



The Companion

PSFC Newsletter – Issue #18
September/October 2020

Welcome to the beginning of a new season - Fall!

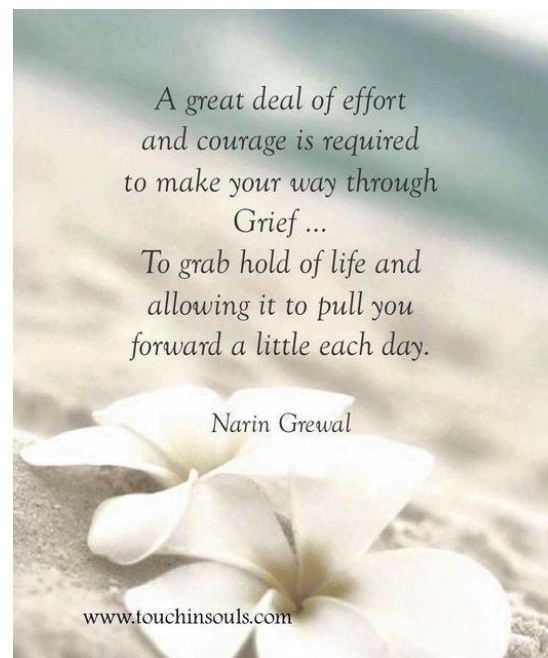
This is probably my favorite time of the year, not too hot, not too cold (yet); and still, it's also the hardest time of year. It's when I most remember my dear nephew Robbie. Sometimes the reminders are gentle and make me smile and laugh; other times, the memories bring tears to my eyes and shouts in my mind. I know you get it. Because, if you are reading this newsletter, you also experience similar moments as well or know someone who does.

As you continue your journey of grief, whether you are new to grieving or way down the grief path, one thing we must continue to carry with us is **Courage**. Why courage you ask? Think of courage as "the ability to do something that frightens one" or "strength in the face of pain or grief." Remember what grief is – grief is painful, natural and a process; but it is also about healing and love. Grief is not something that goes away with time, heals itself or can be put away in a drawer and forgotten. Trust me, grief pushed down finds a way to rear itself at the least expected times.


In order to move further down the grief journey and on to healing and acceptance, we must have the courage to continue one footstep at a time. We cannot hurry our grief, but one can courageously meet it head on in many ways and allow the process of grieving to take time. Remember, we all need an outlet and some way to healthily express our thoughts and feelings. We cannot bottle them up because we feel we need to be strong or because we think others won't understand.

Courage in grief is "identifying and taking what you need," whether it is sleep, asking for help, taking a break, exercise and/or meditation etc., but "give yourself the gift of self-care and the courage to take care of you." I encourage you to find and go to a support group and tell your story, share your grief, acknowledge that things are different, cry, laugh, shout and say their name. Whether this is your first step or not, the path of grief takes courage to find the way to move forward in living life in a new way.

This pandemic has created many obstacles in keeping us segregated and apart; but we have Zoom virtual meetings, we can meet one-on-one, or even safely in a group with masks & hand-sanitizer. Whatever your needs, please let us know; because no one needs to travel this grief journey alone. **You are not alone!**



Peace and Love my Friends, Jeanette

	<p><u>PEOPLE TO REMEMBER</u></p> <p>BIRTHDAYS: Rick – September 11th Jackson – September 13th Jake – September 28th Tommy – October 10th Teddy – October 10th Justin – October 18th Justin – October 21st</p>	<p><u>WE CONTINUE TO OFFER SUPPORT IN PERSON OR VIRTUALLY VIA ZOOM</u></p> <p>General support meetings: 3rd Thursday of the month</p> <p>Sibling support meetings: 2nd Wednesday of the month</p> <p>Support groups meet from 6:00-8:00 p.m. at 211 E. Franklin Street, Suite F, Appleton, WI</p>	<p><u>UPCOMING EVENTS</u></p> <p>September is Suicide Prevention Awareness Month</p> <p>September 11th: Fundraiser at WIR Eve of Destruction – Volunteers needed.</p> <p>September 17th: Christmas card making for the Military stationed in Syria, Iraq and Afghanistan for their use. 2-4:00 p.m. at 211 E. Franklin St. – Volunteers needed</p> <p>November 7th: Save the date for the Starlite Club Fundraiser which is still being planned at this time. Postponed until further notice.</p>
	<p>ETERNAL REST: Justin – September 10th Nick – October 5th Travis – October 9th Tyler – October 27th Emmanuel – October 29th</p>		