



# SURVIVORS OF SUICIDE

## King/ Pierce/ Thurston County Support Groups



**MARCH/APRIL 2025 NEWSLETTER**

**Website:** [www.auburnsos.com](http://www.auburnsos.com)

**e-mail:** [support@auburnsos.com](mailto: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 21<sup>st</sup> 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!

*Some Belated Thank Yous!*

*Maxine and Ed Johnston in memory of their son-in-law Dmitri Sullivan*

*Dana Curtis and Paul Stroeder in memory of Dan Nordgren*

*Jane Hower in memory of her beloved son Wes*

**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!

Andee Church	253-820-1911	Lost brother	Kathy Melsness	253-446-6500	Lost daughter
Heidi Smith	253-381-8717	Lost son	Pam Driggers	253-921-7829	Lost husband
José Martin	206-228-7413	Lost son	Kathy Crowley	253-471-9412	Lost son

**THINKING OF YOU ESPECIALLY:**

March	1	Kacie Gustafson	<i>Lost her brother Craig Davidson</i>
March	6	Shannon Garrett	<i>Lost her fiancé Rod</i>
March	6	Roberta and Paul Shelton	<i>Lost their son Paul IV</i>
March	6	Lorey Tucker, Natasha Curenton	<i>Lost their son and brother Holly Wayne</i>
March	7	Dan Bosch, Norma Bosch	<i>Lost their son Brian</i>
March	8	Kate Yocum	<i>Lost friend Kory</i>
March	9	Ray Tellier	<i>Lost his father Chris</i>
March	9	Bethany Ferguson	<i>Lost her brother Peter</i>
March	9	Geno Hoff	<i>Lost his brother Perry</i>
March	11	Renaee Bolland	<i>Lost her son Brenden</i>
March	11	Jonnie Parker, Audrey Hornbuckle	<i>Lost daughter Brenda, lost her sister Brenda</i>
March	11	Lyn Radford	<i>Lost her son Joe</i>
March	12	Jackie Bryant	<i>Lost her daughter Marisa</i>
March	12	Andrew, Nicole, Donovan Driggers	<i>Lost their father 'Chuck'</i>
March	12	Pam Driggers	<i>Lost her husband 'Chuck'</i>
March	12	Cindy Cables	<i>Lost her husband John</i>
March	12	Kim Holmes	<i>Lost her son Wesley Martin</i>
March	15	Becky Crook	<i>Lost her son Tom</i>
March	16	Lori Halstead	<i>Lost her son Brandon</i>
March	16	Ted & Peggy Warren	<i>Lost their son David</i>
March	18	Bruce Parker	<i>Lost his wife Lisa</i>
March	18	Annette Bryan & Nancy Haack	<i>Lost their son Erick Benjamin Bryan</i>
March	18	Diane Barmore	<i>Lost her best friend Lisa</i>
March	19	Christy Jarbu-Record	<i>Lost her husband Paul</i>
March	19	Patty Jarbo	<i>Lost her son-in-law Paul</i>
March	19	David and Paul Prestin	<i>Lost their mother Chris</i>
March	19	Marilou VanDeRiet	<i>Lost her husband Rick</i>
March	19	Julie, Catherine & Jearit	<i>Lost their brother John</i>
March	21	Des McGahern	<i>Lost his brother Noel</i>
March	22	Tonya Neuhausen	<i>Lost her daughter Jennifer Nichole</i>
March	22	Jamie Sabin	<i>Lost her niece Jennifer</i>
March	22	Bob & Sherri Ralston	<i>Lost their son Brien Michael Warren</i>
March	23	Ken Allen	<i>Lost his wife Beth</i>
March	23	Jim & Nancy Lawrence	<i>Lost their son Travis</i>
March	24	Steve, Marcia, Brett Larsen	<i>Lost son and brother Eric</i>
March	26	Laura Beach	<i>Lost her husband Marcus</i>
March	26	Andrea Hentschell	<i>Lost her husband Marcus,</i>
March	26	Ellen Hentschell	<i>Lost her son Marcus</i>
March	26	Brad Hentschell	<i>Lost his brother Marcus</i>
March	29	Irene Comacho	<i>Lost her boyfriend Mike</i>
March	29	Melinda LaCour	<i>Lost her son Robert</i>
March	29	Kaela Moontree	<i>Lost her twin brother Soren</i>
March	31	Megan Murphy	<i>Lost her father Lloyd</i>
April	1	Patti Ibarra	<i>Lost her daughter Emily</i>
April	2	Rick and Camille Anderson	<i>Lost their son Logan</i>
April	2	Crystal Pinero	<i>Lost her son Mark 'Antonio'</i>
April	3	Julie Hatfield	<i>Lost her son, her brother Danny</i>
April	3	James Ridenour	<i>Lost his friend David</i>
April	4	Jeff Archer	<i>Lost his son Akira</i>
April	4	Tammy Bahr	<i>Lost her son Trevor</i>
April	5	Fern Cone	<i>Lost her son Liberty</i>
April	7	Marilee and Lyle Heiss	<i>Lost their son Jason</i>
April	8	Yvette Dean	<i>Lost her dad Rick</i>
April	8	Janet Laird	<i>Lost nephew Jeremy</i>
April	10	Sarah Grods	<i>Lost her son Caleb</i>
April	11	Vanessa Hipp, Sophia Hipp	<i>Lost their niece Alexandria</i>

