

WICS Newsletter

Widowed Information and Consultation Services

Fall 2014

WICS Celebrates Its 40th Year of Community Service

In 1974 Diane Bingham, co-founder of WICS, was the mother of three young children and the widow of Air Force Major James Hudelson who died during the Viet Nam war. She moved her family back to Federal Way and attended Highline Community College. One of the resources on campus was the Women's Program where Diane met Wendy Morgan, the coordinator of the HCC Women's Program. Diane and Wendy spent many hours discussing the value of group support for widowed people. Their ideas and conversations led to co-founding a support group known as WICS.

Through the years WICS has continued to thrive because Diane and Wendy laid a solid foundation for the group, a multitude of wonderful volunteers and staff dedicated themselves to helping others and a legion of steadfast supporters were generous in their giving.

The dream of two women with the courage and determination to make WICS happen has helped 80,000 people over the past forty years. We will maintain this legacy by continuing to help those who need us.

Thank you, Diane and Wendy, for your compassion and vision!

One of the things that the first group at WICS learned was just how long it took us to really get through the grief process.

We all thought we were functioning better by the end of one and a half years and for myself, it was closer to five years that I could say, "I think it's over." By that, I meant I could make it well through holidays and felt that I had pretty much taken control of my life.

It was different for all of us, because we were distinct individuals who did our mourning in our own ways, and our different personalities gave us different ways of coping.

We really felt like Columbus steering through uncharted waters - there were no books to consult; we just had each other to watch and see how tragedy affected each of us. We realized that we had found something important - we needed each other to validate our feelings and behaviors - we were no longer alone, fumbling to find our way through these dreadful feelings. We were all crazy at the same time!

Often we would hit a kernel of truth as we went over and over again our experiences in this uncharted land - and were smart enough to take notes!

The conclusions we reached were agreed to by all the group as we stumbled along, learning more every day. In the end we formulated a program that helped to answer many questions for people hoping against hope that they wouldn't spend the rest of their days desperately looking for normalcy.

That's why we insist that the facilitators of our groups be people who have been widowed, gone through our group, made it through to relatively good mental attitudes and taken our training.

If the facilitator has suffered no losses, very often that person is asked, "How could you possibly know the desperation, the fear, the panic if you've not been through this?"

If the WICS group facilitator says, "Yes, I know," you can be certain that she/he does, in some way.

Mainly, it's the value of being together for learning, support and caring through the bad times.

~ Dorothy Hanley

Who is 'Dorothy Hanley' whose articles are often featured in our newsletter?

Dorothy Hanley was a very gifted and creative friend, employee and volunteer of WICS for over 25 years. She attended the very first WICS support group that Diane Bingham and Wendy Morgan held in 1994 and stayed active with WICS until her death in 2000. During her 25 years with WICS she was editor of the WICS' monthly newsletter and brought comfort and insight to thousands of men and women through her articles from 1994-2000. Her writings were made into a book and introduced at the WICS 25th Anniversary celebration in 1999. Dorothy had the gift of providing comfort to others who were grieving. We continue to use her articles and stories because she had the ability to say so clearly in words, what most of us are thinking. Her words are still relevant and bring solace to those who read them.

WICS

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In loving memory of **LUCIE DUBOVIK**
from Sharon Haggerty

In loving memory of **CHUCK SMITH**
from Dee Smith

In loving memory of **JOE HAGGERTY**
from Sharon Haggerty

In loving memory of **MANFRED SCHINDLER**
from Martha Schindler



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 donations are tax deductible.

WICS Contact Information

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



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.

2014 EVENTS

Mark Your Calendars and Save the Dates for
the following WICS sponsored events:



October 4, 2014

BUNCO and SILENT AUCTION

More information on page 5 in this newsletter.



December 7, 2014

BUS TRIP to LEAVENWORTH for the
ANNUAL HOLIDAY TREE LIGHTING

More information soon.



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*



*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** 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: 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

Please Note: **NO MEETINGS** on Sept. 17th and 24th.

The Senior Center will be closed.

Gifts of Love

Amount: \$ _____ In Memory of: _____

From: _____

Send Acknowledgement to (name): _____

Address: _____

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

North

Every Friday
Dinner at 4:30pm

For more info contact:

Delina Bardon
206.789.8852

When dealing with the pain and grief of a loved one's death, take time to do the work of grief. Grieve in the way that best works for you, talk about your feelings, be gentle with yourself, and remember that this is not a path that needs to be walked alone. There are loving and caring people who are willing to be there with you. Reach out, get support, and know that only the strong know how to ask for help.

~ Howard Winokur, PhD and
Heidi Horsley, PsyD

Federal Way

2nd Monday
of each month
Dinner at 5:30pm.

