

SURVIVORS OF SUICIDE

King/ Pierce/ Thurston County Support Groups

JANUARY/FEBRUARY, 2023

NEWSLETTER



Website: www.auburnsos.com

e-mail: support@auburnsos.com

WHAT IS S.O.S.?

S.O.S. stands for Survivors of Suicide. S.O.S. groups provide support for anyone who has lost a loved one to suicide. Based on guidelines established by the American Association of Suicidology, the groups are self-help and peer-led. The goal is to help deal with the loss and trauma and grief associated with that loss. Auburn S.O.S. is a 501(c)3 non-profit organization as defined by the IRS.

LOVE GIFTS:

If you would like to remember your Loved One who has completed suicide in the form of a Love Gift it will be mentioned in the newsletter if we have your permission. There are no dues or fees at S.O.S. Donations are always welcome to help defray such costs as printing, postage, and the purchase of books and other material for our lending libraries and other costs associated with the community awareness programs we are involved in.

Donations may be mailed to the address below or made at any meeting. Please make your checks payable to Auburn or Olympia SOS.

Auburn Survivors of Suicide
28824 21st Ave. S.
Federal Way, WA 98003

Contact information for each group and its facilitator is on page three.

To all of you who left something in the donation boxes, thank you! You may not get mentioned by name – but please know that you are appreciated!

Many thanks to Maxine Johnston for a donation in memory of her son-in-law Dmitri

Many thanks to the Whipple Family for a love gift in memory of friend and neighbor Fritz William Paul Schmidt

Thanks to Cliff Whipple for a love gift in memory of his long-time friend Jim Bell

Many thanks to the Whipple Family for a love gift in memory of son & brother Lance Alan

IF YOU NEED TO TALK TO SOMEONE:

Please do not hesitate to pick up your phone and call another survivor from a S.O.S. group if you are having a hard time. We've all been there!

Felipa Galaviz	253-376-3198	Lost grandson	Kathy Melsness	253-446-6500	Lost daughter
Andee Nydegger	253-820-1911	Lost brother	Pam Driggers	253-921-7829	Lost husband
Janis Fesenmaier	360-866-2509	Lost brother	Kathy Sterling	206-244-8729	Lost grandson
José Martin	206-228-7413	Lost son	Kathy Crowley	253-471-9412	Lost son

Thinking of You Especially:

