



SURVIVORS OF SUICIDE

King/ Pierce/ Thurston County Support Groups



SEPTEMBER/OCTOBER 2024 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 Ed and Maxine Johnston for a donation in memory of their son-in-law Dmitri Sullivan

Many thanks also to Andee Church for a donation in memory of her brother Abel.

Many thanks to Colleen and David Rocca for a donation in memory of Nick Rocca

Many thanks to Jane Hower for a love gift in memory of her son Wesley.

Without your help we could not do what we do!

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:

September	1	Brad Knowles	<i>Lost his brother Greg</i>
September	3	Lia and Jesse Good	<i>Lost their son Mike</i>
September	4	Rashanna Smith	<i>Lost her daughter April</i>
September	4	Mickie Kasalek	<i>Lost her son James Otto</i>
September	5	Jean M. Winburn	<i>Lost her daughter Katie</i>
September	9	Karen Khela	<i>Lost her son Jeremy</i>
September	10	Nancy Leonetti	<i>Lost her son Kip</i>
September	10	Chineka Williams	<i>Lost her dad Willie C. Jones</i>
September	10	Sheila and Ira Benton Sr., Tina Tomyon	<i>Lost their son Ira, lost her brother Ira</i>
September	12	Kate Rini	<i>Lost her brother Kyle</i>
September	12	Mary E. Bremen	<i>Lost her nephew Shane Bremen</i>
September	13	Gay Wood	<i>Lost her son Aaron</i>
September	13	Jane Hughes	<i>Lost her daughter Danielle</i>
September	14	Owen Dominique	<i>Lost his dad, King and brother Diesel</i>
September	14	Lynn and Ken Weatherill	<i>Lost their son Scott</i>
September	16	Christie Dallaire	<i>Lost her brother Rick</i>
September	16	Michelle Potwin	<i>Lost her mother Erros</i>
September	16	Amanda Ruston	<i>Lost her sister Jenifer Bollinger</i>
September	17	Christopher Ramb	<i>Lost his son Thomas</i>
September	18	Kathleen Taylor	<i>Lost her husband Art</i>
September	20	Kristina Bolin	<i>Lost her son Geoffrey</i>
September	21	Debbie James	<i>Lost her son Anthony</i>
September	22	Joann Deuel	<i>Lost her grandson James</i>
September	22	Josephine Geiger	<i>Lost her husband Rich</i>
September	22	Hillary Kinsley	<i>Lost her brother Jackson</i>
September	22	Angela Kores	<i>Lost her hubby Ricky Wilson</i>
September	22	Sherri Cora	<i>Lost her son Tristen</i>
September	24	Alethia Michels	<i>Lost her father Theodore</i>
September	24	Elaine and Rocky Ruvalcaba	<i>Lost son of dear friend Anil</i>
September	25	Debbie Jiron	<i>Lost her son Devin</i>
September	25	Bette Rutledge	<i>Lost her husband James</i>
September	26	Kathryn Timm	<i>Lost her husband Alan</i>
September	27	Hope Slayton	<i>Lost her husband Jonathan</i>
September	28	Diane DeGooyer-Harmon	<i>Lost her daughter Marnie</i>
September	28	Diane Hardwick-Smith	<i>Lost her son Kurt</i>
September	28	Felipa Galaviz	<i>Lost her grandson Austin Kyle</i>
September	28	Patty Bickley	<i>Lost her son David</i>
September	28	Darlene Stephenson	<i>Lost her daughter-in-law Catherine McCandless</i>
September	30	Dot Helgason	<i>Lost her son Trad</i>
October	1	Debbie and Henry Izumizaki	<i>Lost their son James</i>
October	1	Gloria Jackson-Nefertiti	<i>Lost her brother Kevin</i>
October	3	Christie Harris	<i>Lost her son-in-law Louis</i>
October	4	Mark Hinkelman	<i>Lost his son Thomas</i>
October	4	Lyman Burk	<i>Lost his son Palmer</i>
October	6	Angieline Evarts	<i>Lost her spouse Derek</i>
October	6	Dede Henley Norris	<i>Lost her daughter Carly Danielle</i>
October	7	Shannon Hansen	<i>Lost her sister-in-law Allison</i>
October	7	Celia Gail Jackson	<i>Lost her husband Jeffrey Lehman Jackson</i>
October	9	Roman Brittain	<i>Lost their best friend Zachary</i>
October	9	Bonnie and Marc Jones	<i>Lost her brother Craig</i>
October	14	Karen Paup	<i>Lost her husband Richard</i>
October	15	Donna Lee	<i>Lost her son Jeff</i>
October	15	Catherine Petrich	<i>Lost her sister Susan Emmerson</i>
October	15	John and Loretia Cornette	<i>Lost their son Justin</i>
October	17	Jose and Amalia Martin	<i>Lost their son Cesar</i>
October	18	Jean Luce	<i>Lost her nephew Roy</i>
October	19	Donna Brawley	<i>Lost her nephew Roy Miller</i>
October	20	Turner Manning	<i>Lost his mom Kathleen</i>
October	21	David Neuss	<i>Lost his cousin Brent</i>

