



The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

October 2021 Newsletter



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



Chapter Leader Notes from Susan

Dear friends,

I was wondering what your favorite memory of Autumn is? Some of us will have a memory with the one we lost, some of us will have a thought of a memory we wished could have happened. One of my memories is with my son Westley. He attended the High School which is two blocks past the school where I would start my school day. We would drive together, and I would say goodbye at parent drop off and I would then drive to my school building. The street we drove on to school is a tree lined road with a mixture of species of beautiful mature trees. In Autumn as the colors of the season are radiantly showing we would wonder at the colors and slide open the sunroof cover to view the colors as we drove past. This is such a favorite memory of mine with Westley. Then in winter we would be dazzled by the sparkling ice formations on the bare tree branches. And again, we would slide open the sunroof to view the ice-covered branches. When all 3 of my children were off in their adult worlds and I was driving alone on the same street to school, I would take a picture and send it along with the text message "Have a happy and safe day to all, love mom". I miss my son, Westley, so very much. Each day I think of him as I drive to and from school on that very same street. I wish each of you a favorite memory of Autumn with your loved

one. I wish each of you who had hoped for a favorite memory of your loved one, that it is in your thoughts, held in your heart and comes to your dreams.

Take care,
Susan
Westley's mom

~ Our Northern Lake County Compassionate News and updates.

Thank you to Derry Sexton; Kal-El's father, Shannon Seay; Ashley's mother, Leia Betar; Shane's mother and Michael Banks; Westley's father for joining me at the Adopt a Highway clean up. We did reschedule and use the rain date. The weather cooperated and it was a nice morning. Great job everyone!

Save the date for our Worldwide Candle Lighting Ceremony, *We Remember Them To honor your child or sibling or grand child who has gone too soon.*

Sunday, December 12, 2021.
6:30pm – 8:30pm.

This will be a virtual stay safe at home Candle Lighting Ceremony.
More information will follow with joining information and Ceremony program.



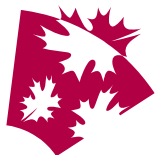


GIFTS OF LOVE

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 Barbara Fleming
For sponsoring the newsletter
in loving memory of
Kerrin Lee 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.



Meetings

**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 Grass Lake Road
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.



WORLDWIDE CANDLE LIGHTING MEMORIAL SERVICE

The Compassionate Friends Worldwide Candle Lighting on the 2nd Sunday in December unites family and friends around the globe in lighting candles for one hour to honor the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon. As candles are lit on December 12th, 2021 at 7:00 pm local time, hundreds of thousands of people commemorate and honor the memory of all children gone too soon.

Now believed to be the largest mass candle lighting on the globe, the annual Worldwide Candle Lighting (WCL), a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone. TCF's WCL started in the United States in 1997 as a small internet observance and has since swelled in numbers as word has spread throughout the world of the remembrance. Hundreds of formal candle lighting events are held, and thousands of informal candle lightings are conducted in homes, as families gather in quiet remembrance of children who have died and will never be forgotten.



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, as long as we remember them and celebrate their lives.

BIRTHDAYS

Levi Nichols	October 4	Son of Bambi Nichols
Mark Sailors	October 9	Son of Michelle Sailors
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
Alexandria (Alex) Scarbro	October 15	Daughter of David Scarbro
Timothy James Pitzen	October 18	Grandson of Alana Anderson
Brian Keough	October 20	Son of Kathleen Keough
Donyel Prather	October 22	Son of Donna Prather
Kelly Klawonn	October 23	Son of Raymond & Dorothy Klawonn
Alyssa Burnstine	October 23	Granddaughter of Judi & Stan Veouka
Aaron R Moore	October 24	Son of Rob & Sherry Moore
Colin Henderson	October 27	Son of Lisa Henderson
John "Jake" Mosansky	October 31	Son of Darlene & John Mosansky
		Sister of Veronica Steif
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 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 & Arthur Castillo
Amanda Lauren Cecchi	November 22	Daughter of Kim & Steve Cecchi
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

ANNIVERSARIES

Sharon Beth Gray	October 4	Daughter of Pam Gray
Mark Sailors	October 10	Son of Michelle Sailors
Tracie Musich	October 19	Daughter of Trisha Musich
Kerrin Fleming	October 21	Daughter of Barbara Fleming
Heather Donnelly	October 23	Daughter of Daniel Donnelly
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

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HEART CONNECTIONS – THE BONDS OF SHARED GRIEF

Posted on September 23rd, 2021 on the Compassionate Friends website (<https://www.compassionatefriends.org/blog/heart-connections-the-bonds-of-shared-grief/>)

Divisiveness and intolerance for others' views seem prevalent all around us today. We see it in our political beliefs, social justice concerns, and health environment. It is apparent within families, workplaces, and organizations. When we are grieving the painful death of a child, grandchild, or sibling, this divisiveness creates walls that can make our sorrow even deeper. It's difficult enough when we're grieving to feel connected to the people around us, and these dividing walls can further isolate us.

