Susan Battis
William (Bill) Werchek	November 3	Son of Kathy Werchek
Lisa Rosemann	November 16	Daughter of Pat & Craig Rosemann
Stephanie Andrea Zamarron	November 16	Daughter of Vicky Zamarron & Juan Mungula
		Granddaughter of Alejandra Rodriquez & 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 Castillo
Javier Ramirez	November 21	Son of Julie Ojeda
Mitchell Rodefer	November 24	Son of Dennis & Susan Rodefer
Sharon Beth Gray	November 25	Daughter of Pam Gray
Amanda Lauren Cecchi	November 27	Daughter of Kim & Steve Cecchi
Zachary Taylor	November 30	Son of Mike Taylor & Karen Adams-Taylor
Zachary Maslanich	November 30	Son of Karen Zimmerman

ANNIVERSARIES

Sharon Beth Gray	October 4	Daughter of Pam Gray
Martin H Bernal	October 6	Son of Leticia Bernal
Elora Jane Montgomery	October 11	Daughter of Linda & Christopher Montgomery
Tracie Musich	October 19	Daughter of Trisha Musich
Autumn Ward	October 20	Granddaughter of Erin & Luke Ward
Kerrin Fleming	October 21	Daughter of Barbara Fleming
Martin H Bernal	October 21	Son of Leticia Bernal
Heather Donnelly	October 23	Daughter of Daniel Donnelly

(Continued on page 4)

(OUR CHILDREN, GRANDCHILDREN, AND SIBLINGS LOVED, MISSED AND REMEMBERED OCTOBER & NOVEMBER CONTINUED FROM PAGE 3)

Lila Ruffolo
November 1
Daughter of Jenny 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

Paulene Welch
November 20
Daughter of Grace & Merrel Parsons

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 Robertson
November 23e
Daughter of Regan Robertson

Zachary Maslanich
November 30
Son of Karen Zimmerman



GRAVE WORDS

It's funny how the things I know don't always intersect with the questions I have about life. I know ritual is important to us as human beings; it's the basis for holidays and religious rites. It gives us comfort, it's healthy, it's normal.

I was asked recently if it was okay for parents to build shrines and immediately replied, "yes!" In that reply, came an answer to an issue I've had for nearly a year. Ross's things are packed in my basement since he died. He shared a room with his brother, and it became necessary for my surviving child's mental health that these things be packed away.

I have not looked through them since that first week after his death. I have, however, designed a chest for his things. My dad built it. It's beautiful, stained, varnished and shoved in a closet where I couldn't see it.

I pulled it out a few weeks ago and put it crosswise in my hallway where I would be forced to (1) trip or (2) do something with it. I tripped a lot.

During this conversation on shrines and ritual, I realized what I needed to do. There needs to be a special Box-Filling day. I didn't need to consult the calendar for a date — there is one fast approaching — one of "those days" where the pain of losing him is more intense, a Ross-Holiday, if you will.

So on that day, I will light candles in his favorite color, play his favorite music, and bring his things up from the basement to be placed in a sacred spot. It will be a hard, but necessary day.

Peg Rousar-Thompson, Kenosha, Wisconsin
Borrowed from BP/USA, A JOURNEY TOGETHER,
www.bereavedparents.org

We Remember Them

*The Compassionate Friends of Northern Lake County
invites you and your family and friends
to the Worldwide Children's Candle Lighting Ceremony*

*"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."*

*Sunday, December 10, 2023 ~ 6:30 p.m.
Millburn Congregational United Church of Christ*

** Note that road construction has created a new Grass Lake Rd & changed
the access to the building which is now on Old Town Court.*

Candles are provided for everyone at no cost.

*You are invited to stay for refreshments after the ceremony.
You are welcome to bring a dessert or snack to share if you like.
Coffee and water will be provided.*

*A table & display board will be provided for families who would like to post photos
and/or share mementos of their children and siblings and grandchildren.*



The Compassionate Friends
Supporting Family After a Child Dies

Questions? Please call Susan 847.366.9375/email Lanwesmar@comcast.net



Autumn

As autumn approaches, I begin to feel invigorated and alive. I suppose that it's the crisp, cool air that makes me realize that there is some small thing inside of me that is not dead. I've always loved autumn...the smell of burning leaves and the chirping of the locusts; bring a flood of childhood memories. Memories of a simpler, more innocent time. I long to be back there, where my biggest worry was my spelling test every Friday. Where there were no bills to pay, no car notes, no mortgage, and no broken hearts...just friends, school, and play.

