



# SURVIVORS OF SUICIDE

## King/ Pierce/ Thurston County Support Groups

MAY/JUNE, 2020  
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!

This month we received a donation through Cybergrants and the Charities Aid Foundation of America  
Thank you!



*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!*



**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:

May	1	Ann Good	<i>Lost her older brother Brian</i>
May	1	Jane Jenks	<i>Lost her son Matthew</i>
May	1	Caralin Coffey	<i>Lost her son Robbie</i>
May	3	Annette Hicks	<i>Lost her brother Burton</i>
May	4	Cecilia Icenogle	<i>Lost her son Paul</i>
May	4	Misty Elledge	<i>Lost her husband Jake</i>
May	5	Stasi Abramson	<i>Lost her husband Neal</i>
May	5	Becky Fralick	<i>Lost her husband Clifford</i>
May	5	Kathy & Steven Gus	<i>Lost daughter Sally</i>
May	9	David Shepherd	<i>Lost his wife Tina</i>
May	9	Cindy Brooks	<i>Lost her brother Barry</i>
May	11	Dorothy Joan Ritchie	<i>Lost her son Shawn</i>
May	11	Karen Curnow	<i>Lost her husband Don</i>
May	11	Linda Bowen, Kristy Vardon	<i>Lost their friend Don</i>
May	12	Jamie Clair	<i>Lost best friend Antonio Morales</i>
May	12	Lindy Nagle	<i>Lost her brother Les</i>
May	13	Tom Fender	<i>Lost his wife Kathy</i>
May	13	Tristan Marshall	<i>Lost her husband Matt</i>
May	14	Linda Morris	<i>Lost her son Andrew</i>
May	15	Cindy Williams	<i>Lost her son Kolby</i>
May	17	Connie Horton	<i>Lost her brother Steve</i>
May	17	Kristina Stokes, Kristin Bennett	<i>Lost her father, grandfather Gary Bennett</i>
May	20	Kelly Molano	<i>Lost her husband Alex</i>
May	20	Colleen Zevenbergen	<i>Lost her fiancé David</i>
May	21	Debbie Endsley	<i>Lost her nephew Justin Campbell</i>
May	21	Bernadette Fong	<i>Lost her friend Kalani Whitney</i>
May	23	Ruth Conway, Stefanie Freeman	<i>Lost her son Asa, her brother Asa</i>
May	23	Linda Sabado	<i>Lost her daughter Victrina</i>
May	23	Gary Woempner	<i>Lost his son Asa</i>
May	23	Diane Lindfors	<i>Lost her husband John</i>
May	25	Joan Helbacka	<i>Lost her father-in-law Ray</i>
May	27	Russell Munden	<i>Lost his brother Bradley</i>
May	27	Jennifer Harvey	<i>Lost her fiancé Angel</i>
May	28	Sandra Christian	<i>Lost her son Thomas</i>
May	29	Janet Miller	<i>Lost her boyfriend Ken</i>
May	29	Karrie Myton	<i>Lost her mother Sydney</i>
May	31	Joanne Nesta	<i>Lost her husband Jesse</i>
May	31	Ruth-Ann Johnson	<i>Lost her brother Jeremiah</i>
June	1	Iysha Matthews	<i>Lost her brother Jordan</i>
June	1	Tina Matthews	<i>Lost her nephew Jordan</i>
June	2	Shannon Whitemarsh	<i>Lost her husband Bryan</i>
June	3	Janet Renken	<i>Lost her daughter Natasha</i>
June	3	Diane Brown	<i>Lost her brother Don</i>
June	3	Bonnie Palin, Venita Cook	<i>Lost her son Jadon, her grandson Jadon</i>
June	6	Kara Olson	<i>Lost ex-husband James</i>
June	6	Rob Waldron	<i>Lost his partner Bill</i>
June	7	Elsie Dennis-Dofelmier	<i>Lost her son Jamie</i>
June	8	Heidi Sanders	<i>Lost her husband Kevin</i>
June	9	Joan Helbacka	<i>Lost her brother-in-law Don</i>
June	10	Nancy Ekdahl	<i>Lost her brother John</i>
June	10	Judy Kester	<i>Lost her brother Ed</i>
June	11	Ralph & Darlene Elliott	<i>Lost their son Randee</i>
June	12	Sue Ray	<i>Lost her brother Robert</i>
June	12	Cherie Nordgren	<i>Lost her husband Dan</i>
June	14	Courtney Deel	<i>Lost her s/o John</i>
June	14	Colette August	<i>Lost her mom Lana Buffington</i>
June	14	Lavina Crosby	<i>Lost her Aunt Lana</i>