The Compassionate Friends credo begins with these words:

*We need not walk alone.
We are The Compassionate Friends
We reach out to each other with love, with
understanding, and with hope.
The children we mourn have died at all ages and
from many different causes,
but our love for them unites us.*

Uniting people who share this deep grief was the premise that started The Compassionate Friends. The death of our brother, sister, child, or grandchild permeates all aspects of our being. It's something that can't easily be explained to those who have not experienced it, while those who have, possess a deep and compassionate understanding that requires little explanation. The bonds within our TCF community can bridge these chasms we see around us. Rather than being further isolated in our grief, we can feel surrounded by understanding, community, and shared hope that can be lifesaving during this time.

While none of us would choose to be a part of this community given the reason that brought us, we are connected at a deeply meaningful level. It's hard to see someone across the table with a similar loss and stay in a place of intolerance and anger. When we remember what binds us as a group and honor our shared losses, we focus on supportive and comforting connectedness. When we reach for the love in our hearts that's bolstered by our shared sorrow, we can model a greater energy that's needed in our world. Our child, grandchild, or sibling who died and brought us to TCF is honored each time we choose this path of connection through our differences rather than more division because of them.



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

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

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

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

No One Tells You This: Lessons from Loss

Cora Neumann, PhD -- Founder, Global First Ladies Alliance and RESET; former Senior Advisor, U.S. Department of State and **BE-REAVED SIBLING**

No one tells you this.

So, I will.

No one tells you that you may want to die. No one tells you that you may lie in bed and pray for your heart to stop. That even your most cherished and beloved children and husband may not be able to rouse you from the depths of your sorrow. That even the breathtaking sunrises and majestic shooting stars above won't give you pause.

No one tells you this.

I'm not talking about depression. Or suicide. Or hopelessness. I'm talking about how you may feel if a person you love so deeply, a person who knew and stood by you from birth — and was supposed to be with you until death — dies. All of a sudden. With no warning. Way too young. Frighteningly full of life. And then in an instant, they are gone.

My brother Wyatt died suddenly at age 42 of an aneurysm almost a year ago. We were closer than most siblings. Our dad died when we were one and three years old and, bonded by this early trauma, we were each other's keepers. He was my anchor, my last stop, my wingman for life. My cradle to grave.

When he died, I lost all connection to planet earth. A window opened between dimensions and I climbed right in.

'Take me with you,' I repeated. Over and over and over. It was disorienting and at times completely engulfed me. But it was the only

Wherever you go, I will follow.



place I wanted to or could be. For months I would drift in and out of this state.

And when you articulate this to friends and family, when you try to give words to these feelings, every alarm rings. Everyone starts to worry. Our culture has nowhere to put these dark feelings and sorrow. No one tells you this. Not in our American culture anyways.

So now that I've made it to the other side, I will.

First of all, the urge to 'die' isn't exactly about dying. It's about holding on to your loved one with all your might, about delaying the separation for as long as humanly possible. It comes from the deepest source of connection a human can feel. From a sense that souls are entwined, like a living whole, and that when one half dies the other simply can't go on.

It is normal, it is born of love and connection, and it is okay. You will return to this dimension, feel like you can live again, but not until you've seen the depths of that darkness.

The saying that kept me afloat on some of my hardest days was, "the depth of your grief

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I'm Not Moving On From. I'm Moving On With.

By Sarah Kravits, BPUSA Sibling Coordinator

Bereaved people should “move on” from grieving the loss of a loved one, right? Scholarly publications call this idea misguided, a myth. However, many people must still believe it - and say it in private conversations - because I have read countless articles and blogs expressing anger and pain around it. In a raw and eloquent Facebook post, Kay Warren addresses the suggestion that she and her husband should be moving on from the loss of their son Matthew, who died of suicide. “The truest friends...[are] willing to accept that things are different,” she writes. “They’re ok with messy and slow and few answers....and they never say ‘Move on.’”

To me, this “moving on” concept makes no sense at all. In fact, my brother - who died just over two years ago - is the person I least want to move on from, because he is the most gone.

