

WICS Newsletter

Widowed Information and Consultation Services

Spring 2016

WICS Seabeck Retreat 2016

June 3-5, 2016



Precious Lives ~ Treasured Memories



The Place

Seabeck Conference Center is located on picturesque Hood Canal on the east side of the Olympic Peninsula. It is peaceful with natural beauty everywhere. To see the area, check it out at www.seabeck.org.

The Program

We have held this Retreat for many years and coordinate it with The Compassionate Friends. Each group (WICS and TCF) have their own events, such as rituals and sharing groups, but share the keynote speaker and workshops. The program is simple and there is no pressure to attend activities. There is also a program for families with children with separate accommodations and activities.

Schedule

Retreat check-in is 4:30 – 6:30pm on Friday. Take time to settle in and attend orientation for new people before dinner at 6:30. After dinner we have a time of welcome and activities. Saturday is scheduled with speakers, workshops, activities, free time and massages. Sunday is the time for transition and a special closing ceremony to say goodbye to the place and people. The retreat ends with lunch on Sunday.

Workshops/Presentations

Presentations are diverse and stimulating. Some workshops address issues of grief and others offer help and ideas to enhance our life. Presenters are professionals who have worked in the area of grief or wellness.

Meals

Meals are served in the Historic Inn, a renovated 1869 vintage hotel. The Inn's dining room is a spacious windowed room where meals are served family-style with very generous portions. Also in the Inn is the Lobby, a comfortable public seating area with a large stone fireplace and coffee service.

Accommodations

WICS attendees are housed in the Spruce lodge which has a dozen sleeping rooms and a large carpeted meeting room. Our WICS get-togethers are in this meeting room and it becomes like our own living room. In the evenings before bedtime, we have board games, an ongoing jigsaw puzzle and a place to relax and visit. Each sleeping room accommodates up to three people. All rooms have private bathrooms. Seabeck provides linens, towels and soap. (So, be assured, you are not sleeping under a tent or using sleeping bags.)

Self-care, Massages, Fun Activities

You can sign up for a "chair massage" by a professional massage therapist. Sign-ups and payment will made at the retreat after you check-in. Betty McLain, dance teacher and author, will also be back to teach us group/line dancing and offer some light-hearted recreation.

Espresso and other Amenities

Even with ample meals and snacks in between, some folks like to stroll across Seabeck Highway to indulge a food craving at the water-side restaurant, ice cream parlor, pizza place, or the espresso coffee shop!

Cost

The cost for 2016 is **\$215 per person** with double-occupancy accommodations. This covers the program as well as 6 meals and 2 nights lodging. (There will be an additional \$50 fee for single-occupancy.)

Driving/Directions

If you need help with getting to Seabeck, please call the office and we'll try to find you a ride-share or find someone you can follow to Seabeck. An acknowledgement of your registration will be sent after you register including directions to Seabeck Conference Center.

~ **Go to pages 5 & 6 for more information and the registration form. Sign up early! Space is limited.** ~

WICS

Board of Directors

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Consultant
Molly Krinsky

WICS Contact Information

Phone: 206-241-5650
Email: wicsoffice@qwestoffice.net
Website: www.kcwics.org



www.windermere Renton.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 BEVERLY HUDSON
"Love of my life – 62 years."
from Jim Hudson

In loving memory of MITCH KAZEMI
"Happy Birthday and Happy Persian New Year!!!
We miss you, sweetie."
from Laura Kazemi

**In loving memory of my sister FLORENCE
and her son RODNEY**

In loving memory of DICK HALE
In loving memory of ANN HALLMAN
from Darlene Hale

In loving memory of Rose Marie Harmon
"Your star shines bright in my heart."
from Richard Harmon



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

2016 EVENTS

Mark Your Calendars and Save the Dates



June 3-5, 2016
SEABECK RETREAT



See pages 5 & 6 for Info and Registration Form
Don't miss this healing weekend! ~ Plan to attend!



August 20, 2016
PICNIC CELEBRATION



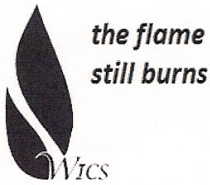
at Le and Sara Habryle's Lake House
Starts at 1:00pm ~ Dinner at 3:00pm
Information & Registration in next newsletter!



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

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

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: hfinkbeiner@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

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

SPRING 2016 AUCTION

We had a wonderful time at our annual WICS Spring Auction, Lunch and Bunco Event held Feb. 27th at Saint Andrew's Lutheran Church in Bellevue. There were about 70 who attended the event.

