



The Companion

PSFC Newsletter – Issue #10
May/June 2019

This picture, which was posted on Facebook by a couple of our survivors, is the inspiration behind my message. The caption read: “When you died, I thought I died too. I didn’t know your love would crack my grief and start things growing within me again.” How true is this message of hope?

As we walk this journey of grief, we can find many things on our path. We might find rocks and weeds, which may cause us to stumble. We could find hills that need to be climbed, just to find more hills on the other side. Yet we gather our strength to climb once again. We might have places where the path is smooth, and the walking is easier. For that, we are thankful; even if it is only a step or two that day. We also have found friends, people we would have never met, people who did not choose to be on this journey, but those who understand and can reach back to pull us forward, or to push us gently from behind.

Along the way, we begin to share our stories, we begin to talk about our loved ones, our losses and our hopes. We start to see some beauty in the cracks of the path. Some days, we can even smile or laugh.

No one wants to take this journey, yet many of us are here and we are thankful that we have these companions to help us see the beauty that still exists in each of us. This light you may see shine comes from the love that each of us has for our loved ones. It’s the hope that we keep alive in honoring their lives, saying their names and telling their stories, that help each of us start to live again.

It is possible to feel again without dishonoring our loved one. We know, because we are on this journey together. Our path of grief, which we have come to realize, has made us stronger. We love more, we care less about trivial things and more about living life, and we are the keepers of our loved one’s memories. With this love, we have learned that we can have hope and be happy again. Most of all, we’ve learned to stop and find the beauty, yes even in the cracks.

If you have recently joined this path or are still stumbling along more days than not, please know, it’s okay and it’s normal. You are never alone, simply call out to those on the path, we can help you along the way.

Get enough sleep, eat well, stay hydrated, exercise, laugh often, and reach out for help along the way!

Peace and Love my Friends, Jeanette



UPCOMING EVENTS

- May 8th:** Fox Cities Youth Alliance Awards, 4 to 5:30 pm, Red Lion Inn
- May 14th:** Mission Church Event, 6:00 p.m.
- May 18th:** Brat Barn Fundraiser Event at Harley Davidson, 8:30 to 3:30
- May 20th:** Appleton West High School Mental Health Wellness Festival, open and free to the public, 5 to 8:00 p.m., Twelve Mini-Breakout Sessions and Town Hall Meeting
- May 29th:** Fox Cities PAC Mental Health Event - Kids in Crisis, 6 to 8:00 p.m., Kimberly-Clark Theatre
- June 20th:** Prevent Suicide Fox Cities Fundraiser & 10th Anniversary Celebration - Strike out the Stigma Bowling Event at the 10th Frame, 6 to 8:00 p.m., 16 lanes of bowling (5 people per lane) \$10 per bowler (includes shoes, bowling, pizza, soda and cake)
- August 15th:** Save the Date - PSFC at the Timber Rattlers - Food, Fun, Ticket (\$10 all you can eat). For more details, visit our website or Facebook page.

Comfort Corner

People to Remember:

BIRTHDAYS:

Brandon - May 3rd
Richard - May 6th
Roland III - May 28th

ETERNAL REST:

Tommy - May 18th
Roland III - May 29th
Henry - June 20th

WE OFFER SUPPORT

General support meetings:
3rd Thursday of the month

Sibling support meetings:
2nd Wednesday of the month

Support groups meet from 6:00-8:00 p.m. at 211 E. Franklin Street, Suite F, Appleton, WI