

# WICS Newsletter

Widowed Information and Consultation Services

Summer 2018

## TIMETABLE

*Dorothy Hanley*

Well, let's see, there's the twosies, threesies and foursies .... no, that's times tables.

There's arrival and departures .... buses, planes and trains.

Then, there's the timetable for resolution of grief. There truly isn't one, but people believe there should be a way to measure and predict..."On such-and-such a day and at such-and-such a time, I will be over this, and life can be easy again."

People who have not experienced the death of a spouse expect that this process is not only speedy, but relatively easy and certainly not on view, making for discomfort of those who watch and wait.

The grief process is not easy. It is not clean and quiet and unobtrusive ... it's miserable, loud and terribly disturbing to everyone.

If it makes the uninitiated uncomfortable, think of how it makes the person suffering through the process of such debilitating change. It's frightening, painful and depressing. A week of this is too long, but months of pain seem impossible to bear. It is a testament to the hidden strength of grieving people that they can come through in relatively good shape.

That family and friends pick and push and complain only makes the process worse, more difficult. If they make it plain that the griever had better keep quiet and pretend that all is going well, it tends to lead the griever to believe that the feelings and loss of control are his alone, not the universal reaction to grief that we know it to be. It's a way of discounting the grief, making the griever feel he or she is just a bother and that others aren't interested in or even believing of the feelings and the pain. This treatment causes a feeling of being totally alone during a time when loving support is so badly needed.

The lack of understanding and support only adds to the burden of sorrow that assails the grieving person. Those who should be there to offer encouragement and love are instead making life more difficult and painful.

I could write forever and never be able to impart the experience so that those who have not suffered the pain will be able to feel it. No one wants to feel this way, no one wants to know that there are months of uncertainty and loneliness and frightening feelings to go through ... sorry ... that's just the way it is.

We're back to the magic wand or the miracle pill. The person who invents the easy way to resolve grief will make millions ... we'll all line up for the easy way to get through this most difficult experience in life.

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**SUMMER PICNIC FUNDRAISER ~ AUGUST 25<sup>th</sup>!! See Page 5.**

# WICS

## Board of Directors

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 Le Habryle      Vice President  
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 Sara Acree  
 Margo Clutter  
 Kathy Doyle  
 Dennis Jenkins  
 Sue Styer  
 Ann Thorpe

## Professional Advisor

Dr. Bob Baugher

## **WICS Contact Information**

Phone: 206-241-5650

Email: [wicsoffice@qwestoffice.net](mailto:wicsoffice@qwestoffice.net)

Website:

[www.widowinfo.org](http://www.widowinfo.org)

[www.widowinfo.com](http://www.widowinfo.com)

[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 loving memory of* **TED MARTIN**

*In loving memory of* **CURT ROSS**

from Joan Martin Ross

*In loving memory of* **BEVERLY HUDSON**

"In my heart forever."

from Jim Hudson

*In loving memory of* **JOE HAGGERTY**

"Love you forever."

from Sharon Haggerty

*In loving memory of* **SCOTT HUMBERSTONE**

"You still live in the hearts of those you touched. Forever

missing and loving you."

from Barbara Humberstone

*In loving memory of* **DICK HALE**

*In loving memory of* **my 2 sisters, MICKEY & FLORENCE**

from Darlene Hale

*In loving memory of* **BILL HORTON**

from Marlene Horton

*In loving memory of* **JAY ZACHARIAS**

from Mary Zacharius

*In loving memory of* **RON FIELDING**

"Love forever!!"

from Ann Fielding



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.



WICS deeply appreciates everyone who gives so generously throughout the year. Thank you for helping WICS be available to those in the community who need us.



**All Love Gift Donations are tax deductible**

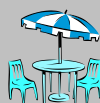
## UPCOMING EVENTS



**SUMMER PICNIC FUNDRAISER**

**August 25, 2018**

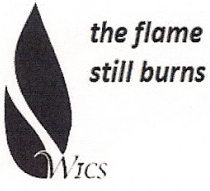
Information on page 5.



**Save the Date! SEABECK RETREAT**

**May 31- June 2, 2019**

Registration & information available in January 2019.



# 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

*Dinner Gathering – Tues. 5 pm Call Pat for Dinner location.*

**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)

*Dinner Gathering – Mon. 5 pm – Location varies - Check website weekly for location & info*

**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)

**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**



## Reaching Out to Each Other with Understanding and Hope

Our annual retreat with WICS, TCF and the Children’s Program was held at Seabeck Conference Center June 1<sup>st</sup> – 3<sup>rd</sup>. The retreat weekend was truly full of hope, healing, encouragement, compassion, and inspiration to keep traveling on our grief journey. We took home some great 'grief tools' from the various workshops to help us along the way. We were able to share with each other and know that there are others who understand our grief and that we are traveling this grief journey together.