Whenever I think of autumns past, the smell of my mother's homemade soup fills my senses. I can still see myself sitting at the 1950's yellow and chrome kitchen table, doing my homework while my mother prepared supper. Maybe part of the reason that I looked forward to autumn then was because it meant that my birthday was just around the corner...October 4. Needless to say, I no longer await birthdays with the same anticipation that I did then. But there was always something special about autumn and for me, there still is. I still look forward to the first day that I can turn my air conditioner off and open all of the windows and let the fresh, cool air inside but for some parents this isn't the case. They find this time of year very difficult because of the memories triggered by the beginning of a new school year. For them, autumn is a painful reminder of what might have been.

Autumn doesn't depress me...not at all! It's what follows autumn that I do not look forward to...the holidays...Thanksgiving and Christmas and the entire holiday shopping season, which begins earlier and earlier each year. That's the part of the year that I dread ...the toy ads, the TV commercials filled with smiling, happy faces of children ...children like mine, children like yours ...children who should be here but aren't. I loath it...all of it. There are so many reminders and no way to avoid them...one less gift to buy, one less stocking to fill, one less place to set at the table. No one else on earth knows this kind of pain except those of us who have been through it. When all the world is supposed to be happy and filled with joy, we are at our lowest...out emptiest. The winter is within our hearts...cold, bleak, and long. I used to love Christmas and everything that accompanied it. Now I long for a place to hide until it is all over...until the last Christmas tree is taken down, the last decoration put away, and the last twinkling light extinguished.

Autumn is beautiful, with its vibrant colors and wind-swept leaves. I revel in the patchwork quilt that nature creates every autumn. No, it's not September's Indian Summer or October's crispness but November with its Thanksgiving Day parades and turkey and December with its nights filled with flickering lights and plastic Santas...these are the things that bring an ache to my heart and tears to my eyes. It is this time, when the nights are lit so brightly, that are my darkest days!

Jacquelyn M. Comeaux
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IN LOVING MEMORY LUMINARIES — order form



The Northern Lake Co IL Chapter of The Compassionate Friends is offering an additional opportunity for bereaved families to remember their loved ones during the annual Candle Lighting Ceremony on Sunday, **December 10, 2023**. The ceremony will be at the Millburn Congregational Church, 19073 W. Old Grass Lake Rd, Lake Villa, IL 60046 at 6:30 p.m.

The luminary is an opaque bag that has a weight and a flameless, battery-operated candle inside of it. The label on the outside will read "In Loving Memory" and your child's or sibling's name will be printed on it. The luminaries will be used to line the hallway of the Millburn church that leads to the sanctuary where the candle lighting ceremony is held. The soft light will provide a touching and welcoming entrance to the ceremony. *The luminaries will be placed in alphabetical order by last name so that you can easily find your luminary and take it home with you.*

We are asking a donation of \$5. for each luminary but no one will be refused. The donations pay for the materials for the luminaries and the remainder will go toward chapter activities and materials.

If you have questions, please call Susan at 847.366.9375. **Please mail in by November 18, 2023.**

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I/we would like to order _____ (total no.) luminaries in memory of the following:

1. _____
2. _____
3. _____

Ordered by (your name): _____

Phone number: _____ Email address: _____

Enclosed Amount: \$ _____ Check #: _____

Please make checks to: "NO LAKE CO TCF"
Mail to: No Lake Co TCF - 1427 Clavey Lane Gurnee, IL 60031



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 Patricia Furlan

**For her gift of love in memory of her son,
Dan Furlan, Jr.**

Thanks to Barbara Fleming

**For sponsoring the newsletter in memory of
her daughter,
Kerrin Lee F Fleming**

"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.



Dancing in the Rain

by Julie Short

The word dance seems to be etched into my mind. Recently, a friend shared a quote she had come across: "Life isn't about waiting for the storm to pass... It's about learning to dance in the rain."