For more info contact:

Carole
253.927.0404
bzeebee@msn.com

East

Bellevue
Dinner at 5pm before
Monday group meetings.

For locations call:

Kathy Clancy
425.653.7209

All WICS members welcome.

WICS Weds

A support group for those who
have remarried or are in a
coupled relationship.

For info re: monthly
meetings of WICS-Weds
please call:

Diane at 253.839.5453

**The links of life are broken,
but the links of love and
longing never break. Grief
only becomes a tolerable
and creative experience
when love enables it to be
shared with someone who
really understands.**

~ Rev. Simon Stephens



THIS COULD BE THE START OF SOMETHING ...

Some people look at Fall as the end ... of summer, of warm days and nights, even of freedom if driving at night is a problem.

It might be interesting to look at it as the start of a period of learning. School starts and it doesn't have to mean just for children. There are many ways of going to school. It's not necessary to actually attend a school, although many people do just that. We can go to school at home, if we're willing to work alone, although in some instances, consulting with someone can help the process. To do what? Any number of things, including learn about ourselves.

I think that I keep my home filled with noise, the TV or radio, just so I don't let disturbing thoughts run through my mind. This summer I even wore a radio when working in the garden so I wouldn't be showered with thoughts of family problems or how I'm going to live my life from now on. It's getting to be like my lawn, I've ignored it for so long that now it's a disaster area that may never be put to right without the use of dynamite or TNT! I'm not saying my life is akin to the lawn, but if I'm not careful, it could be.

I admire people who decide to do something about their lives and actually carry through. I see people in WICS who are working through their problems, seeing counselors and therapists and getting their feelings and thoughts clear and developing new understanding.

Some people have the ability to look objectively at their lives and problems and find solutions. I know that I'm not always clear headed or able to rise above my conditioning and biases and beliefs. There are times when I need a trained, uninvolved person to look at my questions and give me ideas and creative ways to deal with life problems.

Funny, I recommend this path to many people, all the while knowing I should follow my own advice, and then I let it go a while longer. Guess that makes me pretty much like everyone else. We all have difficulty remembering that strength means recognizing the need for help and doing whatever necessary to find that help.

~ Dorothy Hanley

Subscriber Form

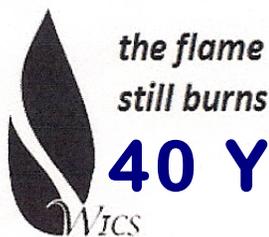
Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

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

Subscription: \$25 per year



the flame
still burns

WICS CELEBRATES 40 YEARS of COMMUNITY SERVICE

LUNCHEON ~ BUNCO ~ AUCTION

Over 80,000 people have received services from WICS since it began in 1974. In celebration of our 40 years we invite all WICS, WICS WEDS and their FAMILIES and FRIENDS to join us for an afternoon of fun, food and friendship.

Saturday, October 4, 2014

11:30am – 4:30pm

~ Luncheon will be catered by Renton Technical College Culinary Arts Program ~

Where:

**St. Andrew Lutheran Church
2650 148th Ave SE
Bellevue, WA 98007**

Cost:

**\$35 per adult
\$10 per child under age 10**

Reservation Deadline

Friday, September 26, 2014

For more information contact:

Ann Thorpe @ 425-830-8415 or e-mail her at annthorpe@me.com

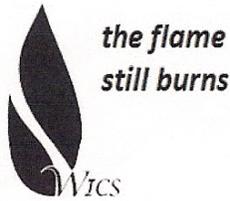
Please PRINT clearly: Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____ Phone: _____
 _____ Number of tickets @ \$35 each. Total: \$ _____
 _____ Number of tickets for *children under age 10* @ \$10 each. Total: \$ _____
 _____ Total Amount Enclosed: \$ _____
 _____ I am not able to attend, but here is my Donation of \$ _____

Methods of Payment

By Check: Check #: _____ **Please make checks payable to "WICS"**
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) _____ Billing Phone number: _____
 Signature: _____

Mail This Form and Your Payment to: **WICS PO Box 66896 Seattle, WA 98166 206-241-5650**

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PO Box 66896
Seattle, WA 98166



FALL 2014

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RETURN SERVICE REQUESTED

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 80,000 men, women and families.

Phone: **206-241-5650**

Website: 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.

When dealing with the pain and grief of a loved one's death, take time to do the work of grief. Grieve in the way that best works for you, talk about your feelings, be gentle with yourself, and remember that this is not a path that needs to be walked alone. There are loving and caring people who are willing to be there with you. Reach out, get support, and know that only the strong know how to ask for help.

~ Howard Winokur, PhD and Heidi Horsley, PsyD.