



SURVIVORS OF SUICIDE

King/ Pierce/ Thurston County Support Groups



JULY/AUGUST, 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 Gary Woempner for a love gift in memory of his son Asa.

Many thanks to Zenko Zulu for a donation in memory of her husband Kwame

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:

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	15	Jennifer and Travis Johnson	Lost their son Zachery
July	15	Kimberly Krebs	Lost her nephew Zachery
July	15	Kari Silbaugh	Lost her grandson Zack
July	17	Roy and 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 and 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	2	Jenny Pino	Lost her son Stephen
August	4	David Gerry	Lost his brother James
August	6	Donna Candiliere and Joy	Lost their son Devyn
August	6	Karen Gardner	Lost her son Shawn Christopher
August	6	Cristal Villarereal	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, Rick, Jackson, Rod, Antonio, Devyn, Joe, Bob, Bryan, David, Don, Nate, Angie, Jeffrey, Louie, Larry, Walker, Jim, Wesley, Palmer, Carly, Alexandria, Roy, Kellen, 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 support@auburnsos.com



MEETINGS FOR JULY AND AUGUST -

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 6:30 to 8:15 pm.

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

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

What is the Difference Between Grief and Mourning?

Grief is the internal part of loss, how we feel.
The internal work of grief is a process, a journey.

Mourning is the external part of loss.
It is the actions we take, the rituals and the customs

Grief vs. Mourning: What's the Difference?

Grief and mourning are natural parts of healing after the loss of a loved one or friend. While grief and mourning relate to each other, they can each have a distinct impact.

Loss is a difficult and painful reality. Unfortunately, most people experience the loss of someone they love at some point in their life. People react differently to loss, and the effects might come and go or last for months or years.

Grief and mourning are common terms to describe feelings and behaviors following a loss. Although sometimes used interchangeably, grief and mourning represent different parts of loss. While grief represents the thoughts and feelings experienced following a loss, mourning includes outward expressions or signs of grieving.

Knowing the differences between grief vs. mourning can help you understand the different aspects of coping with loss.

Grief: Internal Emotions

Grief is a common and normal psychological response following a death or loss. The definition or meaning of grief includes psychological and physiological symptoms in response to bereavement, that can change over time.

Grief includes an acute phase, which happens shortly after a loss is experienced. Symptoms of acute grief can include:

- Sadness
- Longing to be with the person who was lost
- Thoughts and memories of the person
- Anxiety
- Anger

These feelings and thoughts are a normal reaction to losing someone. Although they share similar symptoms, grief is different from depression and doesn't require a clinical diagnosis. Grief can mean different things for different people and there is no right or wrong way to grieve. Over time, grief typically decreases and may become more of a background, rather than a dominant, feeling.

If feelings of grief do not lessen or become more manageable over time, this may be a sign of complicated grief. Complicated grief doesn't follow the usual pattern of grief decreasing over time, and can mean that there are disruptions to the healing process. This can prevent a person from moving on or returning to their usual functioning and can cause lasting sadness and distress.

Mourning: External Expression of Loss

While grief refers to the internal experiences of loss, mourning is best defined as acts or outward expressions of grief. Some common examples of mourning can include preparing for a funeral, wearing black or sharing memories or stories about a loved one. These parts of the mourning process can be impacted by cultural practices or rituals and can give structure to the grieving process.

There is usually no formal guide for mourning, and the process can vary from person to person and can depend on the type of loss experienced. Losing someone can be considered a threat or risk of harm to the brain, so the process of mourning can help people to accept and emotionally process death or loss. The process of mourning

allows people to form long-term memories of a loved one, and includes adapting and learning new ways to carry on without a person they cared deeply about.

Mourning can be a lengthy and painful process, but it is a healthy part of bereavement. Mourning can help people preserve the memory of loved ones and feel hopeful about living a happy and fulfilling life without them. Although mourning can be painful, the mourning process allows people to re-engage with their daily life and to feel joy and happiness again.

Recognizing the Difference Between Grief and Mourning

Grief and mourning are closely related to each other and can go hand in hand following the loss or death of a loved one. The difference between grief and mourning are the internal vs. external nature of the processes.

Grief relates to the thoughts and feelings that accompany a loss; from sadness to anger to longing to be with the person. On the other hand, mourning is how feelings of grief are shown to the public. They are acts or behaviors that show the sadness or hurt that someone is experiencing after losing someone they love.