A big *Thank You* to Ann Thorpe, Event Chair, for organizing the event and to each one who had a part in making it a success. We appreciate those who donated items and all who prepared those items to be auctioned. A special thank-you to all who bid often and purchased the many items and to those who were unable to attend, but sent donations.

Thank you to Renton Technical College's Culinary Arts catering department for providing a delicious lunch of sandwiches and wraps, along with pasta salad, lettuce salad and a large fruit platter with a variety of fruits. There were two cakes for dessert. One of which was to honor and celebrate Dr. Bob Baugher's 70th birthday!

We encourage you to support the following wonderful businesses who generously donated items and gift certificates. When you visit them thank the managers/owners for their part in making our WICS auction such a success.

- Alexa's Café & Catering, 10115 Main Street, Bothell, WA 98011
- Maggiano's Little Italy, 10455 NE 8th St. Bellevue, WA 98004
- Patty's Eggnest, 9749 Holman Road NW, Seattle, WA 98117
- Patty Eggnest, 303 128th Street NW, Everett, 98204
- Patty's Eggnest, 2310 State Route 530 NW, Arlington, 98223
- Pogacha Restaurant, 119-106th Ave, Bellevue, WA 98004
- Pogacha of Issaquah, 120 NW Gilman Blvd. Issaquah, WA
- Roetters of Renton, Dolls and Accessories
- Square Lotus, 3540 Factoria Blvd SE, Bellevue, 98006

Thank you to these folks, too, for their generosity:

- Tally Reynolds, owner of vacation home in Cashmere, WA
- Ann Thorpe, owner of Crescent Bar vacation home - Quincy, WA
- Wendy Morgan – Completed baskets
- Sheila Wiltse and Dave McDowell, – Completed baskets

**Thank you to ALL for Giving Back
and Sustaining WICS for Others!**

It's a realization that comes gradually as you spend what seems an eternity working at becoming whole again. *What an accomplishment!* To become whole again. To be confident in your self – in knowing that you have done your work, faced your past, relived the time you spent together, felt the pain and sorrow and worked to become a healthy, adult human being, ready for the future and what it brings.

Grief has been a turning point in many lives. You have, finally, reached maturity and adulthood because of your experiences with death. As someone who has wholeheartedly entered into the grieving process, you know many things that the uninitiated don't know, and won't until they, too, struggle through such an experience. You know what strength it takes to be open to all the feelings, to survive such misery.

You understand each other, but you are a mystery to those who have yet to walk in your shoes. You aren't the people you once were – you are much, much more.

You are truly special!

~ Dorothy Hanley

THE SHARING OF GRIEF

I cannot carry this burden alone, the road is too steep and the pain is too great. I shall only get to the top of the hill if I am able to lean on a firm shoulder. Whose strength lies in the reality of the feet which bear its weight. The sharing of grief is the only solution to the crisis that surrounds bereavement in our age. To share a person's sorrow is to accept their reality and to acknowledge the fact that none of us is immune from death.

~ Rev. Simon Stevens

Subscriber Form

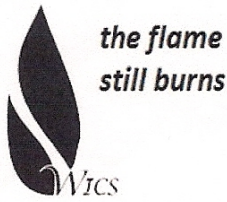
Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

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

Subscription: \$25 per year



WICS Retreat at Seabeck, WA June 3-5, 2016



... and historic **Seabeck Conference Center** on Hood Canal.

Precious Lives ~ Treasured Memories



Retreat Cost:

\$215.00 per person (shared room)
2 nights lodging & 6 meals
(Friday supper through Sunday lunch)



Check-in begins Friday afternoon at 4:00pm

Orientation meeting at 6:00pm for first-time attendees

Friday evening supper at 6:30pm

Children/Family Program information - see registration form on other side.

Your Program. ♥ Your Retreat. ♥ Your R&R.

- ♥ Walk the beautiful grounds or explore the beach. ♥
- ♥ Attend practical presentations that are diverse and stimulating. ♥
- ♥ Attend activities that are fun and allow for individual and group participation. ♥
- ♥ Make this weekend yours by paying attention to what you need. ♥

We will send directions and a map with the acknowledgement of your registration.
Or you can go to the Seabeck website: www.seabeck.org



Registration Due By: **May 1, 2016**
(After May 1st we'll accept registrations until spaces are filled.)



