



# The Companion

Greetings my Friends,

I apologize for the newsletter being late; but, as I always say, we must put on our own oxygen mask first and then begin to help others. So these past few weeks have been a lot of both. During this time, I have been doing a bit of retrospective thinking and looking back at where I have been, the work our support groups have been doing and how we survivors continue to put one foot in front of the other making every day count as best we can.

So, while looking at and thinking about the past, I started thinking about the grief journey. While this journey is different for every person, it is painfully similar as well. Sometimes, in order to see how far we have come, we must spend time in the past; acknowledge the hurt and fight to move forward one step at a time in order to not get stuck. This may not apply to the newly grieving just yet; but, it will come and maybe, as you read the thoughts below, it will help you see a future when you may be having difficulty seeing past the clouds of today.

Before I ask you to do a bit of grief work below, I want you to really think about the words **vulnerable, strength, resiliency and forgiveness**. Don't worry, it's okay if you don't have immediate thoughts or definitions. You can put the newsletter down and come back to it when you are ready. So, when you are ready, please continue reading the rest of the message.

As you read the following words and start to think about the work you have completed (we always know there is more work waiting to be done), fill in the blanks mentally with your own personal thoughts and reflect on your personal journey and where you are today. You can answer in your head or you can write the answers in your journal. (Writing them down gives you the ability to come back to them time and time again as needed.)

Q1. I am most vulnerable when: \_\_\_\_\_

Q2. I get strength from: \_\_\_\_\_

Q3. I am resilient because I: \_\_\_\_\_

Q4. I forgive myself for: \_\_\_\_\_

Q5. I forgive others for: \_\_\_\_\_

Because I like to keep it “real,” I just want to share with you my personal reflections. I am most vulnerable when I am tired and when I start to second guess myself and my ability to help others. Vulnerability is, by definition, the “capability of being physically or emotionally attacked, or open to attack or damage” and, many times, we get hurt most when we self-attack.

I get strength from God and the people I care about most. Strength isn't just about being physically strong, but also applies to mental and emotional strength. Did you know that strength is also defined as the power of resisting attack?

I am resilient because I am a survivor and I love deeply. Resiliency is not only being able to withstand shock and trauma, but also being able to recover from or adjust to change, a new normal, even if I don't like what is now “normal.”

I have learned through my reflection that I must find grace to say I am enough, and I must give to myself the gift of forgiveness and love that I so freely give to others.

I forgive others who say they are sorry and who didn't really mean to hurt me by word or action.

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## The Companion

PSFC Newsletter – Issue #12  
September/October 2019



I hope the meditative reflection offered in this newsletter helps each of you as you continue finding your way on the path of grief and healing and allows you to see that

***“Anyone who thinks fallen leaves are dead has never watched them dancing on a windy day.”***

(Quote by Shira Tamir)

*Peace and Love my Friends, Jeanette*

### Comfort Corner

#### People to Remember:

##### BIRTHDAYS:

Dakota – September 2<sup>nd</sup>  
Jerry – September 5<sup>th</sup>  
Rick – September 11<sup>th</sup>  
Jackson – September 13<sup>th</sup>  
Jake – September 28<sup>th</sup>  
Tommy – October 10<sup>th</sup>  
Justin – October 18<sup>th</sup>

##### ETERNAL REST:

Nick – October 2015  
Dakota – October 8<sup>th</sup>  
Andrew – October 8<sup>th</sup>  
Travis – October 9<sup>th</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**

### OFFER YOUR SUPPORT

By purchasing products through Smile.Amazon (<https://smile.amazon.com>) a purchaser can choose to support their charity of choice and a small % of every purchase goes to that charity. You can help support Prevent Suicide Fox Cities by selecting us as your charity.

### UPCOMING EVENTS

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

**September 14th:** Resource table at Sex Trafficking Presentation, Bordini Center, 8:30 a.m. to 1:00 p.m.

**September 18th:** Grief/Mourning “Book” Support Group will meet Sept. 18, Oct. 2, 9, 23, 30, and Nov. 6, 6:00–8:00 p.m. The book, “Understanding your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart” (by Alan Wolfelt) will be provided. Free class, facilitated by Jeanette Potts, registration required. This special class is very helpful on your grief journey to finding hope and healing.

**September 24th:** QPR Training at Concordia College

**October 3rd:** Little Chute High School Mental Health Wellness Festival, 11:00–1:00 p.m.

**October 12th:** PSFC night at the Green Bay Gamblers. Family Night/Skate with the players. 7:05 p.m. game time. More info available at our website and Facebook page.

**October 15th:** Alan Wolfelt Seminar, Liberty Hall, 6:30–9:00 p.m. Free to the community, registration required.

**October 17th:** Reflect and Remember

**November 30th:** Save the date – Invite your friends. Collaboration with Rotary ABR Club and PSFC on major fundraiser at Starlite Club in Kaukauna. 5:00 p.m. dinner and show. Flyers are available to pass along.

**December 19th:** International Survivors of Suicide Loss Day.