



SURVIVORS OF SUICIDE



King/ Pierce/ Thurston County Support Groups

JULY/AUGUST, 2022

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.

We are appreciative for the donations we've received from:

Cliff Whipple – in memory of his son Lance, friend Jim Bell and friend Fritz Schmidt

Roy Petschauer in memory of his son Roice

Frontstream

Combined Fund Drive

Amazon, Remember – it is easy and painless to help by making us your non-profit of choice with Amazon!

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 Church	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:

July	2	Angel Shell-Klein	Lost her sister Jamey
July	2	Beth Atchison	Lost he daughter Cherise Lynn
July	5	Michelle Corder	Lost her mother Mary
July	6	Bonnie Benson	Lost her partner Chris
July	6	Joann Deuel	Lost her son Steve
July	6	Fred / Sue Miller	Lost their son Terry
July	7	Michelle Gietka	Lost her brother Garrett
July	7	Curtis Costner	Lost his girlfriend Arwen
July	8	Andee Church	Lost her brother Abel Church
July	9	Zenko Zulu	Lost her husband Kwame
July	10	Jessica Giles	Lost her mother Debbie Reames
July	10	Liz St. Louis	Lost her husband Tom
July	11	Jeanette Mack	Lost her daughter Angela
July	11	Jonathan & Leigh Manheim	Lost their son Garth
July	12	Katie Wilkinson	Lost her best friend Raul Villanueva
July	13	Patsy Genoway	Lost her son Carl Edward Thompson II
July	17	Roy / Karen Petschauer	Lost their son Roice
July	18	Holly Hobbs	Lost her daughter Stacy Hobbs
July	18	Jason Calland	Lost his sister Stacy
July	18	James Lyles	Lost his girlfriend Stacy
July	18	Karen Shane	Lost her son Robby
July	19	Cheryl Shane	Lost her step-son Robby
July	19	Gabe Behm	Lost his wife Elena
July	20	Eddie White	Lost his wife Dolly
July	20	Cherie Katana	Lost her son Samuel
July	20	Janet Paulson	Lost her step-son Nate
July	20	Julie Wunderlich	Lost her sister Jennifer
July	23	Jessica Giles	Lost her sister Angie Reames
July	24	Jessie Stark	Lost her mom Carol Stark
July	25	Troy Williams	Lost his wife MaryJo
July	26	Tom & Julie Amos	Lost their son/stepson Cameron
July	27	Arlie Petersen	Lost her son Jon
July	27	Rosie Breen	Lost her son Sonny Petra
July	27	Susan Zweigler	Lost her brother Randy
July	28	Connie & Beau McTighe	Lost their son Alan McTighe
July	28	Bob Sheaffer	Lost his friend Alan McTighe
July	30	David and Colleen Rocca	Lost their son Nick
July	30	Barb Clough	Lost her son Jonathan
July	31	Chris / Gary Davis	Lost their son Jeff Robertson
July	31	Sandra Wise	Lost her son's father Kevin
August	1	Samantha Miller	Lost her mother Tammy
August	1	Debra Schreck	Lost her brother Richard
August	1	Bradley Thompson	Lost his partner Dean
August	4	David Gerry	Lost his brother James
August	6	Donna Candiliere and Joy	Lost their son Devyn
August	6	Cristal Villarreal	Lost her former boyfriend Devyn
August	6	Pam Williams	Lost her son Josh
August	7	Amy	Lost her brother Scott
August	7	Denise Simpson	Lost her son Phillip
August	9	Karalee Rae	Lost her son Jerry
August	9	Maxine Johnston	Lost her son-in-law Dmitri
August	10	Ben and Diana Roller	Lost their daughter Jessica
August	10	Danielle Roller	Lost her sister Jessica
August	14	Greg Wallace	Lost his mother and father, John and Sandy
August	14	Jim Scott	Lost his brother Bob
August	14	Patricia VanDragt	Lost her son Jonathan
August	17	Debbie West	Lost her son Christopher
August	17	Rhonda Lundquist	Lost her son Jon
August	20	Troy Louvrak	Lost his son Joshua
August	24	Laurie Sypole	Lost her son Garrett
August	25	Rashanna Smith	Lost her daughter April