Thank You to all who attended, helped with snacks, led the opening and closing, and helped with the various activities in between. We want to especially thank our Keynote Speaker & Workshop Presenter Alan Pedersen and our other Workshop Presenters: Dr. Bob Baugher, Cathy Sosnowsky, Woldy Sosnowsky, Kristen Brandon, Glen Lord, Lynda Cheldelin Fell, Liz Swearingen and Jean LaCoss.

Many first-time attendees arrive on Friday afternoon feeling as if they might not 'belong' but leave on Sunday with a strong sense that they are now part of a 'family' who understands. Our hope is that you made new friends who understand your grief and have the support that we all need on our grief journey. We hope you returned home with a less heavy heart from having done some good grief work.

### Some comments from the evaluations:

- ♥ *“I came to the retreat because I needed more strategies for dealing with grief.”*
- ♥ *“Everything was done really well. I felt validated. The retreat encouraged all feelings.”*
- ♥ *“I have been twice before and found it to be very healing.”*
- ♥ *“I wanted help & somewhere to grieve openly.”*
- ♥ *“Felt supported by others who didn’t try to fix me.”*
- ♥ *“Last year was too soon for me. This felt like the right time as I am figuring out my own personal grief process.”*
- ♥ *“Well organized – a lot of pain but a lot of positive energy shared.”*
- ♥ *“I attended the retreat for a weekend without pretending I’m fine.”*
- ♥ *“I wanted help & somewhere to grieve openly.”*
- ♥ *“I needed a rest & retreat from my mainstream life. I wanted support & to see friends & make new ones.”*
- ♥ *“I needed to find relief from guilt.”*
- ♥ *“Emotionally draining IN A HEALING WAY.”*
- ♥ *“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! ~ May 31 – June 2, 2019 ~ You won’t want to miss this healing weekend!** ★

### **Grief Tip**

Consider writing a letter – thoughts you wish you could express to your loved one. You can include regrets, anger, forgiveness, apologies, or personal and family news, as well as expressions of love and affection. Many who are grieving find that writing letters promotes healing. Preserve what you write in your journal... on stationary... on your computer. Or, if you wish, discard what you’ve written. You may find that you eventually lose the urge to write to the one who has died, but for now, it can be a healthy release for you, as well as a way of feeling connected with your loved one.

### **Surviving Widowhood: Suggestions from Widowed People to You for Coping with the Death of Your Husband, Wife, or Partner**

by Dr. Bob Baugher, Ph.D.

This book offers 49 excellent categories of suggestions straight from more than 40 widowed people about what helps & what doesn’t. Chapters include: Dealing with Grief; Worry; Sleep and Dreams; Feeling Alone; Getting Things Done While Taking Care of Myself; The Ups & Downs of Life without My Loved One; Dealing with Others; Dealing with My Children; Considering a Relationship; and more. To purchase a book contact Dr. Bob at: [b\\_kbaugher@yahoo.com](mailto:b_kbaugher@yahoo.com) or call **425-226-2350**

*Come one and Come all!!!!!!*

*WICS Summer Picnic Fundraiser  
by the Lake*

*August 25, 2018 from about 1pm  
to when we are done!*

*Dinner about 4:30pm*

*Donation is \$20*

*Please carpool due to limited parking*

*Lake Lucerne, in Maple Valley  
Home to Le and Sara Habryle*

*26038 216<sup>th</sup> Pl SE*

*Maple Valley, WA. 98038*

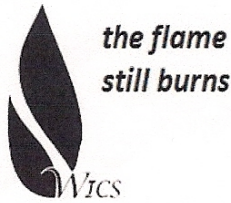
*206 949 7591 cell*

*Swimming, boating, sitting, standing, eating,  
talking, and funning!!!!!!*

*Hope to see you there*

Le and Sara ... (and that happy face everyone does on the computer except me cuz I don't know how)

WICS  
PO Box 66896  
Seattle, WA 98166



**Summer 2018**

**NON-PROFIT ORG  
U.S. Postage Paid  
Seattle, WA  
Permit #1014**



**RETURN SERVICE REQUESTED**



**SUMMER PICNIC  
FUNDRAISER  
August 25, 2018  
at the Habryle's Lake House  
Information on pg 5**

## **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 80,000 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)  
[www.widowinfo.org](http://www.widowinfo.org)  
[www.widowinfo.com](http://www.widowinfo.com)

Email: [wicsoffice@qwestoffice.net](mailto:wicsoffice@qwestoffice.net)