October	21	Ken Nordstrom	<i>Lost his son Jascha</i>
October	23	Jena Rucks	<i>Lost her dad Terry</i>
October	28	Susan Tusa	<i>Lost her brother John</i>
October	28	Cindi Squance	<i>Lost her son Ryan</i>
October	28	Sylvia Sizer	<i>Lost the son of a friend, Ryan</i>
October	28	Helen Arnold and Lisa Bailey	<i>Lost their mother Marie Steward</i>
October	28	Ron and Pam Puckett	<i>Lost their son Stephen Lee Puckett</i>
October	30	Kim and Paul Hulzebos	<i>Lost their son Paul Jason</i>

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

September birthdays: Brian, Drew, Michelle, Bruce, Craig, Alan, Jordan, Tammy, Brien, Warren, Mike, Kara, Josh, David, Theodore, Joe, Kalani, Alex, Scott, Vanessa, Jacob, Arthur, Katie, Jeremy, James, Catherine, Aaron, Kathy, Tim, and Tristan.

October birthdays: Brandon, Corina, Jeff, Logan, Rick, Matt, Jenna, Timm, Geoffrey, James, Brigitte, Jamey, Baxter. Andrew, Craig, Sydney, Danette, Raul, Travis, James, Rachel, Brenda, Paul, James, Richard and Nick.

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

MEETINGS FOR SEPTEMBER AND OCTOBER -

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 Amara, 3501 104th St. E. in Tacoma at 6:00 p.m. This is a temporary meeting place until later this fall.

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

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.

i tried to run away from grief.
it followed me.
i tried to bandage it up.
it split wide open.
i tried to push it down into my chest.
my heart began to burst.
i tried to hide it in a smile.
my tears still found a way.

i tried to bury it in the ground.
it sprouted and grew even bigger.
i kept myself busy.
it reached in and said,
“i’m not done with you yet.”
grief cannot be walked around.
it must come through you.

ullie-kaye



**American
Foundation
for Suicide
Prevention**



09/21/2024	Whatcom County Walk, Bellingham High School - Bellingham
9/28/2024	Pierce County Walk, Chambers Bay Park - Tacoma, WA
09/29/2024	Snohomish County Walk, Snohomish Boys and Girls Club, Snohomish, WA
10/13/2024	Seattle Walk, Fisher Pavilion (Seattle Center), Seattle

The Community Walks, held in hundreds of cities across the country, are the core of the Out of the Darkness movement, which began in 2004. These events give people the courage to open up about their own connections to the cause, and a platform to create a culture that's smarter about mental health. Friends, family members, neighbors and coworkers walk side-by-side, supporting each other and in memory of those we've lost.

Now, more than ever, it's important to be there for one another and take steps to safeguard our mental health and prevent suicide.

More information on all the walks can be found at www.afsp.org

We plan to have a table at the Seattle walk as we usually do, we will add Tacoma if we can get some volunteers! Look for us - and we welcome new volunteers!

loving the gone

i was dragged into a new chapter that day.
one that started when your life ended.
i grabbed at the previous pages
but life ripped them away.
new chapters have come
and many of them good.

but i still find myself
wanting to go back.
to stay with you.
bookmarked.
in the part of my life
where you are still living.
sara rian

*The only people who think there's a time limit for grief, have never lost a piece of their heart.
Take all the time you need.*



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

Suicide, by Cort Deel

10 years. 3,653 sunrises that you should have been here to see.

I have learned to carry this grief gently and freely, and some days it can still feel like a tsunami.

We were barely 21. And I watched my best friend and other half die in a hospital bed with a gauze wrapped head from a hollow-point bullet wound.

