

# WICS Newsletter

Widowed Information and Consultation Services

Summer 2016



## Seabeck Retreat 2016

### *Precious Lives ~ Treasured Memories*



Another great retreat with WICS, TCF and the Children's Program was held at Seabeck Conference Center June 3<sup>rd</sup> – 5<sup>th</sup>. A big Thank You to all who attended, helped with snacks, led the opening, closing, and helped with various activities. Everyone who attended made it special just by being there and making the heart-to-heart connections with those who are walking a similar journey. It was a weekend of remembering precious lives and treasured memories while connecting with others and making more memories. A weekend of comfort, hope and healing.

We want to especially thank our Keynote Speaker & Workshop Leader, Margarita Suarez, and our other Workshop Leaders: Dr. Bob Baugher, Mike McLeod, Mel Erickson, Gera McGuire, and Kristen Brandon.

#### Some comments from the evaluations:

- ♥ "I decided to attend the retreat because I've loved it so much from attending previous years."
- ♥ "I was told how amazing it is."
- ♥ "This retreat was a phenomenal experience."
- ♥ "I felt supported and being with others who understood and didn't try to fix me."
- ♥ "The retreat was well organized, in an ideal location and had excellent workshops."
- ♥ "The retreat far exceeded my expectations."
- ♥ "Awesome workshops."
- ♥ "Everything was done really well. I felt validated. The retreat encouraged all feelings."
- ♥ "Location was excellent! Sharing with like-minded people was so good! Food was fantastic!"
- ♥ "The WICS closing ceremony was a perfect closing to a perfect weekend. It was great to see the change in people in just 2 days! They found life after death."

★★★ **Save the Date! ~ June 2-4, 2017 ~ Don't miss next year's healing weekend! ★★★**

### It Is True

by Sascha Wagner

"You will not always hurt like this."

These words are true.

If they do not reach  
your heart today,  
do not reject them:  
keep them in your mind.

One morning –  
Not tomorrow perhaps,  
but the day after tomorrow,  
or the month after next month.

One morning the dawn will wake you  
with the inconceivable surprise:

Your grief will have lost  
one small moment of its force.

Be ready for the time  
when you can feel for yourself  
that these words are true:

"You will not always hurt like this."

### I Will Be

If you think of me as gone forever,  
I *will* be.

If you think of me as sadness and tears,  
I *will* be.

If you think of me as your broken heart,  
I *will* be.

That's not what I want to be, but I will be.

If you think of me as memories to cherish,  
I *will* be.

If you think of me as laughter and joy,  
I *will* be.

If you think of me as your healing heart,  
I *will* be.

That's what I want to be, please let me be.

~By Rob Anderson, Sugar Grove, IL

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We Need Not Walk Alone magazine.

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***Being sad with the right people is better  
than being happy with the wrong ones.***

Unknown

# WICS

## Board of Directors

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## **WICS Contact Information**

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 Website: [www.kcwics.org](http://www.kcwics.org).



[www.windermere.com](http://www.windermere.com)  
 425-235-7777

WICS would like to thank  
**Windermere**  
**RE/Renton, Inc** and **The**  
**Windermere**  
**Foundation** for their  
 generous donation to our  
 children's program.

**PLEASE NOTE: If you are no longer interested in receiving the newsletter via USPS mail, please contact our office to be removed from the list**

## Gifts of Love

*In honor of all our spouses we have lost.*

"WICS, thank you for being there."  
 from Mary Zacharias

*In loving memory of* **CAROL ENDEN**  
 from WICS Covington Support Group

*In memory of my loving mother,* **NELLIE JANE HARRIS**  
 "Thank you, Momma, for showing me how to be a  
 loving wife, mother, grandmother, and widow."  
 from Jane Rothwell

*In loving memory of* **TED MARTIN**  
*In loving memory of* **CURT ROSS**  
 from Joan Martin Ross



Please help us help others by sending a LOVE GIFT today. WICS relies on your donations. Your gift allows WICS to support grieving individuals and families in our community. We invite you to send a gift in memory of your loved one. You and your loved one's name will be noted in the next newsletter.

Workplace "Matching Gift" programs can increase your donation. Check to see if your employer will match your gift.

*All Love Gift Donations are tax deductible*

*There is love in our pain,  
 memories in our grief,  
 hope in our sharing.*

**When you feel sorrowful...look again in your heart and you shall see that in truth you are weeping for what has been your delight... ~ Kahill Gibran**

## 2016 EVENTS

**Mark Your Calendars and Save the Dates**

**August 20, 2016**

**PICNIC CELEBRATION**



at Ann Thorpe's home in Bellevue  
**Starts at 1:00pm ~ Dinner at 4:30pm**  
 See page 5 for Information & Registration!