Wow — what awesome words! The image of a storm

is a good analogy in understanding our grief. Storms come from nowhere, like a tornado, seemingly destroying everything in their path and leaving our lives in complete and utter shambles. The darkness and dreariness stay while lightning continues to flash, stabbing our hearts with pain. Thunder clamors constantly, reminding us that our children are gone. We can walk in fog for what seems like years as the sleet and frigid cold freeze us in our tracks. The wind howls, imitating our screams and wailing. The rain seems to be endless.

Others, who haven't lost their children, who are living in sunshine, cry out to us, "Come in out of the rain." They don't understand that often we're just not able to move. The storm has become our world, for however long we need or choose to live there. My own experience of grief tells me that our lives will always be stormier than they were before the hurricanes came and took what was most precious to us. But we do have a choice. We can stay hunkered down under the false protection of denial. We can lock ourselves.

up in a protective shell and never come out. Or we can learn to dance in the rain. However, bereaved parent must decide what feels best to them. I find myself thinking, "It's hard to crawl, walk or breathe without her and she wants me to dance? She must have forgotten all those times I tried and she said, 'Mom, you can't dance!' Then I realize that she's not referring to my ability when I hear 'Dance Mom, dance. Dance in the rain. Dance because you can't change what has already been done. You have the choice to sit it out or dance. Listen for the music, keep your eyes wide open, go forward, follow the music and dance. Follow me. I am not behind you. I am in front of you. I'm free and I am dancing.'" She taught me to hear the music and her song continues on. Without it, I couldn't dance.

I believe if we allow our children to lead us to dance in the rain that they will eventually dance us out of the storms of pain and into the sunshine of peace.

Borrowed from BP/USA, A JOURNEY TOGETHER,
www.bereavedparents.org

**REQUEST FOR PHOTO FOR
POWER POINT/SLIDE PRESENTATION
OF LOVED ONES**

We Remember Them

**ANNUAL WORLDWIDE CANDLE LIGHTING CEREMONY
Sunday December 10, 2023, 6:30 pm**

Millburn Congregational Church
19073 W Grass Lake Road, Lake Villa, IL 60046

Please consider including a photograph of your loved one in the candle lighting ceremony through a Power-Point presentation. It is very touching to see the faces of the children and brothers and sisters and grandchildren of our fellow members of The Compassionate Friends.

If you have a photo that you would like to include in the presentation, please include your loved one's name, age at time of death, your relationship (son, daughter, brother, granddaughter etc.) as well as your phone number and email address. Attach 1 photo to the email.

If you are not able to send the photos electronically, you can mail them to me, and I will scan them for the presentation and mail the originals back to you. You can also text the photo and information to me.

If your loved one was included in last year's presentation, we will use the same photographs in the Power-Point presentation.

Due date November 18, 2023

Mail your photo or attach it to an email or a text message and send it to:
Susan Banks 1427 Clavey Lane Gurnee, IL 60031/email; Lanwesmar@comcast.net
Text to 847.366.9375



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

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

Steering Committee 2022 – 2023

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

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

SECRETARY / LIBRARIAN

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

NEWSLETTER EDITOR Vicki Szech 847-573-1055 vszech@comcast.net daughter, 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 - daughter Lindsay Wilcynski Age 29 Pulmonary Embolism

FACILITATORS AT HOLY FAMILY CATHOLIC CHURCH WAUKEGAN, IL. SPANISH AND ENGLISH. Mirtha Vidal 847-293-1658 mirthavidal1213@yahoo.com & Raphael Vidal rvidal1027@yahoo.com, son Raphael Vidal age 17 of suicide. Mirtha is available by phone call or email.

FACILITADORES EN HOLY FAMILY CATHOLIC CHURCH WAUKEGAN, IL. Española e inglés. Mirtha Vidal 847-293-1658 mirthavidal1213@yahoo.com & Raphael Vidal rvidal1027@yahoo.com, hijo Raphael Vidal de 17 años de suicidio. Mirtha está disponible por teléfono o correo electrónico.

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

NORTHERN LAKE COUNTY COMPASSIONATE FRIENDS FACEBOOK page <https://www.facebook.com/cfoncil>

Facebook Pages for Siblings - The Sounds of the Siblings: <https://www.facebook.com/groups/21358475781/>

TCF SIBS: <https://www.facebook.com/groups/tcfsibs/>