



WICS Newsletter

Widowed Information and Consultation Services

September 2011

From Margarita Suarez, Executive Director

September feels like a transition month with the end of the summer, (more or less for us here in WA) the beginning of the school year, the celebration of Labor Day, the beginning of Football and, in a more serious way, the tenth anniversary of 9/11 (See page 3).

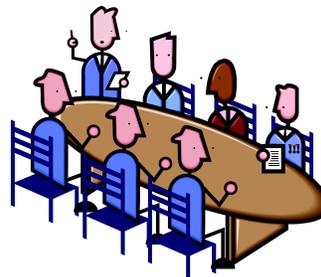
For us at WICS, besides the above, this is an important time as we plan and prepare for:

- The October 15th Facilitators Training (details see page 2)
- November 5th "Cruisin' Through the Tropics" Fund Raising

Facilitators Training: This training is very important for all of us. Even if you have attended before it is a good time to review and renew our learning and our gifts. It is also a time to see how we have grown in our own journey as facilitators. We want to encourage our friends from other organizations to also attend; the training is universal in its foundation and adaptable to anyone who wants to walk with others in their journey.



"Cruisin' Through the Tropics": This event is one of the main events for us. At this event, you will have an opportunity to visit, connect with each other and have fun together as we raise funds for WICS. Like last year, we will have the dinner, the silent auction, the poker hand, the auction of the cakes/desserts and the "BINGO!" Last month we sent you a flier; if you did not get one and want one, or another one, please check our website at www.kcwics.org



Special Thanks from John Hanson

As President of the Board for WICS, we are pleased to announce that we have a new board member. Sara Acree Habryle will be a new board participant. I appreciate that Sara has agreed to become a board member and because she has worked on so many of the recent WICs functions and participated with facilitation with so many groups in Bellevue, Covington and beyond, we appreciate her willingness and commitment to the board.

Although it is not a requirement to be a WICs member it is wonderful to have those who have gone through group, worked as facilitators in group and then become a board member. It is the premise that WICs was founded, those who have the experience and the understanding of what we do and how many people we serve. I would encourage anyone who has a desire to become a board member to talk to me; we do need more board members. If you know of anyone who would support our cause, have some time to work with our members and want to become a board member please encourage them to step forward. We cannot and do not pay any of our board members so the effort is heartfelt and gratification is only knowing that you are helping people in their time of need.

I want to personally thank Sara for her willingness to become a board member and for all her efforts to help our nonprofit service organization. My heartfelt thanks!

WICS

Newsletter

The **WICS Newsletter** is published monthly by Widowed Information and Consultation Services.

The deadline for articles is the **10th of each month.** Articles and notices may be mailed to:

Widowed Information
& Consultation Services
Attention: Newsletter
PO Box 66896
Seattle, WA 98166

Executive Director
Margarita Suarez

Board of Directors
John Hanson, President
Molly Krinsky, VP/Secretary
Claudia Antuna, Director
Sara Acree, Director
Larry Dixon, Director
Le Habryle, Director



www.windemererenton.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.

2011 Events:

Training for Facilitators:

Day: Saturday, October 15, 2011, from 8:30 am to 3pm

Deadline: Please register for this training day by October 10 by calling 206-241-5650 or emailing the WICS office at wicsoffice@qwestoffice.net

Place: Lake Burien Presbyterian Church; 15003 - 14th Ave SW, Burien

Training: Dr. Bob Baugher is planning this training. This year he is working on follow-up and updating information, as well as dealing with particular issues and questions that have been given to him by facilitators. Therefore, this will be good for anyone who wants a refresher course, as well as for anyone looking to become a facilitator.

Please feel free to contact us with your ideas or questions.

Fee: there is no fee for the training, although we appreciate a donation to cover expenses (ie: rental fees).

Food: We will have tea, coffee, water throughout the day, and a continental breakfast. Please bring your own sack lunch

November Auction/BINGO! fundraising:

November 5th, 2011. More information can be found on the enclosed flier. Tally Reynolds is working as the chair for the Silent Auction, so please connect with her for support and questions at ibtally22@gmail.com. Sara Acree has agreed to work on the dinner and the bingo, so for support and questions about this contact her at saraacree@comcast.net.

Family & Children's Program:

Yola, volunteers and parents continue to work on the children's program. One of our main activities is the Seabeck retreat but there is also support and connections throughout the year for families that are already involved as well as for new families who call us or are referred to us. Please contact Yola at 206-241-5650 for more information, to volunteer and/or make a donation.

Remember...

...you can always find our newsletter* and other contact information online at www.kcwics.org or email us at wicsoffice@qwestoffice.net

***If you are no longer interested in receiving the newsletter through standard mail, please contact our office to be removed from the list.**

Newsletter: Margarita Suarez, Editor/Publisher; Yola Hauskins, Assistant Editor; Alisha McFadden, Layout Editor; Harriette Fredenburg and Sue Law, Production.

Awareness, Understanding & Compassion

The media has already started talking about the tenth anniversary of 9/11. There is a mixture of anger, pain and fear of what could happen again; as we are reminded of the event, and its impact, it will bring some of our own feelings of pain that are part of our own journey. As we hear about 9/11 and listen to others describe their pain and their own feelings, we can feel compassion as we listen to their pain. What is also important is that we do not compare. We may even feel left out since in a way, and this is human, we may not be getting the attention they are getting. Searching in Dorothy Hanley's book, I found the following:

Comparisons

By Dorothy Hanley

Who said, "Comparisons are odious?" Certainly we are warned enough not to compare our children, thereby damaging their psyches. It's surprising to find folks who compare pain!