For more information, call WICS at 206-241-5650 or email: wicsoffice@qwestoffice.net

~~~\*~~~ **Limited Scholarships** may be available. ~~~\*~~~

If interested in financial assistance, you **MUST** call the office before sending in your registration form.

There will be a WICS/TCF Children's grief support program for children ages 5-17 and their parents. If you are interested in bringing your

children to the retreat, call **206-241-5650** for more information.  
Registration information on back of this page.



**2016 REGISTRATION FORM ~ \$215.00 pp ~ Registration due by May 1<sup>st</sup>**

**(After May 1<sup>st</sup> we'll accept registrations until spaces are filled.)**

**SPACE IS LIMITED!! SEND IN REGISTRATION FORM & FEE EARLY!**



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

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

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

Phone: Home(\_\_\_\_\_) \_\_\_\_\_

Cell (\_\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

Please check all that apply:

\_\_\_ **Single Occupant** room – **add'l cost: \$50** per person  
(Limited number of single rooms available.)

\_\_\_ **Double/Triple** Room with: \_\_\_\_\_

\_\_\_ **Special Diet:** Circle the one/s you need:

*Vegetarian ~Vegan ~Non-Celiac Gluten Free ~Dairy-Free*  
**Food Allergies:** \_\_\_\_\_

\_\_\_ **Special Needs** (Physical limitations/other considerations) \_\_\_\_\_

\_\_\_ **Chair Massage** – available Saturday for \$20. Payment & app't made at retreat. **Please indicate your interest.**

Signature/s: \_\_\_\_\_

**Waiver:** WICS and Seabeck Conference Center assume no responsibility for injury to guests, loss or damage of personal property. Participants are responsible for safeguarding their persons and possessions during the retreat.

**2 Nights** (Shared Room) **& 6 Meals:** (Fri. supper thru Sun. lunch) **\$ 215.00** USD per person \_\_\_\_\_  
(Lodging includes all bedding, towel, washcloth & soap)

**Single Occupant Additional Fee:** **\$ 50.00** USD per person \_\_\_\_\_

**Contribution to Scholarship Fund:** (To assist others to attend the retreat) \_\_\_\_\_

**Total Enclosed with Registration:** (Make Checks payable to **WICS**.) \_\_\_\_\_

**Send Completed Form And Payment To: WICS PO Box 66896 Seattle WA 98166.**

**Make checks payable to WICS or use the form below to pay with credit card.**

**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: \_\_\_\_\_ Billing Zip code: \_\_\_\_\_

Card Number: \_\_\_\_\_ V code (3 digits on back of card): \_\_\_\_\_

Expiration date: (Mo/Yr) \_\_\_\_\_ Phone number: \_\_\_\_\_

Signature: \_\_\_\_\_

**PARENTS AND CHILDREN PROGRAM REGISTRATION**

**ADULT - \$155**

**Maximum per family: \$375**

**YOUTH - \$100** (12-17 years old)

**CHILD - \$75** (5-11 years old)

**Reminder:** Sturdy shoes must be worn any time children are playing outside.

Parent's Name: \_\_\_\_\_

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

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Contact Number while at Seabeck: \_\_\_\_\_

Special Diet Needs: \_\_\_\_\_

1. *Child's Name:* \_\_\_\_\_ *Age:* \_\_\_\_\_ 2. *Child's Name:* \_\_\_\_\_ *Age:* \_\_\_\_\_

*Allergies/Physical Limitations:* \_\_\_\_\_ *Allergies/Physical Limitations:* \_\_\_\_\_

3. *Child's Name:* \_\_\_\_\_ *Age:* \_\_\_\_\_ 4. *Child's Name:* \_\_\_\_\_ *Age:* \_\_\_\_\_

*Allergies/Physical Limitations:* \_\_\_\_\_ *Allergies/Physical Limitations:* \_\_\_\_\_

Parent/s Signature: \_\_\_\_\_

**Waiver:** WICS and Seabeck Conference Center assume no responsibility for injury to guests, loss or damage of personal property. Participants are responsible for safeguarding their persons and possessions during the retreat.

## FIRST ANNIVERSARY

I know the world  
is still the same  
and life goes on.  
The hours run  
with ancient speed  
from day to day.  
I know.

And mornings are  
the same new wonder still,  
and music moves  
the mind with secret hand.  
And flowers grow,  
and children sing.  
I know.

But you are gone  
and I am not the same  
- am only half,  
and half of me  
is gone away with you.

I know.  
I know.

~ Sascha Wagner

## A New Season, A New Way of Seeing

by Darcie sims, Ph.D., CHT,CT, GMS



Spring is the season of shifting, sorting and cleaning house. Spring brings with it a sense of renewal, a sense of wanting to lighten the load, clear the air and simplify living. It's a time to clear away the baggage of winter's grief and to shed the overcoat that seemed to shelter us from the pain.

Spring is the time when we get a new sense about the cycles of life. When tulips bloom, trees bud and the garden begins to awaken, there comes a change in perspective. We may be able to see things in a new light, with new vision, with a clarity that can only be born in the fires of loss. We will never go back to being who we were, but we can establish a new sense of self as we work through our grief. We can create a "new normal" as we learn to adapt to the changing demands of grief. We can get through this time of sorrow, but we will not get over it. We simply learn to look at things differently in the early light of spring.