June	14	Jody Wilkins	<i>Lost her boyfriend Mike</i>
June	15	Jan Lumsden	<i>Lost her brother</i>
June	16	Brad & Susan Hicks	<i>Lost their son James</i>
June	17	Windi McDaniel	<i>Lost her son Benjamin</i>
June	17	Sarah Rapacz	<i>Lost her brother Jeff</i>
June	17	Jo Gunn	<i>Lost her son Jeffrey</i>
June	18	Tabitha Selby	<i>Lost her brother Benjamin</i>
June	18	Catherine Masucci	<i>Lost her brother Fred</i>
June	18	Joni & Lino Nordland	<i>Lost daughter's boyfriend Walker</i>
June	19	Katie Bukata, Kimmie Hummel	<i>Lost their best friend Jenna</i>
June	21	Julie Healy	<i>Lost her daughter Kristin</i>
June	22	Jamie Buccieri	<i>Lost mom Jodi</i>
June	22	Carrie Harper & Dennis Kitzmiller	<i>Lost their son Jeffrey</i>
June	22	Brynn and Myrv Rutherford	<i>Lost their son Kellen</i>
June	23	Greg and Faye Brown	<i>Lost their daughter Candice</i>
June	24	Joy Kinzer	<i>Lost her fiancé Shawn Bertsch</i>
June	25	Janis Fesenmaier	<i>Lost her brother Paul</i>
June	26	Cindi Wilson	<i>Lost her son Jacob</i>
June	26	Karin Gehrke	<i>Lost her nephew Jacob</i>
June	28	Linda and Kelly Keough	<i>Lost son Derek</i>
June	30	Deb Boulton	<i>Lost her husband Mark</i>
June	30	Jennifer Chapline	<i>Lost cousin Carleen</i>

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

**May Birthdays:** *Jim, Jacob, Phil, Matt, Rachel, Sean, Eric, Paul, Elena, Armand, Jason, Art, Alan, Roice, Jeffrey, Marshall, Robert, William, Thomas, James, Patrick, Tyler, Joshua, Tina, Scott, Vikki, Erik, and Jodi.*

**June Birthdays:** *Brenden Lee, Jerry, Cassandra, Erick, Angela, Jacsha, Chester, Jason, Joshua, Derek, Terry, Sean, Matthew, Chris, Garrett, John, Jerry, Thomas, Paul, Carol, John, Keith, Andrew, Angel, Austin and John.*

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](mailto:newsletter@auburnsos.com)

**MEETINGS FOR MAY AND JUNE: please note the changes!**

***Zoom Meetings! –***

Until the pandemic and the lockdowns are over we all need to stay safe! Since we cannot meet in person we will be hosting Zoom meetings at the regular meetings times:

2<sup>nd</sup> Wednesday at 6 pm, 3<sup>rd</sup> Tuesday at 7 pm and 4<sup>th</sup> Tuesday at 7 pm

Go to our Facebook page to find the meeting, the password is 'Auburn'.

