



# The Companion

Greetings my Friends,

I found something I wanted to share with you because I know many of us occasionally struggle with what to say to people who still don't know what to say us. I too still experience the look, the silence, and the awkwardness when I talk about my loved one who died by suicide, even though it has been so long ago.

So, I was very excited to find this poem which allows people the chance to understand our need and desire to continue to talk about our loved one and share the joy and love we have for them even in death. We have talked about the "elephant in the room" from time to time during our support group meetings; and, I think this is so fitting for us especially in the summertime. Summer is when we are usually the most active. We want to be more social and to surround ourselves with people. So, if you find yourself in the room with the elephant, just share this poem. Maybe it will open the door to your friendship once again.

### “THE ELEPHANT IN THE ROOM” by Terry Kettering



*There's an elephant in the room.  
It is large and squatting,  
so it is hard to get around it.*

*Yet we squeeze by with,  
“How are you?” and, “I’m fine,”  
and a thousand other forms of  
trivial chatter.*

*We talk about the weather;  
we talk about work;  
we talk about everything else—  
except the elephant in the room.*

*There's an elephant in the room.  
We all know it is there.  
We are thinking about the elephant  
as we talk together.*

*It is constantly on our minds.  
For, you see, it is a very big  
elephant.*

*It has hurt us all, but we do not talk  
about the elephant in the room.*

*Oh, please, say her name.  
Oh, please, say “Barbara” again.  
Oh, please, let’s talk about  
the elephant in the room.*

*For if we talk about her death,  
perhaps we can talk about her life.  
Can I say, “Barbara” to you  
and not have you look away?*

*For if I cannot,  
then you are leaving me alone  
in a room—with an elephant.*

May you find peace in the sunny days, dance in the warm rain and find joy in the memories of past summers with your loved one as we work to free the elephant.

*Peace and Love my Friends, Jeanette*

## Comfort Corner

### People to Remember:

#### BIRTHDAYS:

Derek – July 12<sup>th</sup>  
Jeanne – July 25<sup>th</sup>  
Artem – August 13<sup>th</sup>

#### ETERNAL REST:

Brandon – July 15<sup>th</sup>  
Nathan – July 28<sup>th</sup>  
Tanner – August 2<sup>nd</sup>  
Joe – August 13<sup>th</sup>  
Bruce – August 25<sup>th</sup>  
Jackson – August 31<sup>st</sup>

### 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**

### UPCOMING EVENTS

**August 15th:** PSFC at the Timber Rattlers - Food, Fun, Ticket (\$10 all you can eat). For more details, visit our website or Facebook page.

**September 10th:** Suicide Prevention Awareness Month, World Suicide Prevention Day

**September-October:** Alan Wolfelt - 10 Touchstones of Grief. Survivors Book Group (book provided). Group will meet Wednesdays: Sept. 18, Oct. 2, 9, 23, 30, and Nov 6 if needed. **October 15 & 16:** Alan Wolfelt Seminar.

**October 17th:** Reflect and Remember - Tentative

**November 30th:** Save the date - Collaboration with Rotary ABR Club and PSFC on major fundraiser at Starlite Club in Kaukauna.