Where did it come from, the idea that one should completely separate from a loved one who has died? How is it still in our collective consciousness, given that it works for absolutely no bereaved person I know? Why do I not see it written down in advice articles? Perhaps something instinctively feels wrong about advising people to move on - wrong enough that we don’t offer it as written advice, but entrenched enough that we still find ourselves saying it.

I think it feels wrong because it is impossible.

In recent years, research has revealed information about how our relatives and close friends, our life experiences, and our traumas change us physically and psychologically. Mothers and children **exchange cells** during pregnancy and at birth, cells that may remain in the other person’s body and play a role in health down the road. Stress and trauma can permanently change DNA in the cells of the traumatized person, in such a way that the

altered DNA is heritable, often resulting in children who are more likely to experience stress-related psychiatric disorders. In education, carefully designed short-term **interventions can lead to radical shifts** in attitude and behavior that change how students think and work.

Our lives change us, often permanently. People and experiences become part of us at a cellular level. How, then, are we to be expected to “move on” from a child, a life partner, a sibling, a close friend, a parent who has died? How could I set aside the parts of myself linked to my brother? You might as well ask me to cut my own heart out with a knife, leave it by the curb, and then continue walking down the road. It is impossible.

What, then, is possible? For me, it’s noticing the thoughts and emotions that come up from moment to moment and sitting with them however I can. What that looks like changes all the time. I talk about him, or I stop talking. I cry in my car, or I go running. I pore through old photo albums, or I put all the albums away. I notice when his favorite songs come up on my shuffle, I write about memories, I text his friends, I take walks alone, I escape in work, I wallow in old e-mails. I show up, day after day, and I try to understand.

*Caregivers who study the process of grieving refer to **integrated grief** - an enduring state of grief in which the loss, your understanding of it, and your emotions around it become incorporated into your life over time. **Inte-grated grief** doesn’t mean forgetting the*

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(No One Tells You This: Lessons from Loss continued from page 5)

is equal to the depth of your love.” That is exactly how it felt.

Secondly, if it offers any solace, in other cultures and parts of the world this feeling is a known entity.

In cultures where death is tied to the cycle of life, not shunned and feared as people desperately try to elongate life and escape death at all costs, there is an understanding and even an openness to the pain that accompanies loss.

In Middle Eastern cultures the saying that is ubiquitous with loss, that is showered on the survivors at the funeral and beyond, is “don’t die with the dead.”

“We know you want to die with your loved one. But please don’t. We see and understand that this urge is intimately tied to your love, and we remind you to stay with us,” the saying seems to imply.

In Judaism, there are periods of seven days (shiva), 30 days (shloshim) and twelve months (avelut) during which close family members are encouraged to or expected to abstain from celebrations and large social gatherings. It is understood that you will feel bereft, need to be alone, need to fall apart and slowly rebuild yourself.

In Mali and a number of other African countries, widows wear blue for an entire year after loss. In this way, they don’t need to speak the unspeakable, and have the space needed to grieve.

We sorely need more of this acceptance and courage in the face of pain in our society. Each individual mourns differently, but I have now witnessed how many people suppress their grief for fear of upsetting others or seeming too wounded. In fact, suppressed grief is linked to depression, addiction, and can “give rise to delayed and distorted grief”. (Parkes, 1998)

Let us be brave. Let us stay open to pain and hold space for what, ultimately, is not about pain as much as it is about love, connection, and life.

My telling you won’t lessen your pain even slightly. But I hope to help you know that your pain is normal, socially accepted and even embraced in cultures less frightened than ours, and completely yours. When you tell me you just want to die, I for one will not be alarmed, but will say instead, “I know. Of course, you do.”

Borrowed from A Journey Together the newsletter of The Bereaved Parents USA Fall 2020 Volume XXV No. 4, www.bereavedparentsusa.org



(I’m Not Moving On From. I’m Moving On With. Continued from page 5)

person or setting aside the pain. On the contrary, it sustains the bond by including both the agony of loss and the positive memories. I believe this is what I am instinctually doing - trying to integrate my grief. As I slowly realize I cannot be connected to my brother how I once was, I am creating a whole new web of connection between us - a web that needs all the threads, good, bad, and ugly, to stay strong.

I have family and friends whom I love and care for, multiple work responsibilities, and personal and professional aspirations for the future. I want and need to be able to continue. So, yes, I move on - not from, but with my brother. Moving on with him gives me a chance to live.

Borrowed from A Journey Together the newsletter of The Bereaved Parents USA Fall 2016 Volume XXI No. 4, www.bereavedparentsusa.org

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 2021 – 2022

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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 / LIBRARIAN

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

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

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