April	11	Latrice James	<i>Lost her friend Alexandria</i>
April	12	Cheryl and Kelly Gustine	<i>Lost her husband, father Timm</i>
April	12	Julie Backman	<i>Lost her husband Paul</i>
April	13	Pat Farkas	<i>Lost brother Don</i>
April	15	David Garza	<i>Lost his nephew Anthony</i>
April	15	Jessica Perry	<i>Lost her brother Berry</i>
April	17	Leslie Aronson	<i>Lost her son Forrest</i>
April	17	Julia Okitsu	<i>Lost her husband Forrest</i>
April	18	Beverly Berentson	<i>Lost her son David</i>
April	19	Bill and Carolyn Fisher	<i>Lost son Joshua</i>
April	19	Kathy Jacobus	<i>Lost son Chaz</i>
April	21	Wayne and Sue Knapp	<i>Lost their son Todd</i>
April	22	Pauline Steputis	<i>Lost her husband James</i>
April	22	Cassie Robert	<i>Lost sister Mandy</i>
April	25	Kathy, Kelly Crowley	<i>Lost son Michael</i>
April	25	Frank Holdener, Susan Odom	<i>Lost grandson Michael, lost her nephew Michael</i>
April	25	Rashanna Smith	<i>Lost her daughter April</i>
April	26	Kitty Burris	<i>Lost her sister Pepper</i>

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

**March birthdays:** Clifford, Anthony, Danny, Peter, Shawn, Lloyd, Robert, Jadon, Todd, Zachary, Clyde, John, James, David, Jeremiah, Tristen, Chaz, Nick, Michael, Shane, Harry, Taylor, Arwen, Jonathan, Jenifer, Ira, Andy, Kyle, Scott, Kristin, Jake, Holly, Ryan, Tom, and Linda.

**April birthdays:** Asa, Beth, Cesar, Anthony, Erros, Keely, Cindy, Toni, Carrie, Jerry, Rich, Sean, Jessica, Don, Candice, Chris, John, James, Susan, Denny, Sonny, Soren, Jim, Upin, and Bruce.

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

### **MEETINGS FOR MARCH AND APRIL -**

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-14, located at 333 Kaiser Road in Olympia from 6:30 to 8:15 p.m..

For more information or directions please call Heidi at 253-381-8717.

The **Tacoma** Group meets on the second Wednesday of every month. Meetings are held at the Tahoma Indian Center, 621 Tacoma Ave S., #505 at 6:00 p.m.

For more information or directions please call Colette at 360-490-3454 or [coletteaugust@gmail.com](mailto:coletteaugust@gmail.com).

There is no fee to attend any of these groups. For more information send an e-mail to [support@auburnsos.com](mailto:support@auburnsos.com)

We are very grateful that Heidi was willing to step up and fill in for Janis facilitating the Olympia Group. Janis continues to heal and we all wish her the best.



*"When a loved one dies they do not stop being a part of a family.  
They are and always will be a member of a family.  
Their presence is different but they are still a member of a family."*

*Fr. Charles Rubey*

*In Memory of John*

25 years ago you did the unthinkable  
Leaving us all with broken hearts and  
so so many questions  
And no answers

It was like the sun coming up in the west.  
And setting in the east  
There was just a wrongness to it  
That you were no more.

The path to healing has been a rocky one  
a long, painful one  
with many stumbles along the way  
But heal we must

All the birthdays and Thanksgivings  
And Christmases. Little ones born and  
Oh, by the way, mom died  
About eleven years after losing you

I think about not just how much I miss you  
But what you've missed.  
But hey -  
You didn't have to deal with living through covid

I don't think of you every single day anymore  
every single minute,  
but I think of you  
I think of you often

I wish we had all known  
What pain you were in  
And could've reached inside  
And taken it away

But know this little brother  
You are not forgotten  
You are loved  
And you are missed

Catherine North



In memory of John Sargent Southern, died by suicide March 19, 2000



**INTERREGNUM**

**The span between life and death  
Can be as quick and sudden  
As a puff of wind  
That blows out a candle.  
But the candle does not suffer**