Don't have Zoom? Download it for free at [Zoom.com](https://zoom.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. 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. 19<sup>th</sup>, Tacoma 98466, from 6:00 to 8:00 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)

## The Garden

A big stack of dishes takes time to do  
so I take the time to do it  
and building a garden or raising a child  
is a labor of love that never ends  
so I give ample room in my life  
to the living heart of me.  
The familiar we accommodate  
as we go about planning our lives  
but how many are prepared  
to make room for a grief  
like the untimely loss of a love?  
And how long does it take  
and what space do we make  
after sharing a lifetime to leave it?  
Every part of your day affected  
from the way you wake to going to bed  
when you love someone  
they are part of you  
your every movement linked  
so deep you don't think it.  
It just is, like they are,  
and surely will always be.  
But people go in untimely and tragic ways  
leaving us to grieve  
a loss so large most cannot conceive it.

And yet, there it is and here we are  
gathering days in bunches like bouquets  
as we sit in stunned silence,  
numb to ourselves and to each other,  
numb to the dishes and the garden,  
unable to move and barely to breathe  
this grieving is work like digging ditches  
and it takes all my strength just to sit.  
I don't understand this, I'm still new  
but it's pretty clear that one year or two  
will not get me through.  
And I have a feeling that this loss is living  
like a garden that needs my attention  
and the space I must make to live with death  
will require a daily commitment.  
Don't fear you may remind me causing more pain  
there is no moment I forget.  
In fact, the opposite is true.  
If you can join me in my garden, grieving,  
together we may find a healing.



Kristen Spexarth



## American Foundation for Suicide Prevention

Stay tuned for information about the AFSP Community Walks!

There will be walks in Aberdeen, Bremerton, Everett, Olympia, Puyallup and Seattle. We plan to have a presence at all of these events.

Also check out the AFSP website for updates.



## Let Yourself Rest

*If you're exhausted, rest.*

*If you don't feel like starting a new project, don't.*

*If you don't feel the urge to make something new,*

*Just rest in the beauty of the old, the familiar, the known.*

*If you don't feel like talking, stay silent.*

*If you're fed up with the news, turn it off.*

*If you want to postpone something until tomorrow, do it.*

*If you want to do nothing, let yourself do nothing today.*

*Feel the fullness, of the emptiness, the vastness of the Silence, the sheer life in your unproductive moments.*

*Time does not always need to be filled.*

*You are enough, simply in your being.*

Jeff Foster

## Spring Cleaning On Earth, Or SOS To The Nearest Galaxy

Bright blue postcard days of March, shine on.

Virgin trees dressed in pale pink and cream,  
delicate, innocent, but no one to admire them.

Empty cities, except for foot soldiers  
in hazmat suits spraying chemicals  
on cafe tables, statues, park benches,  
the Coliseum, the Eiffel Tower,  
St Pauls and St Peters,  
the Bridge of Sighs.

Electric stillness, but underneath  
rise tidal waves of fear,  
and a malignant invisible army.

The Ark is overcrowded,  
our species is being culled.

We would be grateful for your help,  
preferably.....yesterday

Liz St. Louis

If I've learned anything from life,  
It's that sometimes, the darkest  
times can bring us to the  
brightest places...  
I've learned that no matter how  
powerless we feel or how  
horrible things seem, we can't give up.  
We have to keep going, even when it's scary...  
Because whatever we're battling in the moment, it will  
pass, and we will make it through.  
We've made it this far.  
We can make it through whatever comes next.

Daniell Kopeke



## Managing Grief During a Pandemic

Many of us are grieving right now. We are grieving people we have lost, in many instances not having had the opportunity to say goodbye or to be with them in their final moments. We are grieving not being able to have our in-person presence to support one another right now. We are grieving our rituals, our routines and the familiarity of our day-to-day assumptions. For those of us who have a history with grief (especially the unexpected kind), we may be having grief of those former losses stirred and awakened. This week alone, I had two separate dreams connected to previous losses (a death and a miscarriage). I had to remind myself when I woke that it was not those events reoccurring, but another, entirely distinct set of losses that I was currently experiencing.

