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

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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


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.

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Visit our website for more information, resources, or to make a donation, http://www.preventsuicidefoxcities.org