**After darkness comes.  
It is the person  
Left in the dark room  
Who gropes and stumbles.**

**~~ Helen Duke Fike ~~**

We welcome your stories, poems and  
articles. Send to [support@auburnsos.com](mailto:support@auburnsos.com)

## *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.

When: Monday- 2:00 pm

Where: Auburn Senior Activity Center, 808 Ninth Street SE, Auburn, WA 98002

Contact: 206- 241-5650

### **Grief Support Group**

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

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

Contact: 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 pm

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

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

### **The Compassionate Friends, Kent**

When: 3<sup>rd</sup> Tuesday of each month 6:30 – 8:00 pm

Where: Saint Columba's Episcopal Church, 26715 Military Rd, South Kent, 98032

Contact: 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: 1<sup>st</sup> and 3<sup>rd</sup> Mondays of every month 6:00-8:30 pm

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

### **Griefshare – Federal Way**

Faith based grief support group. Nominal fee includes workbook.

When: Wednesdays, 12-2pm

Where: St Luke's Lutheran Church, 515 S. 312th St., Federal Way, WA 98003

Who: this group is not specific to suicide loss

Contact: Alice Phillips, 253-941-3000

## Health and Resource Fair

Thursday, May 15<sup>th</sup>, 10-1  
Federal Way Performing Arts and Events Center  
31510 Pete von Reichbauer Way

SOS will have a table there, stop by and say hello!

And let us know if you'd like to help staff the table.

You care so much you feel  
as though you will bleed to  
death with the pain of it.

J. K. Rowling

*Please don't ask me if I'm over it yet.*

*I'll never get over it.*

*Please don't tell me he's in a better place.*

*He's not here with me.*

*Please don't say he isn't suffering any more.*

*I haven't come to terms of why he had to suffer at  
all.*

*Please don't tell me how you feel*

*Unless you've lost someone to suicide.*

*Please don't ask me if I feel better.*

*Bereavement isn't a condition that clears up.  
Please don't tell me at least you had him for so  
many years.*

*What year would you like your brother to die?  
Please don't tell me God never gives us more than  
we can bear.*

*Please just say you're sorry.*

*Please just say you remember my brother if you do.*

*Please mention my brother's name.*

*Please be patient with me when I am sad.*

*Please just let me cry.*

*Donations are always appreciated and are tax deductible*



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

Please mail your donations to:

28824 21<sup>st</sup> Ave. S., Federal Way, WA. 98003

In memory of: \_\_\_\_\_

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State, Zip

## *The Healing Journey*

The journey of healing can be a difficult and lonely road to travel.

Below are some practical pathways to assist you as you transition through grief.

Accept that each person will grieve in their own way, including you.

Hold close to your Spiritual Belief System.

Speak out your grief, share your feelings of loss, pain and hurt.

Share the beautiful memories, the good times and the hard times.

Find a trusted friend who has journeyed before you to express your feelings to.

Give yourself permission to mourn.

During significant dates like anniversaries, birthdays and special occasions give yourself space to reflect, remember, celebrate and mourn. If possible, set aside time on these significant days to allow yourself a personal moment of reflection. There may be a special place of meaning, a treasured song to play and other close family members to be with at these times. Allow yourself to journey through the remembering.

Search around for a support network. Surround yourself with those that can provide compassion and with those who have walked the path of grief before you.

Be kind to yourself. Grief can be exhausting. Be patient and kind to your physical, emotional and spiritual well being. Slow your pace, ensure you are getting some form of exercise, eat healthy foods and try to get sufficient rest.

Don't rush decisions. Give yourself time when deciding on what to do with those treasured possessions and those belongings. Don't be pushed into these decisions. You will know when the right time is.

Hold close the legacy of your loved one.

A light went out on earth for me.  
The day we said goodbye  
And on that day a star was born  
The brightest in the sky  
Reaching through the darkness  
With it's rays of purest white  
Lighting up the Heavens  
As it once lit up my life  
With beams of love to heal  
The broken heart you left behind  
Where always in my memory  
Your lovely star will shine

[www.griefandsympathy.com](http://www.griefandsympathy.com)

Like a shadow in the moonlight  
Like the whisper of the seas  
Like the echoes of a melody  
Just beyond our reach  
In the shadow of our sorrow  
Past the whisper of goodbye  
Love shines through eternity  
A heartbeat from our eye

unknown

Auburn SOS  
28824 21<sup>st</sup> Ave. S.  
Federal Way, WA 98003

Return Service Requested

*Non profit Org  
US Postage Paid  
Federal Way, WA  
Permit #58*



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.

**“One learns to live with the loss, the tragedy, the waste, and the gaping hole in the fabric of one's life. There is no closure, nor would I want one. I want to remember him all my life, vividly: his laughter, the smell of his sneakers under his bed, his moments of joy, his humility, and his integrity.”**

**AFSP**