Jan	1	Pamela Erhardt	<i>Lost her husband Craig</i>
Jan	1	Judy Robinson	<i>Lost her boyfriend Philip</i>
Jan	2	Oneal Nichols	<i>Lost his son Jack</i>
Jan	3	Jane Hower	<i>Lost her son Wesley</i>
Jan	4	Jim & Joann O'Neill	<i>Lost their son Jim</i>
Jan	8	Chris Patten	<i>Lost his son Zachary</i>
Jan	8	Allison Murphy	<i>Lost her boyfriend Zachary</i>
Jan	10	Karen Schneider and William Stratton	<i>Lost their son Benjamin</i>
Jan	10	Cara Moser	<i>Lost her Uncle Sean</i>
Jan	10	Timothy Fisher	<i>Lost his brother-in-law Garrett</i>
Jan	11	Joseph and Karen Smolar	<i>Lost their son Matthew</i>
Jan	11	Hope Haynie	<i>Lost her friend Jason</i>
Jan	11	Kelsi Opland	<i>Lost her fiancé Jason</i>
Jan	12	Pat Deasy	<i>Lost father Clyde Vig</i>
Jan	12	David Fulford	<i>Lost his wife Cornina</i>
Jan	12	Ken and Lisa Corkum	<i>Lost their son Chris</i>
Jan	13	Doug Whitcomb	<i>Lost his son Scott</i>
Jan	13	John Rottle	<i>Lost his wife Cindy</i>
Jan	13	Karen Day	<i>Lost her husband Gregory</i>
Jan	14	Audrey Brockhaus	<i>Lost her best friend Alex</i>
Jan	14	Marie Payne	<i>Lost her brother John</i>
Jan	15	David and Kelli Flores	<i>Lost their son Austin</i>
Jan	16	Laurie Carter	<i>Lost her father Jack</i>
Jan	16	Bryan Wilson	<i>Lost his girlfriend Kaylan Rose</i>
Jan	16	Glynn & Denny Waller	<i>Lost their son Nick</i>
Jan	17	Lois Kulijis	<i>Lost her son Joe</i>
Jan	19	Jay McNabb	<i>Lost his son Mark</i>
Jan	19	Season Martin	<i>Lost her dad William H. Martin</i>
Jan	20	John Stumpf, Jessica & Laura Stumpf	<i>Lost his daughter Keely, lost their sister Keely</i>
Jan	22	Kevin Wildes	<i>Lost his spouse Deborah</i>
Jan	23	Joshua Simon	<i>Lost his father Phil Simon</i>
Jan	25	Patsy Murphy	<i>Lost her brother Pat "Murph"</i>
Jan	26	Joan Chapin	<i>Lost her son Aaron</i>
Jan	26	Shelby Hogarty	<i>Lost her brother Aaron</i>
Jan	28	Sona Etter	<i>Lost her husband John</i>
Jan	28	Kim Bruce, Kellam Holdener	<i>Lost their mother Debbie Holdener</i>
Feb	2	Taren and Gabe Davis	<i>Lost their mom Carrie</i>
Feb	2	Erwin Rokstad	<i>Lost his close friend/ex-wife Carrie</i>
Feb	5	Ray and Roxanne Bulliman	<i>Lost their son Sean</i>
Feb	10	Donn and Debra Irwin	<i>Lost their son Andrew</i>
Feb	12	Rich DeGarmo	<i>Lost his wife Sandi</i>
Feb	13	Lindsey King	<i>Lost her brother Dylan</i>
Feb	17	Crystal Retchless	<i>Lost her twin brother Travis</i>
Feb	17	Alisa German	<i>Lost her husband Rick</i>
Feb	17	Randy Simpson	<i>Lost his wife JoAnn</i>
Feb	18	Dave and Dorothy Pauli	<i>Lost their son Tyler</i>
Feb	19	Shane Cozwith	<i>Lost partner Brad Dale</i>
Feb	19	Kathy Melsness	<i>Lost her daughter Marlene</i>
Feb	20	Ann Mulvey	<i>Lost her husband Jim</i>
Feb	21	Nancy Roach	<i>Lost her husband Robert</i>
Feb	21	Chiane Martin	<i>Lost her father Robert</i>
Feb	21	David Harris	<i>Lost his brother Noel</i>
Feb	22	Valaree Britton	<i>Lost her father Jimmy</i>
Feb	22	Eugene and Mellissa Burgy	<i>Lost brother Paul</i>
Feb	24	Brahim Djouider	<i>Lost his daughter Hanaa</i>



Feb 24 Pat Boggs, Shannon Collazo
Feb 26 Ann Clark
Feb 26 Sally Sangder
Feb 29 Sherree Gause

Lost her husband Harry, lost her dad Harry
Lost her husband Bruce
Lost her son Matthew
Lost her best friend Jamie

We also remember our loved ones whose birthdays are in the following months:

January birthdays: Riley, Cherise Lynn, Jonathan, Brent, James, Barry, Mandy, Tyler, Sean, Carleen, Jake, Justin, Trevor, Chris, Paul, Deborah, Thomas, Jamie, Marlene, Brian, David, Marisa, Les, Anil, Neal, Carl, Jack, George, Stephanie and Jeff.

February birthdays: Lisa, Mary, Dmitri, Willie, Zachary, Travis, Michael, Hanaa, Shawn, Matthew, Don, Sean, Jeff, Bradley, Natasha, Ed, Jamie, Chuck, Louis, Dolly, Phil, Benjamin, Trad and Sally.

We strive for accuracy. If we are missing the name of your loved one or if the information is incorrect please let us know so we can correct it! Send an e-mail to newsletter@auburnsos.com



Hugs to all of our fellow survivors out there during this challenging time. Take care of yourselves and those close to you – and be safe!



MEETINGS FOR JANUARY AND FEBRUARY - please note the changes!

The **Auburn** Group meets on the fourth Tuesday of every month. Meetings are held at the Auburn Fire Station located at 1101 D Street in Auburn from 7:00 to 9:00 p.m.

If you have any questions or need directions please call Pam at 253-921-7829.

The **Olympia** Group meets on the third Tuesday of every month. Meetings are held at the Westwood Baptist Church in room E-10, located at 333 Kaiser Road in Olympia from 7:30 to 9:00 p.m.

For more information or directions please call Janis at 360-866-2509.

The **Tacoma** Group meets on the second Wednesday of every month. Meetings are held at the TACID Building, Room 2, Address is 6315 S. 19th, Tacoma 98466, from **6:00 to 8:00 p.m., please note the time change for the winter months!**

This group also has a zoom option!

For more information or directions please call Colette at 360-490-3454 or coletteaugust@gmail.com.