Some people believe their loss is much more painful than anyone else's, and they want to make certain that it's clear that they hurt the most. This seems to be a natural reaction, although some people don't express the thought in words. We are all very self-centered during this time, wrapped in our grief and pain and fright and despair. It hurts-no matter how it happened, no matter your age, no matter your financial situation, no matter your sex, it hurts.

Who is to say who hurts the most?

Is it the person who was married for 50 year or the one married 6 months? Marriage never last long enough and death never comes at the "right" time. Is the one who hurts the most the one who lost the future or the one who lost the past? Who's to judge? It's not lucky to be young (because you'll married again) or lucky to be older (because you're used to seeing people die-it's expected).

There can be no comparisons. We are all individuals and when someone we care about dies, we hurt in our own ways with our own degrees of intensity. The degree of intensity is largely governed by the meaning of the relationship. The death of someone across the country, who once was of prime importance but no longer occupies a central place in everyday life, will not affect us as does the death of a spouse-our "main person."

Comparing ourselves, our reactions, our feelings to others serves no good purpose. If another person appears to be moving faster and showing more signs of "recovery" we wonder what we are doing wrong – or perhaps we wonder if they "really cared."

When we look into the eyes of a grieving individual, which one of us can say "You couldn't possibly hurt as much as I do." It's impossible to know exactly what is in the mind and heart of another. What is needed is the understanding that everyone is different – in temperament, in behavior, in reaction and in coping capabilities, each of us finds our own way through our own pain in our own time.



Widowed Information and Consultation Services (WICS)

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.

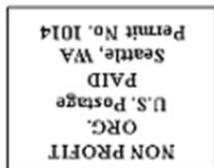
When a widowed person telephones or visits a WICS support group, he or she can be sure to find other widowed people who will listen and understand. A warm and supportive atmosphere is provided for those who call on the service.

The most frequent inquiries at WICS are for clarification of the grief process (are my feelings normal or am I losing my mind?), and for help dealing with loneliness.

WICS is non-sectarian and is not affiliated with any other agency.

Phone: 206-241-5650
Website: www.kcwics.org

Return Service Requested



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PO Box 66896
Seattle, WA 98166

North

Dinner is at 4:30 p.m. Friday.
Thanks to **Delina Bardon** for making these arrangements.

September 2 - Red Robin
Northgate mall
401 NE Northgate Wy, Ste 430
206.365.0933

September 9 - Wedgewood Broiler
8515 - 35th Avenue NE
206.527.2676

September 16 - Greenwood Senior Center
525 N 85th Street
206.297.0875

September 23 - 125th Street Grill
12255 Aurora Avenue N
206.363.8950

September 30 - Las Margaritas
14356 Aurora Ave N
206.362.7527

October 7 - Marie Callender
9538 - 1st Avenue NE
206.526.5785

South

9 a.m. every Saturday.
No reservation, come by and ask for the WICS table. Thanks to **Ellen Fawcett** for these arrangements.

This month, all Saturday
Breakfasts will be held at:

Old Country Buffet
1816 S 320th St
253.839.9207

East

Bellevue - Dinner at 5 p.m. before Monday group meetings.

Call **Kathy Clancy** at 425.653.7209 for locations. All WICS members welcome.

Kirkland - Dinner at 5 p.m. on the fourth Monday of each month. Please contact **Deena Chavez** at 425.643.8081 for more information.

Federal Way

Dinners are on the second Monday of each month at 5:30pm

Call **Carole**: 253.927.0404 or
E-mail: bzeebee@msn.com

WICS Weds

For information on the September meeting of **WICS-Weds** (a support group for those who have remarried or are in a coupled relationship) please call

Sybil 253.874.1958
or **Kathy** 206.331.6631

THANK YOU!

Ronald Brothers
& Kevin Steil

Subscriber Form

Name: _____ Phone: _____

Address: _____

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

Subscription: **\$25 per year**



***the flame
still burns***

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 Please contact Doug for details.
Contact: Doug 206.441.9490

BELLEVUE: 7 p.m. Mondays
10420 S.E. 11th St. – Pilgrim Lutheran Church (Corner 11th St. & Bellevue Way)
Contact: Kathy (clancyKa@comcast.net); 425.653.7209 best to call M. W. F. during the day

COVINGTON: 7 p.m. Tuesdays
25810 – 156th Ave SE, St. John the Baptist Catholic Church
Contact: Le (saraacree@comcast.net); 253.630.0324

FEDERAL WAY: 7 p.m. first and third Tuesdays **Group will no longer be held at the Retirement Community. Please contact Wanda for more details.
Contact: Wanda (wcolvin7@comcast.net); 253.874.5452

KIRKLAND: At this time, Kirkland is not having any meetings except for dinner at 5 p.m. on the fourth Monday of each month at *Tres Hermanos*, which is open to all widows/widowers.
Contact: Amy via email at wiljar2006@yahoo.com

RENTON: 12:30 p.m. Wednesdays.
211 Burnett North, Renton Senior Center
Contact: Burnie (burnie@comcast.net); 425.255.1888

Gifts of Love

Amount: \$ _____ *In Memory of:* _____

From: _____

Send Acknowledgement to (name): _____

Address: _____

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