**December 4, 2016**

**BUS TRIP to LEAVENWORTH AND ANNUAL HOLIDAY TREE LIGHTING**



More Information in Next Newsletter



# Support Group Meetings

*For all widowed men and women who would like to share their concerns and experiences and discuss coping skills.*

**BALLARD: 7 p.m. Tuesdays**

5433 Leary Ave NW - Ballard Landmark Assisted Living (mtg room near front desk)

Contact: **Doug** 206.441.9490 or **Pat** 206-367-1669

**BELLEVUE: 7 p.m. Mondays**

10420 S.E. 11th St. - Pilgrim Lutheran Church (Corner 11th St. & Bellevue Way)

Contact: **Kathy** 425.653.7209 (best to call M, W, F during the day) or email at:

[clancyKa@comcast.net](mailto:clancyKa@comcast.net)

**COVINGTON: 7 p.m. Tuesdays**

25810— 156th Ave SE - St. John the Baptist Catholic Church

Contact: **Le** 253.630.0324 or email at: [saraacree@comcast.net](mailto:saraacree@comcast.net)

**FEDERAL WAY:** Currently, this group is not having meetings, but are looking for a new place and time. They are continuing to give support, information and connection.

Contact: **Molly K.** 253.839.4560

**KIRKLAND:** Currently, this group is not having meetings. But, they are offering support, information and connection.

Contact: **Holly** via email: [hlfinkbeiner@gmail.com](mailto:hlfinkbeiner@gmail.com)

**RENTON: 12:30 p.m. Wednesdays**

211 Burnett North, Renton Senior Center

Contact: **Burnie** 425.255.1888 or email at: [burnie@comcast.net](mailto:burnie@comcast.net)

WICS invites you to send a gift in memory of your loved one. We rely on your donations. Your gift allows us to continue supporting grieving families in our community.

**Please help us help others by sending a LOVE GIFT today.**

**All donations are tax deductible.**

*Workplace "Matching Gift" programs can increase your donation.*

*Check to see if your employer will match your gift.*

Gifts of Love

Amount: \$ \_\_\_\_\_ From: \_\_\_\_\_

In Memory of: \_\_\_\_\_

Message: \_\_\_\_\_

Send Acknowledgement to (name): \_\_\_\_\_

Address: \_\_\_\_\_

**Return to: WICS, P.O. Box 66896, Seattle, WA 98166**

# Fifty (Almost) Years of Marriage

By Barbara Fox Email: [barabarafox@aol.com](mailto:barabarafox@aol.com)  
From GriefWatch newsletter - <http://www.griefwatch.com>

Tomorrow is our fiftieth wedding anniversary, but my husband isn't here to celebrate it with me. He died in May after fighting a really good fight against diabetes, congenital heart failure, a foot amputation and a myriad of other medical problems.

Damn it, he was supposed to make it to our anniversary. He intended to and he promised me that he would. We had so many problems the past nine years, medical and legal and financial, but we had so many joys, too. We moved to Florida, lived on the beach, went on cruises, made new friends and spent time with our kids when they came to visit.

We used to say, in spite of all the crap, (hospitals and emergency rooms, lawyers and doctors), we had such a good time. We could always laugh. We sunbathed at the pool everyday and went to Lincoln Road for dinner several times a week. I got really expert at popping the wheel chair into our convertible car. We went to the movies and the theater; we saw Mama Mia at the Jackie Gleason three days before he died. Shelly always looked good, too, sun tanned and strong, even when he resorted to using a walker or finally, sitting in a wheel chair. He had a beard and mustache, bushy eyebrows above dark sun glasses; he lifted weights and exercised all his life so he had well defined muscles. He swam (okay, very slowly) several laps of the pool and, when I did it with him, exercised and even jogged in the water.

I can't stop crying while I'm writing this. I want to scream and yell and get all hysterical. I want to stamp my feet and pound pillows! I have to say it: I hate every middle aged man I see. Why are they healthy and still here when my husband is gone? Where's the justice, where's the fairness? We said good night at midnight on May 6th and he was gone at eight am on May 7th, three weeks before his 76th birthday.

"What a blessing" people tell me, "he died in his sleep in his own bed at home." Well, excuse me, but dying isn't a blessing. It would have been a blessing if he hadn't died; if he was here with me on our anniversary.

I'm tired of being good and brave and of being alone. My kids and my friends say they are amazed at how well I am managing. Well what would they have me do? Spend my days weeping and wailing and moaning? (And how do they know that I don't?)