August	26	Beth Rivera	Lost her son Tyler
August	26	Linda Jacobson	Lost her husband Randy
August	26	Robert and Judy Knoyle	Lost their daughter Robin
August	27	Danielle Goodwin	Lost her daughter Cassandra
August	28	Heidi Smith	Lost her son Tristan
August	29	Benita Gjurasic	Lost her brother Jeffrey
August	29	Kimberly and Kenn Rivers	Lost their twin brother Chris
August	31	Becky Connors	Lost her daughter Brigitte

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

July birthdays: Garrett, JoAnn, Mark, Christopher, Kevin, Sandy, Stacy, Joshua, John, Jackson, Antonio, Devyn, Joe, Bob, Bryan, David, Don, Nate, Angie, Jeffrey, Louie, Larry, Walker, Jim, Wesley, Palmer, Carly, Alexandria, Roy, Kellen, Campbell and Kaylan.

August birthdays: Marie, Greg, MaryJo, John, Nita, Allison, Wesley, David, Debbie, John, Paul, Richard, Jon, Benjamin, Jennifer, Lana, Steve, Derek, Justin, Gregory, Michael, Jimmy, Randy, James, David, Lance, Gary, Abel, Jonathan, and James.

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

MEETINGS FOR JULY AND AUGUST - please note the changes!

Zoom Meetings! –

In these days of pandemic we all need to stay safe! Since we still have some limits on meeting in person we will be hosting Zoom meetings at the regular meetings times except Auburn which is able to meet in person:

2nd Wednesday at 7 pm for the Tacoma Group and
3rd Tuesday at 7 pm for the Olympia Group

Go to our Facebook page to find the link to the zoom meetings, the **password is ‘Auburn’**.
Or ask (support@auburnsos.com) and we can email it to you if you aren’t on Facebook. Please join us!

When things are back to ‘normal’ – this is when and where we meet:

The **Auburn** Group meets on the fourth Tuesday of every month (in person). 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, the address is 6315 S. 19th, Tacoma 98466, from 7:00 to 8:30 p.m.

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

The Olympia Group hopes to be in person by July!
Watch for updates on Facebook and the website – www.auburnsos.com

Let's Go On A....Grief Vacation?

Posted on [November 16, 2012](#) by [erin](#) | [4 Comments](#)

For many of those who have had to live through the tragedy of losing a loved one there are often several months of grief and sadness that survivors must endure following the death. In many situations, there is no time or space where it is appropriate to openly grieve. People are surrounded by places filled with memories and familiar smells that haunt them. Some are left with family responsibilities and must constantly appear strong so the underlying infrastructure doesn't crumble beneath them. A few weeks after the loss of a loved one, neighbors stop bringing over meals and those more distant begin to forget. However, the loss is still very new and those more closely related to the deceased are often still only in the beginning stages of grief and attempting to piece their lives back to normal.

The last thing one might think of is taking a vacation during this time period; however, those who do, find that it is much easier to proceed in their grieving process. Those who choose to go somewhere fun, where they can take their minds off the sadness that has overwhelmed their lives, find that they don't forget that they are grieving, but find it easier to remember the happier times with their loved one. For others, a vacation taken alone to a familiar spot may be easier, it gives the person the time and space to openly grieve and heal.

After the death of her teenage daughter to suicide, Jaletta Desmond, described how she and her husband decided to go to Las Vegas to celebrate a friend's birthday only a couple of months after the tragedy. Desmond describes that "Although we were able to laugh and visit and enjoy our friends and each other, we knew jumping on a jet to Vegas wouldn't carry us away from our grief." However, they both found that it was refreshing to be temporarily distracted by their sadness. She believed that her experience in Vegas somehow revived her and allowed her to begin to move past the grief that she had dwelled in for so long while also allowing her to become more equipped to go back to a home filled with past memories.

-E. Robinson

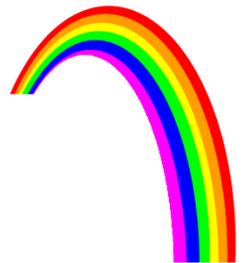
Feelings

No more your face to look upon
Or your beautiful smile to see
Though deep inside my heart I know
You still reside with me.

When the sun casts down it's golden rays
That's when I see your smile
Then rain drops fall just like my tears
And my heart aches for awhile.

