



# The Companion



PSFC Newsletter – Issue #8  
January/February 2019

*“How do we face another calendar turn without them? It’s a dilemma for those grieving. No matter how much we resist, the holidays come and go; no matter how much we protest, the new year arrives. Time marches on. May this small prayer, spoken in humility and from a deep place of knowing, be of comfort and strength to you as we move into 2019 together:”*

*“I wish for you to be loved unconditionally through grief’s loneliness moments, when you go into his room and lay on his bed, when you find a strand of her hair in an old brush, when you simply, purely miss him with every part of your being or when you find yourself listening for the tiny whisper of her voice. I wish you strength to allow weakness, to reach out for the hand of another when you are vulnerable. When the magnitude of the implacable loss has you in its grip, I wish for you the tenderest of grief’s touches born of inimitable love. And in your darkest days, I wish for the kindness of others who will join you there, meet you in your pain, and remember with you.” ~ Dr. Jo Cacciatore*

And while we are remembering our loved ones, we must also remember ourselves; especially this time of year and both nurture and love ourselves. We need to take care of our emotional, spiritual, physical and mental health. We need to love ourselves enough to take care of our needs by ensuring that we are getting enough sleep and rest, enough to eat and drink, enough exercise, and enough vitamins, including Vitamin D, which we so lack in the winter time. Be ever present in the lives of other loved ones who may be struggling as well.



Finally, say their names, celebrate their lives, their memory and the love you shared and let go of the guilt, fear, anger and other negative feelings – they only steal our joy, and our loved one’s would not want that for us.

What we allow, we teach, so be a voice of love, encouragement and patience as you continue to walk forward down the path of grief to healing and finding a new normal, finding hope in the future. Together, never alone, we move into the new year as survivors!

Remember: “As hard as it is to do, we must learn to feel our grief to heal our grief.” (A survivor from Alan D. Wolfelt’s book – Understanding your Suicide Grief)

Peace and Love my Friends, Jeanette

I imagine you dancing  
 Skipping among the clouds  
 Happily singing with the angels  
 Looking down upon the crowds

I imagine you laughing  
 Your heart lovingly set free  
 You understand my grief  
 In ways that I cannot see

I imagine you greeting  
 The others that I love  
 That sadly left this earth  
 For a home with you above

I imagine you watching  
 The many things I do  
 Proudly standing beside me  
 As I remember and honor you

All these visions give me hope  
 That death is not the end  
 That an eternity awaits us  
 That together we will spend  
 ~Tanya Lord  
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### WE OFFER SUPPORT

**General support meetings:**  
1st & 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**

### **People to Remember:**

| <u>Birthdays:</u>            | <u>Eternal Rest:</u>          |
|------------------------------|-------------------------------|
| Tanner-Jan. 10 <sup>th</sup> | Richard-Jan. 17 <sup>th</sup> |
| Bruce-Jan. 23 <sup>rd</sup>  | Robbie-Jan. 31 <sup>st</sup>  |
| Joe-Feb. 18 <sup>th</sup>    | Derek-Feb. 10 <sup>th</sup>   |
|                              | Jacob-Feb. 24 <sup>th</sup>   |