



The Companion

PSFC Newsletter – Issue #14

January/February 2020

Time Marches On . . .



“The only thing that stays the same is everything changes, everything changes . . . As the angels sing an old Hank Williams song, time marches on, time marches on.” I heard this song by Tracy Lawrence on the radio the other day. It reminded me that no matter what is going on in the world or in our own personal lives, one thing is consistent and that is time. We cannot freeze time. We cannot go back in time, nor are we able to stay in a particular moment because time does continue to march on.

As survivors, we continue to work through our grief little by little. Some of us wear our grief as cloaks, keeping distant and hiding behind masks; because it is just too hard to explain to others why we are sad, or to keep from being judged by people who have absolutely no idea what it is like to go through what we are going through (and we hope they never will). Some of us have let go of our grief, choosing to find joy in the memories, the small things that happen which remind us of our loved ones or give us hope in our tomorrows. Others have found a way to put on armor and protect themselves. We are prepared because of our faith, our resilience, and our hope. Wherever we are, we must believe that healing can happen, and it begins from within ourselves.

My challenge to you is to look at time, not as an enemy, but as a catalyst to finding a new normal. One where we can remember our loved ones yet continue to move forward in knowing that joy and love can still be ours, even when a part of our heart is broken. We do not have a set time for grief. There is no magic wand to heal more quickly. We just have our inner circle of people in our lives who walk this path of grief with us. Sometimes these people walk silently beside us, knowing we need space. Other times, they talk to us and gently encourage us to move a step forward, or they stay with us when we go a step or two backward. It does not matter where we are on this journey, there is always someone willing to march on with us.

To those who are new to this grief or have been taken back to day one, I encourage you to come to support. Yes, the first steps are hard; but no one here will judge you, and you will find love and compassion. If not here, find another support group; because there is healing with others who share in this grief. To those who attend our support group, please know that this journey is part of healing and grief is part of love. I am so proud of the grief work you are doing to find your new normal. To those who have walked the path with us and are now taking a different path, please know that support will always be here for you if you need it. Be proud of the progress you have made and continue marching forward. I am blessed to know each of you, to be part of your journey, humbled by the raw love and deep emotion; and I am honored to march on with you in 2020. Make each day count this new year and challenge yourself to look forward every day. When you look forward, your feet will soon follow.

Peace and Love my Friends, Jeanette

Comfort Corner

People to Remember:

BIRTHDAYS:

Tanner – January 10th

Bruce – January 23rd

Mark – February 1st

Joe – February 18th

ETERNAL REST:

Richard – January 17th

Robbie – January 31st

Derek – February 10th

Jacob – February 24th

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

January 20th: Martin Luther King Day of Service, Appleton West High School. Event is 10:00 to 1:00 p.m. Formal program from 10 to 11:30 a.m.

January 27th: Truth About Faith & Suicide, Mission Church, 314 N Appleton St, Appleton, WI 54911, 6:00 to 8:30 p.m.
<https://themissionchurch.us>. See Flyer attached.

March 17th: Mark your calendars for the Mental Health Awareness Night with Prevent Suicide Fox Cities at the Wisconsin Herd event.