A rainbow in the sky appears
With a beauty of it's own
And on the breeze I hear your voice
It whispers you're not alone.

Sandra Woolridge 2012



If You Would Have Known

By Shelby N. Merchen

If you could have seen the devastation,
shattered hearts you'd leave behind,
would you still have left this world that day?
Would it have made you change your mind?

If you'd known we'd cry so violently
and struggle just to breathe,
would that have made a difference?
Would you still have chosen to leave?

You left without a warning;
you left without saying "goodbye."
You left us with only questions.
The most important one is "why?"

Why did you believe
you had to face this world alone?

Why did you suffer silently?
We would have helped if we had known.

How long had you been hurting
before deciding you were done?
I'm glad your pain has ended,
but our pain has just begun.

So when you see us start to fall apart,
when our pain is too much to bear,
please take our hands and guide us;
remind us that you're there.

Help us hold on to the part of you;
you left us with your song.
Keep playing it in heaven.
We'll write the words and sing along.

“The risk of love is loss, and the price of loss is grief – But the pain of grief is only a shadow when compared with the pain of never risking love.” — Hilary Stanton Zunin

“There are no
goodbyes for us.
Wherever you are, you
will always be in my
heart. —
Mahatma Gandhi

In this newsletter we have included two poems not from famous people, but from ordinary people who have also experienced losing a loved one to suicide.

We encourage you to use writing as a healing tool, whether journaling or poetry writing. We'd love to share your writings on these pages!

Both 'If You Would Have Known' and 'Loved and Lost' come from <https://www.familyfriendpoems.com/poems/death/suicide/>

Suicide prevention starts with everyday heroes like you.



Upcoming Events

Our top priority is the safety and health of our Walkers, Volunteers, and Staff. Because of this, we are carefully monitoring the developments related to COVID-19 and will continue to do so. We are working with the city and state officials, and we will follow the recommendations from the CDC, City Departments of Public Health, and the World Health Organization. Thank you for your patience and understanding.

The Out of the Darkness Community Walk is a journey of remembrance, hope, and support. It unites our

communities and provides an opportunity to acknowledge the ways in which suicide and mental health conditions have affected our lives and the lives of those we love and care about.

Suicide and mental health conditions affect millions. Together, we can bring these issues Out of the Darkness and create a culture that's smart about mental health.

Connect With Others and Save Lives

These events give people the courage to open up about their own connections to the cause, and a platform to raise awareness about mental health and suicide prevention. Friends, family members, neighbors and coworkers walk side-by-side, supporting each other and in memory of those we've lost.

Register today and be part of the movement uniting #TogetherToFightSuicide.

Date	Event
09/10/2022	Spokane Eastern Washington Walk, Riverfront Park - Spokane, WA
09/17/2022	Thurston County Walk, Regional Athletic Complex - Olympia, WA
09/24/2022	Whatcom County Walk, TBD - Bellingham, WA
10/02/2022	Snohomish County Walk, Port of Everett Boxcar Park - Everett, WA
10/09/2022	Seattle Walk, Seattle Center, Fisher Pavilion - Seattle, WA

Pre-covid at in-person meetings we would have new people fill out a registration sheet so we could list their loved one here and so we could send them a newsletter. If you have attended a zoom meeting and would like to receive a newsletter and/or have your loved one acknowledged here, please send an email to support@auburnsos.com

Loved And Lost

By Christine G. McCloskey

When you lose
someone you love,
life will change,
you rearrange,
and everything around you
seems so strange.

The world will spin
in the wrong direction.
You feel alone
and want affection.
Your appetite changes,
you may not sleep,

you don't feel like talking
to anyone you meet.

But as time goes on,
things will get better,
and everything
just comes together.

And just because you smile,
it doesn't mean you don't care,
because you know in your heart
that they will always be there.

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

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

Return Service Requested



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The Moment That You Left Me

*The moment that you left me
My heart split in two.
One side filled with memories
The other side died with you.*

*I often lay awake at night
When the world is fast asleep.
and take a walk down memory lane
With tears upon my cheek.*

*Remembering you is easy
I do it every day.
But missing you is a heartache
That never goes away.*

*I hold you tightly within my heart
And there you will remain.
As my life goes on without you
But will never be the same.*

Doug Craven