He left a note, he left a daughter, and he left a million f**king questions.

His family blamed me for his suicide. I remember losing 40 pounds in 6 weeks.

No wonder I wasn't okay for a very long time. We were just kids.

I thought my journey was to re-build, outward. I thought in 10 years I'd have it all figured out. Ha.

My journey has been mostly inward. Finding healing and alignment. It's continuous. I think it always will be.

So for now, I wanted to share 10 things I've learned in the last 10 years since John's suicide;

1. Compassion is the answer. It doesn't matter the question. Treat everyone, especially yourself, with compassion.

2. You absolutely must feel it to heal it. Don't stuff it, avoid it, numb it. The hurt will find a way to manifest in other ways; emotionally, physically, spiritually. if you aren't addressing it. Move your body. Motion lets the emotions out.

3. Find your people. They won't always be family, the friends you had, or who you wanted to count on. That's okay. If someone doesn't show up for you or makes you feel shitty about hurting and healing, space is probably necessary. Not everyone is in your corner, some people are just drama. It's okay to let them go.

4. Be kind. Not just to people you like. Hold doors open for strangers and compliment their shoes. Buy the next tables breakfast for them; the guy with the stained shirt too, not just someone in uniform. Because they showed up today, and you don't know how much strength that may have taken.

5. Say I LOVE YOU. Say it again, say it louder. Make it weird. It's okay. And hug like you f**king mean it. You never know when it could be the last squeeze.

6. Look strangers in the eye, ask their name, and share yours. Connection, AUTHENTIC connection, is missing from our society. Take a moment to make sure someone feels seen and heard any chance you get. Regardless of appearance or demographic. Connecting might make you feel better too, and help you realize how human we all are and how much we actually have in common.

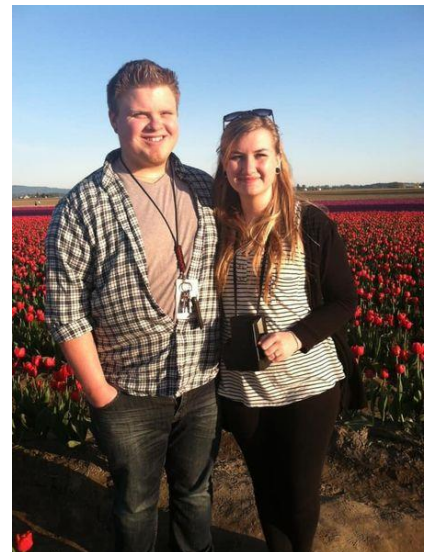
7. Be curious. Ask more questions. Ask "what happened to you" instead of "what's wrong with you". We all have unique experiences, psyches and nervous systems. Don't assume you know what it's like in someone else's shoes.

8. Let shame go. Give yourself time and space. Even when it's uncomfortable. There is no need to rush away from grief or pain into something new. Let your feelings be as loud and messy as they need to be.

9. Apologize, sincerely. From a place of compassion, understanding and love. Recognize we all make mistakes and a simple sorry can go a long way.

10. Let love in. Forgive yourself and forgive them. Remember that the world didn't stop when your life was turned upside down. The color of life will return, the trees bloom a million beautiful flowers in spring and the sound of babies laughter is so sweet.

Thanks for reading 🌻



John and Cort

Tacoma is hosting a special Survivors of Suicide Meeting!

We will have a SOS meeting with breakout groups specific to the loss. The facility is large and each group will be able to meet in own room.

Colette will facilitate (or co-facilitate if anyone else wants to help) Parent loss.
Linda Ferguson is willing to co-facilitate Child loss.
Pamela Grossman is willing to facilitate an other group, she lost her boyfriend (looking for a co-facilitator!)

Wednesday, October 9th at Amara, 3501 104th St E. Tacoma, WA 98446 6pm

More facilitators are needed! Please contact Colette at 360-490-3454 if you are able to help!

Light refreshments will be served.



Thursday, Sept.26th the Auburn Senior Center hosts it's annual Wellness Fair, 9:00 - 11:00. Stop by our table and say hello!

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.



Fighting

**I'm fighting for my life
I felt it slipping away
After yours ended
My spirit dimmed**

**My will to go on, diminished
I have to find reasons
To continue here, without you
I'm fighting for my life**

Sharyn Marsh
Leave her Wild