There is no fee to attend any of these groups. For more information send an e-mail to support@auburnsos.com

*I wish someone had told
me
Grief rewrites your address
book
Some people you think
would be there, won't
And some you never expect
to, will.*



*For as long as I live
You will live,
As long as I live
You will be remembered
As long as I live
You will be loved*

Facing the New Year when You are Bereaved



Accepting the New Year

When we are grieving, it is hard enough to live each day as it comes. It can be daunting to face a whole new year stretching out in front of us. We may be afraid of what the new year might bring. We may worry whether or not we can handle any more challenges. Our current experience of emptiness and loneliness may make us reluctant to face a new year.

We might say to ourselves, “I used to be so busy. I used to feel so needed, so useful. Now it seems there’s nothing but empty space and empty time.” It’s bad enough to wake in the morning not sure what we’ll do with the day; what will we do with a whole year?

Longing to recover the past can sometimes make us resistance to accepting the new year. The past was where we were comfortable, where we felt safe, felt good. Grief burdens us today and we fear the new year won’t hold anything different for us. We pine for the person we miss and the precious past we shared. We think about how it was, and wish we were back there.

Approach of a new year may mean different things for different mourners. Whether we welcome, dread or ignore a new year probably depends on where we are in our grief process. The question is not whether, but how grief will show up, and how we’ll work with it.

A Learning Process

If your loss was recent, sudden or unexpected, you might experience it as a shock, as if you're living a bad dream or someone else's life, trying desperately to get back to your “old” life. The last thing on your mind might be the challenge of a new year. Writing or talking repeatedly about the death of your loved one might make you feel numb or detached. Eventually, you might realize that your life is not what you thought it would be, that your world has changed.

Therese Rando, a noted grief therapist and author, describes grieving as a learning process. Each minute with a loved one created patterns of how to operate and what to expect. Each new challenge, like doing the taxes, fixing things, and going into a new year, becomes a fresh occasion to accept the absence of your loved one and find new ways to cope, even if new challenges bring fresh pain.

As you courageously work through your grief over time, you eventually will find the strength to look to the new year with interest and wonder about what it might hold. Maybe you'll feel eager to welcome change, now that your grief has started to ease.

You might find comfort and joy in knowing that you did all that you could and loved well. Enriched by the love you once enjoyed, you can now show deeper compassion for all who suffer. You eventually will recognize life as a gift to enjoy with whomever crosses your path. In time, you might want to do on your own what you both once hoped to accomplish together.

Even if you're scared and lonely, and even if you long for the past, you can still open the door a crack to this new year.

Tips to face the new year:

- Begin by getting needed rest. If you're still exhausted from caregiving or from acute grieving, focus on physical recovery. Considering talking with your doctor about how to rebuild yourself physically.
- Give yourself a mental rest. Replace negative thoughts with positive affirmations about yourself, and soothe yourself with music, prayer, uplifting literature, tears and laughter.
- Pay attention to hope and desire. Find small practical ways to give yourself new pleasure.
- Attend a support group or talk with friends and family members who can list and share memories.
- Seek spiritual support from a local minister, rabbi, priest, imam.
- Find courage to live into the future by living in the present, one day at a time. Do the best you can to care for yourself and others today.

I get lost in the memories.

When I think about you I get lost in the memories. I'm here physically but in my mind I'm there with you.

Seeing your smile. Feeling your embrace. Hearing your laughter and constant chatter.

I feel myself there smiling back in admiration of your warm, kind, loving presence.

Your unique ability to be authentically you.

So outgoing and incredibly smart.

I couldn't keep up in some conversations. I think you knew but you always stayed humble. I love that about you.

Open minded yet strong in your beliefs.

You prioritized your family. You learned that from your mother.

You worked hard and were resourceful. You learned that from your father.

You were always there for your brothers and them for you. I have loved watching the three of you grow up together. Truly one of the greatest gifts for me.

The love you have for your wife and children is so deep. Your smile tripled because of them.

When I get lost in the memories I feel whole again.

Sometimes it just moments before I come back to reality and it hurts again. A little less though.

I will cherish the memories and the time I had with you. I am grateful for every single moment.

One day I'll accept that we don't get anymore.

And another day, I will be able to fully let go of the thought that I should have done more.

Our hearts will heal around this grief.

I hope you know the void, from your presence being gone, is huge. You touched the hearts of so many and I am so grateful and proud to say you are my nephew.

I hope you are kickin' it with Brian, we asked him to take care of you.