Grief and mourning represent different but complementary parts of the healing process. Both grief and mourning can be intense and painful shortly following a loss but can decrease over time as healing and acceptance develop.

Coping With Loss

Coping with loss can be a difficult and painful process. There are aspects of the grieving and mourning process that can help a person move beyond loss and live a happy and fulfilling life.

Because loss can be extremely painful and emotional, some people may be inclined to avoid or deny a loss in order to protect themselves from difficult thoughts and feelings. Avoiding the grieving process can prevent a person from processing death or loss in a healthy way, and can extend or halt the grieving process. Although difficult, addressing and processing a loss can help reduce grief over time. Grieving can help people honor the memory of a loved one, but also allow them to feel joyful and connected again.

Learning to cope with loss is an important emotional process and can help with overcoming grief. Healthy coping can include sharing memories of a loved one, self-reflection, talking with close companions, or focusing on positive emotions and aspects of the lost relationship.

By The Recovery Village, Editor Renee Deveney

Shout out to Diane Degooyer for suggesting this topic!

*It did not
Kill me and
It did not
Make me stronger.*

*It simply was
And always will
Be scorched upon
My heart.*

The point is not

(and will never be)

To stop the grief.

That's like stopping the ocean.

The point is to find ways to swim.

Other Resources

Widowed Information and Consultation Services

The purpose of WICS is to provide a supportive environment to widowed people. WICS operates on volunteered time and donations from the community.

Monday — 2:00 pm

Auburn Senior Activity Center

808 Ninth Street SE, Auburn, WA 98002

Contact for Details – (206) 241-5650

Grief Support Group

When: 1st & 3rd Mondays of each month (excluding holidays), 10-11:30 am.

Where: Lacey Presbyterian Church, 3045 Carpenter Road SE, Lacey

Phone: (360)493-4667 or (800)869-7062 (Providence Sound Homecare & Hospice)

The Compassionate Friends, Olympia

What: Loss of Child Support Group

When: First Monday of every month, 7-8:30 p.m.

Where: Providence St. Peter Hospital (Executive Meeting Room), 413 Lily Road NE, Olympia

Phone: (360) 402-6711 (Providence SoundHomeCare & Hospice)

The Compassionate Friends, Kent

Saint Columba's Episcopal Church

26715 Military Rd

South Kent, 98032

3rd Tuesday of each month 6:30 – 8:00 pm

Michael (206) 369-7366

BRIDGES: A Center for Grieving Children is a family-based support program where families with children ages 4-18 who have experienced the death of a parent or a sibling come together to heal. We offer support groups just for children as well as groups for adults.

When: 1st and 3rd Mondays of every month 6:00-8:30 p.m.

Where: Christ Church, 310 North K St, Tacoma, WA 98403

Who: Surviving families of suicide who have children between the ages of 4-18

Contact: Matt 253-403-1966 for more information

The Compassionate Friends, Federal Way

What: Loss of Child Support Group

When: 2nd Wednesday of every month, 6:30-8:30 p.m.

Where: St. Francis Hospital, 34515 9th Ave. S, Federal Way

Phone: 206-241-1139, Email: tcfmarge@aol.com



Here are Ron Callahan, Cathy Johnson, Catherine North and Char Ashcraft. They staffed our table at the Health and Resource Fair put on by the Senior Advisory Commission at Federal Way Performing Arts and Events Center on Thursday, May 11th.

We are always looking for folks willing to help out with events such as these. Please email us if you think you'd be able to help, support@auburnsos.com or contact the facilitator at your group.

*Grief comes in one size,
Extra Large.
If we tuck it away
in the bottom drawer
where it never sees the light of day,
it remains exactly the same.*

On the other hand,
if we wear it, feel it,
talk about it,
and share it with others,
it is likely that it will become faded, shrunk and worn,
or will simply no longer fit.
When grief has served its purpose,
we are able to recognize the many gifts we have gained.

-Dianne Arcangel, in
Life After Loss: Conquering Grief and Finding Hope

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

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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.

Healing.

It doesn't have to look
magical or pretty. Real
healing is hard,
exhausting, and draining.

Let yourself
go through it. Don't try
to paint it as anything
other than what it is.
Be there for yourself
with no judgment.