Grief can be messy. It's not linear, as in, "when I get through this particular feeling, I'm done with that." It is cyclical and lingers around important events, words not said, certain songs, and moments captured like photographs in our minds. It is a place we can choose to visit or ignore, though it resides in the background as if waiting for us to notice.

If you are experiencing grief right now, here are some things you might remind yourself:

- **There are different ways to say goodbye.** Unexpected endings tend to bring strong emotions, often anchored in both the present and the past, when we may have felt abandoned or left behind. There are different ways to say goodbye. Write a letter to your loved one, even if you end up being the only one who sees it. If your loved one has died or is in a place you can't visit, hold an intention for them in your mind, and say it aloud as you think of them throughout the day. One of my favorites is, "May you feel my love for you and be surrounded by peace."
- **"The last sentence of the book doesn't rewrite the entire story."** Years ago, following the loss of someone dear to me, a wise person shared these words with me. It reminded me that even though I was unable to be with my loved one when he died, I had a book full of lines to draw upon that were the story of our life together and of our relationship. Many of those lines were expressions of our love, moments we shared together, conversations and memories. Remembering these feelings and these moments is how we get a sense of who the individual was; who we were with them; and what the relationship was—all of which surpasses their final moments. Right now is a good time to reflect on those earlier, better memories as best as you can, to remind yourself of the full picture of their lives and your connection.
- **Connections can deepen over time, even after loss.** My father died 14 years ago this week. In the early days and weeks following his death, all I could remember was the image of him sick, and the trauma I associated with that. As time passed, my memories of him unexpectedly became richer and more accessible than they were in those early days. The images of him being sick began to fade away. I can now more easily remember his laugh and his jokes, and recognize the similarity between my daughter's eyes and his. I also feel more connected to how he must have felt as a parent, now that I am one, myself. These are newer, deeper connections to my father, ones I couldn't have anticipated at the time he died.
- **You are not alone in your grief.** Know that others are also experiencing grief right now, and that there is support available. Online grief support, and grief support provided by mental health professionals, hospice centers and faith groups are all accessible to you, many via telehealth and other virtual platforms. You can learn about options for grief support by connecting to your local mental health providers, faith organizations or hospice, or through one of the following national resources: National Suicide Prevention Lifeline: 1800 273-TALK (8255); Crisis Text Line: text TALK to 741741. If you are struggling with the loss of a loved one to suicide, even one that occurred prior to COVID-19, AFSP has our Healing Conversations program, which provides peer-to-peer phone or video contact and resources for those struggling with suicide loss.

Please know, at this time, that others who have traveled the roads of grief are here for you and can serve as guides. Look to them for hope, healing and comfort during this difficult time, and know that days are ahead of you in which the intensity of your grief will be lessened, and replaced by loving memories.

by Doreen Marshall, Ph.D.  
Vice President of Mission Engagement, AFSP



Normally the NAMI Walk is in the spring – due to the Covid 19 virus it has been rescheduled to -

**Saturday, September 6, 2020**

*As we have every year – Auburn SOS will have a table at the walk, stop by and say hello!*

NAMIWalks, the nation's largest mental health awareness and fundraising event. See you there!

**"My Spirit Lives On"**

See through the window,

Look at the light,  
Smell the sweet flowers,  
See the sky bright,  
Shed not the tears,  
As you feel I have gone,  
Love never leaves,  
And my spirit lives on.

Talk of me often,  
Your words will be heard,  
I'll be by your side,  
As swift as a bird,  
Love life and laugh,  
Together we'll be,  
On the right path,  
As our spirits fly free.

Dedicated to Carol Ann Rands  
(Healer)

anonymous

**A great soul serves  
everyone all the time.  
A great soul never dies.  
It brings us together  
again and again.**  
-----  
Maya Angelou

*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



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

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*“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*