My heart will always be open for you. I love you so much dude. Catch you on the flip side.

I can't believe I'm writing this...

Zachery Michael Reeves

10/3/1993 - 7/15/2022

Love,

Auntie Kimmy

7/21/2022

- Kimberly Krebs



Rob Loose column: The unique nature of grieving on Valentine's Day

Rob Loose, For The Herald Bulletin

Grieving the loss of a beloved partner can be particularly challenging when the Valentine's Day holiday arrives. A holiday that focuses on love and partnership can be a daunting one to face after the loss of a spouse or partner. One of the hardest things about facing this holiday is the fact that you are facing it alone, without your best friend, partner, significant other — the person with whom you've created a sense of home and family. Even if you didn't have children, you still had a commitment to abide with one another. Now, death has brought with it a separation that can leave you feeling isolated, confused, sad and uncertain about the future.

The definition of bereavement — a state of sadness after the death of a loved one — doesn't even begin to reflect all of the different emotions that can come with a loss. Everything from anger to regret, doubt, fear and relief are among the feelings one might experience when a partner has died. At times, these feelings can be right under the surface of everything.

Feelings can also show up in the human body for those who mourn. Feelings might look like loss of appetite, inability to sleep, body aches and pains and even illness.

When we grieve our immune system takes a beating. Grief can catch up with the body in the form of illnesses. Mourning may show up as tears or as an angry outburst. The act of mourning can be a roller coaster ride of all these and many other emotions.

As the holiday draws near, you may find feelings closer to the surface. It might be that tears arrive unexpectedly. Or that you feel lethargic, exhausted, easily frustrated by things that normally don't bother you or particularly tenderhearted about almost anything. All of these are normal aspects of grief and loss. While it may feel like you are going crazy, you are actually grieving.

So, how can you cope with Valentine's Day?

Create a plan. Consider what might be the most comforting thing you can do for yourself if your loss is the result of a partner dying. Think about what you need. Would it be nice to have company throughout the day? Would you like to share the day with immediate family? Would you like a day alone for quiet reflection? Would it feel good to look through pictures or the condolence cards you've saved? Would it feel good to speak by phone or over shared coffee with a family member who knew your partner well?

Give yourself permission to plan and to change the plan even on Valentine's Day itself. Your plan is for you. You can choose, even in grief, what would work best, or feel best for you. Ask for help, plan to have a meal with someone you love, get dressed, move your body in some way, and seek out the encouragement of those who know you are grieving.

You may find that the anticipation of the day turns out to be greater than the experience of the actual day. Hold fast — you will arrive on the other side of this day with renewed hope. You will know again — or maybe for the first time — that you can survive and work through hard things.

Local funeral home director **Rob Loose's** column runs the first Saturday of each month. Contact him at Rob@LooseCares.com.

Just a reminder —

We welcome your stories, your poems and the pictures of the loved one you lost to suicide. This is your newsletter and we welcome your contributions.

Send contributions to:

support@auburnsos.com



I swear

At night

I can still hear your voice.

Like an echo

Of every time

You said 'I love you'.

Edward Lee

YOU DON'T MOVE ON

But you must move 'with'.
You must shake hands with grief,
welcome her in,
for she lives with you now.

Pull her a chair at the table
and offer her comfort.
She is not the monster,
you first thought her to be.
She is *love*.

And she will walk with you now,
peacefully.
If you let her.

Donna Ashworth



*I'm sorry if my grief make
You uncomfortable.
I'm sorry if I talk about my
loved one too much.
I'm sorry if I post too many
pictures
I'm sorry if I share
memories too often.
But wait
The truth is: those
memories are all I have left.
So I guess I'm not really
sorry at all*

author unknown

Donations are always appreciated and are tax deductible



YOUR DONATIONS ARE ALWAYS NEEDED, APPRECIATED AND ARE TAX-DEDUCTIBLE.

Please mail your donations to:

28824 21st Ave. S., Federal Way, WA. 98003

In memory of: _____

Name

Address

City, State, Zip

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Federal Way, WA 98003

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You can find Auburn SOS on Facebook.
Go to Facebook and type 'Auburn SOS'
in the search box or go to our website and
follow the link on the first page.

When You Meet Someone Deep In Grief

Slip off your needs
and set them by the door.

Enter barefoot
this darkened chapel

hollowed by loss
hollowed by sorrow

it's gray stone walls
and floor.

You, congregation
of one

Are here to listen
not to sing.

Kneel in the back pew.
Make no sound.

Let the candles
speak.



Patricia McKennon Runkle