

# WICS Newsletter

Widowed Information and Consultation Services

Spring 2013

From Margarita Suarez, Executive Director

As we enter WICS' 39<sup>th</sup> year we wish to remember and thank all of you who have made WICS what it is by providing service and support to so many people throughout the years. We also appreciate and thank all of you who are continuing the legacy of Widowed Information and Consultation Services.

About our **WICS Board of Directors**:

- **John Hanson** will continue as our President.
- Others continuing on the Board are:
- **Sara Acree**
  - **Claudia Antuna**
  - **Larry Dixon**
  - **Le Habryle**

*We thank each of you for your many years of service as a WICS Board member!*

We also welcome the following new members to the Board:

- **Holly Finkbeiner**, Secretary
- **Barbara Barbus**
- **Elaine Eggebraaten**
- **Sue Styer**

We thank **Molly Krinsky** for all her years of service to WICS. Molly was an early member of WICS and has been actively involved ever since. She has been on the Board for many years and has recently resigned from the Board of Directors. She will continue to help as a consultant.

*Upcoming Events:*

### Seabeck Retreat

It's almost here! **May 31, June 1, 2, 2013**. See page three and the insert for registration and information. Think about coming. If you have questions, talk to those who have attended in the past or call the WICS office. *If you cannot attend, consider sending a donation to the Retreat Scholarship Fund. Your help is greatly appreciated by those who need assistance.*

### Lunch-Auction-Bingo

Reserve **November 23, 2013** for our annual fundraiser and mark your calendar! See more information on page two. Stay tuned for updates and more information.

As we have done in the past, we publish articles and ideas for your grief journey. The following article is from the writings of Dorothy Hanley:

### **QUESTIONS**

Dorothy Hanley

"Why" ... running through your mind like a mouse through a maze. It seems there is never an answer ... Why didn't I? Why didn't he? Why didn't she? Why now? Why then? Why? Why? Why?

It is so hard to find oneself with only "sometimes we never learn why." There comes a time when finally in exhaustion, we are forced to throw up our hands (throw in the towel) and give up.

Granted, the reason we forge ahead scientifically is because so many asked "why." "Why" can generate action and results, but not always. In the case of the grief stricken, "why" is often a drumbeat that goes nowhere. Sometimes, we must work around "why" and come to accept that knowing the answer may never happen.

Once you can accept not knowing, you are more able to concentrate on what you do now that this thing has happened and you can learn ways to cope with your changed life. It's one step on the way through grief.

"Wounds do not heal without time and attention. Yet, too many of us feel that we don't have the right to take the time to heal from emotional and physical wounds." - From Judy Tatelbaum's *Courage to Grieve*

# WICS

## Board of Directors

John Hanson                      President  
Holly Finkbeiner                Secretary  
Sara Acree  
Claudia Antuna  
Barbara Barbus  
Larry Dixon  
Elaine Eggebraaten  
Le Habryle  
Sue Styer

Consultant  
Molly Krinsky

Staff  
Margarita Suarez  
Yola Hauskins

## Gifts of Love

In memory of **Dick Hale, Anne Halleman**  
and my son-in-law, **James Miller.**  
From Darlene Hale

## 2013 Events



Seabeck Retreat 2013  
“A Place for Peace and Healing”  
May 31<sup>st</sup> , June 1<sup>st</sup> and 2<sup>nd</sup>

This is a special experience and time for those who want/need support and a connection with others as you travel your grief journey. For those who have attended in the past, share your experience with others. For those who have not yet been to Seabeck, ask others about their remarkable weekend at the Seabeck Retreat.

See page three for more information or  
call the office – 206-241-5650.

November Fundraiser  
**A Luncheon-Auction-Bingo Afternoon**

**November 23, 2013**  
11:30am – 4:30pm



Will be held at St. Andrews Lutheran Church in Bellevue  
(same location as last year)

WICS Board representative for the Auction is Sue Styer. Those who have volunteered to Chair this fundraiser and Sue are already making plans for this important event. Given the success of last year, we plan to have a similar program this year. The committee will let us know more details as they become available.

Thank you to Tally Reynolds for all her work on the auction in the past! She has organized a “how-to” guideline for those who have taken on the planning and organizing of WICS largest fundraising event of the year.

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

## Newsletter

Margarita Suarez                Editor/Publisher  
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Harriette Fredenburg            Production  
Sue Law                              Production

**Remember** ... you can find our newsletter and other contact information online at [www.kcwics.org](http://www.kcwics.org). You can also email us at [wicsoffice@questoffice.net](mailto:wicsoffice@questoffice.net) .

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**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.**

## **WICS Seabeck Retreat and R&R 2013**



### *"A Place of Peace and Healing"*

May 31<sup>st</sup> - June 2<sup>nd</sup>



#### **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](http://www.seabeck.org).

#### **The Program**

We have held this Retreat and R&R 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 some of the presentations and activities. 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**

The retreat starts at 4:00 pm on Friday with registration. Then there is time to settle in, orientation for new people, dinner, and welcome activities. Saturday is scheduled with workshops and 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. If you need to leave early, you can opt for a sack lunch.

#### **Workshops/Presentations**

Presentations are diverse and stimulating. Some address issues of grief in general 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, a two-story unit with 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**

Massages are back by popular demand. You can receive a "chair massage" by a professional massage therapist. Sign-ups and payment will be made at the retreat. Betty McLain, dance teacher and author, will also be back to teach us group/line dancing and offer a light-hearted recreation. Some comments about the dance activity last year: "Line dancing was awesome." "Betty was so much fun; she was very accepting." "All of us had a lot of fun and it was an excellent stress releaser."

#### **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!

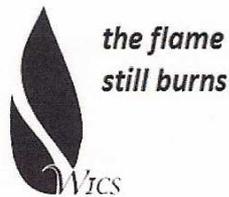
#### **Cost**

The cost for 2013 is **\$200 per person** with double-occupancy accommodations. This covers the program as well as 6 meals and 2 nights lodging. (There will be an additional \$40 fee for single-occupancy.)

#### **Driving/Directions**

If you need help with getting to Seabeck, please call the office as soon as possible. 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.

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



**Spring 2013**

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## **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/partner. Since its beginning in 1974, WICS has served more than 75,000 men and women.

Phone: **206-241-5650**

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

- 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.