The death of a loved one teaches us to embrace the moments of our life rather than waste them in search of tomorrow. Grief is a thief, stealing away energy and time, and I no longer want to be a victim of anything. When you really think of it, there is so little time in life, and I no longer want to waste any of it. Sometimes I forget and I get caught up in all the "little stuff," like schedules, and chore lists and meetings and appointments.

That's when I need to step back, take a deep breath and slow myself down. Then and only then, can I begin to hear the new rhythms of whoever I am becoming. I am forever changed because someone touched my life. I want to remember that – always!

**I have been trying to make the best of grief and  
am just beginning to learn to allow it to make the best of me.**

- Barbara Lazear Ascher

## Helping Someone Survive

Victor Passchin

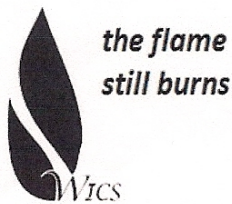
A death by suicide triggers great amounts of anger and guilt. However, some of those feelings can be balanced by struggling to see that the suicide was not so much a deliberate, hostile act, but a gesture of utter hopelessness and despair. Reminders that a person was so driven by emotional whirlwinds that it was impossible to sense any ray of hope, can temper considerably the emotional impact of a death by suicide.

One of the best responses to a suicide that I have ever heard came through a sermon delivered by a pastor of a young man who shot himself. With great eloquence, his pastor was able to convey tremendous hope through these words: "Our friend died on his own battlefield. He was killed in action fighting a civil war. He fought against adversaries that were as real to him as his casket is real to us. They were powerful adversaries. They took toll of his energies and endurance. They exhausted the last vestiges of his courage, and only God knows how this child of His suffered in the silent skirmishes that took place in his soul."

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WICS Newsletter  
PO Box 66896  
Seattle, WA 98166



Spring 2016

NON-PROFIT ORG  
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Seattle, WA  
Permit #1014

**1974 – 2016**  
**Celebrating**  
**42 Years of**  
**Community**  
**Service**

RETURN SERVICE REQUESTED

**Seabeck Retreat**

**June 3-5, 2016**

Register Now ~ Reg. Form on pgs 5-6

~ ~ ~

**Picnic Celebration**

**August 20, 2016**

At the Habryle's Lake House



**WICS Annual Retreat in Seabeck, WA ~ June 3-5, 2016**

For decades the widowed have been crossing the wooden bridge into the serenity of Seabeck Conference Center in historic Seabeck, Washington, just an hour and a half drive from Seattle. The majestic Olympic Mountains rise to the west, scenic Hood Canal lies between you and the Olympics and the wooded hills sloping up from the beach set this place apart from being just another conference center. This peaceful place sets the tone for a *healing* weekend. One feels safe and protected from the outside world while feeling the calm and comfort of being with other bereaved people. We believe other widowed people are the greatest resource and support for this grief journey we have to travel.

Our retreat is just that...a *retreat*. We leave behind the busyness of our everyday lives and enter a relaxed and safe haven to bond with other widowed people. The retreat is a place where we share our thoughts, feelings, and precious memories of our loved ones. The weekend includes a keynote speaker, workshops, sharing time, a reflection room, crafts, and other activities.

The retreat is low-key and there's no pressure to attend every scheduled session. The weekend is yours to use however you need to take care of yourself. If there's an activity and you'd rather take a nap or take a walk, do what YOU need to do. It's a nurturing environment. You are with people who understand what you are going through.

WICS plans the retreat with a bereaved parent group, The Compassionate Friends (TCF). We share the main speaker and workshops, but WICS and TCF have separate sharing groups, memorial ceremonies and housing.

Together, we offer a children's program for those who want to bring their children (ages 5-17). The children's group has their own program, activities and ceremonies. Call us for more information about the children's program.

At our Seabeck retreat you will find caring friends who can relate to you and your grief.  
Please join us!



**Look for more Info & the Registration Form on pgs 5-6 of this newsletter.**  
For more info call: **206-241-5650** or email: **wicsoffice@qwestoffice.net**