"At least," they say, "you have your acting and writing and dancing. You have a life." Yes, I do, but, I have no one to share it with. I didn't mind being a care giver for Shelly because he never complained and he gave me so much. He was a great listener and an even better hugger and he was always, always on my side. He was my love and my best friend.

What in the world should I do tomorrow on what should have been a celebration of fifty years of marriage. My daughters and I talked about it and I finally told them not to do anything because anything they did would be wrong. There isn't anything that would be right. I don't want flowers or cards. I don't want to write Shelly a letter and put it into a bottle in the ocean. He was cremated and his ashes scattered at sea. It's what we planned when we moved to Florida. We used to joke about it; say it was like a cruise for eternity.

I don't want to look at our wedding album or at family pictures and I don't want to reminisce and tell stories about Shelly. I want Shelly and I'll never have him again no matter how good or brave I am or what I do.

I don't know a good way to end this, so, just as our marriage ended abruptly....

## Subscriber Form

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Return to: WICS P.O. Box 66896 Seattle, WA 98166

Subscription: \$25 per year



# WICS ANNUAL SUMMER PICNIC

Why? Because you are worth it!  
Come celebrate with the WICS community.

You are an important part of our organization.  
Please join us for a day of fun and companionship.

**All WICS, WICS Weds,  
and their families and friends are invited.**



**Saturday, August 20, 2016  
1pm – 10pm (Dinner @ 4:30pm)**

**Ann Thorpe's home in Bellevue  
(please contact the office for the address)**

*~ Please CARPOOL. Parking is limited.*

Hamburgers ~ Kielbasa ~ Potato & Green Salads ~ Chips ~ Cake ~ S'mores ~ Beverages

**Cost: \$25 per person if prepaid by Aug. 10 with check or credit card.**  
***(After Aug. 10: \$30/person - PAID AT THE DOOR by cash or check only.)***  
**~ Children under 12 free. ~**

## **SUMMER RAFFLE**

*\$1 per ticket or 4 for \$5 dollars*

Item #1: **Two Travel (Bus) Tickets for WICS' Leavenworth Holiday Lights Event**  
Item #2: **A Nice Surprise**

Name: \_\_\_\_\_ **Cost: \$25.00/person if paid by Aug.10**  
 Address: \_\_\_\_\_ **After Aug. 10: \$30/person - at the door**  
 City: \_\_\_\_\_ Zip: \_\_\_\_\_ **~ Children under 12 Free ~**  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_

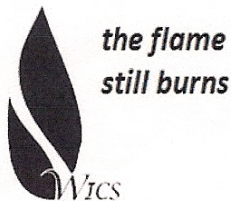
**Number attending: \_\_\_\_\_ X \$25.00 = \$ \_\_\_\_\_**

Send Form and Payment to: **WICS PO Box 66896 Seattle, WA 98166.** *(Checks payable to WICS.)*  
**To Pay By Credit Card:** PLEASE print clearly the information below. Circle one: **Visa MasterCard**

Person's Name as it appears on card: \_\_\_\_\_  
 Billing Address for this card: \_\_\_\_\_ Zip code for this card: \_\_\_\_\_  
 Card Number: \_\_\_\_\_ V code (3 digits on back of card): \_\_\_\_\_  
 Expiration date: (Mo/Yr) \_\_\_\_\_ Phone number: \_\_\_\_\_  
 Signature: \_\_\_\_\_



**WICS**  
PO Box 66896  
Seattle, WA 98166



**Summer 2016**

**NON-PROFIT ORG  
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**RETURN SERVICE REQUESTED**

***Picnic Celebration***  
**August 20, 2016**  
at the Ann Thorpe's home in Bellevue  
Register Now ~ Reg. Form on pg 5  
~ ~ ~

***Bus Trip to Leavenworth***  
**December 4, 2016**  
More information in next newsletter

## **Widowed Information and Consultation Services (WICS)**

- WICS is non-sectarian and is not affiliated with any other agency.
  - WICS is a program that offers group support to men and women who are coping with the death of their spouse or partner. Since its beginning in 1974, WICS has served more than 75,000 men and women.
  - The most frequent inquiries at WICS are for clarification of the grief process, such as "Are my feelings normal?" or "Am I losing my mind?" and also seeking help for dealing with loneliness.
  - When a widowed person telephones or visits a WICS support group, he or she can be sure to find other widowed people who will listen and understand. A warm and supportive atmosphere is provided for those who call on the service.
- Phone: **206-241-5650**  
Website: [www.kcwics.org](http://www.kcwics.org)  
Email: [wicsoffice@qwestoffice.net](mailto:wicsoffice@qwestoffice.net)