

# WICS Newsletter

Widowed Information and Consultation Services

Fall 2019



The Flame Still Burns



## ***Swedish Luncheon & Auction***

### ***Annual WICS Fundraiser***

***Saturday, October 26, 2019***

***St. John the Baptist Church***

**25810 156th Ave SE  
Covington, WA 98042**

**11:00 am ~ 2:00 pm**

**\$20 per person  
complimentary coffee, tea & water  
wine & soda - for sale**

**Silent Auction & Basket Raffles**

**Raffle tickets are \$1 each, 6 tickets for \$5 (available at luncheon)**

**Group table reservations for 6 to 8 can be requested**

***For luncheon tickets call Dave McDowell, 425 941-7736***

***or Dennis Jenkins, 425 572-0722***

***Deadline for tickets is October 16, 2019***



***For more information contact WICS office, 206 241-5650,  
email [wicsoffice@qwestoffice.net](mailto:wicsoffice@qwestoffice.net)***

# WICS

## Board of Directors

David McDowell	President
Le Habryle	Vice President
Holly Finkbeiner	Secretary
John Hanson	Advisor
Sara Acree	
Margo Clutter	
Kathy Doyle	
Dennis Jenkins	
Sue Styer	
Ann Thorpe	
Carolyn Tolliver	

## 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 Renton.com](http://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 **BILL HORTON**

*"In loving memory."*

from Marlene Horton

♥ ♥ ♥

*"Please accept my donation to a truly wonderful organization. It has helped me and I have met wonderful caring people at its Bellevue Group. Thank you for caring."*

Maureen Wells-Henderson

♥ ♥ ♥

*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**

## **WHAT WICS MEANS TO ME...**

*"Thanks to WICS & my brother-in-law for bringing me to WICS. It has helped me with my grief."*

♥

*"WICS allows me to be with other people that really understand. We can relate to each other."*

♥

*"Without WICS it would have taken much longer to deal with my grief. I would not be nearly as far along in my healing progress as I am. Thank you very much for your help & understanding."*

♥

*"WICS – A place to meet people who are sharing your experience."*

♥

*"WICS has helped me to understand my grief. I'm not alone in my grief. WICS meetings have helped me talk about my loss and understand my grief."*

♥

*"WICS has helped me progress through my grief. Without the help of all the people who attend the meetings I know I wouldn't be near as well as I am in my grief journey."*

♥

*"WICS – I am so grateful to be here and with people that are dealing with some of the same things as myself. Good consoling and good sharing."*

## **UPCOMING EVENTS**



### **Swedish Luncheon & Auction**

Saturday, October 26, 2019

11:00am 2:00pm

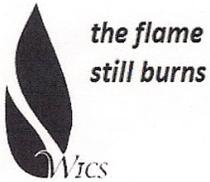
Saint John the Baptist Catholic Church – Covington

\$20 per person

Silent Auction and Basket Raffles!

See page 1 for details.





# Support Group Meetings

*For all widowed men and women who would like to share their concerns and experiences and discuss coping skills.*

**AUBURN 3:30- 5:30 p.m. Mondays (Note NEW Location)**

809 9th St. SE - Auburn Senior Activity Center

Contact: **Liz** 425.269.7583 or email at: [eas1823@comcast.net](mailto:eas1823@comcast.net)

**Lois** 253.987.7927 (h) 253.653.1105 (c) or email at: [loistiernan@comcast.net](mailto:loistiernan@comcast.net)

**BALLARD: 6:45 p.m. Tuesdays (Note NEW Time and Location)**

13035 Linden Ave N. – Bitter Lake Community Center

Contact: **Doug** 206-441-9490 or **Pat** 206-367-1669

*Dinner Gathering – Tues. 5 pm at 125<sup>th</sup> Street Grill – 12255 Aurora N, Seattle*

**BELLEVUE: 7 p.m. Mondays**

10420 SE 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

Date: \_\_\_\_\_

Amount: \$ \_\_\_\_\_ From: \_\_\_\_\_

In Memory of: \_\_\_\_\_

Message: \_\_\_\_\_

Send Acknowledgement to (name): \_\_\_\_\_

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

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

## Hope for a Day

by Clara in Australia

Sometimes the waves of sorrow wash over us and we feel like we are drowning in a lonely sea of tears. It feels like we've cried until we can't cry any more, and yet another day comes and the tears flow even more. We're left wondering if this pain will ever end.

When we experience a loss, two things happen. We lose a big part of today, and also have our dream for the future suddenly snatched away. Life as we once knew it no longer exists, and we can't even bear to think of the future.

We find ourselves struggling to find our place in the foreign land we now must call home. Nothing looks or feels familiar, and we long for the warmth of joy and familiarity that was once ours.

In time, we begin to understand that grief is a journey, and it takes time to adapt to our new surroundings. While life as we once knew it has changed, there are reminders that the sun is still shining.

Every morning when the sun rises there is an opportunity to be warmed by the sunshine of a brand new day. Every evening as darkness covers the sky, the stars shine brightly.

Hope is alive, even in the midst of our deepest sorrow. Hope reminds us that sorrow will not last forever.

Our hearts have been changed by our grief, but comfort is to be found with each new day. With each new day, I am reminded that one more step has been taken towards the sunshine.

### Seabeck Retreat 2019

## *Friendship, Love and Hope*



**More folks have shared with us about what this year's Seabeck Retreat meant to them:**

★ *"Seabeck was a wonderful experience. Had a good time and very informative. WICS has been very helpful in helping me understand my feelings and I enjoy being around others who understand what I have gone through. Nice group of people."*

★ *"Seabeck – It's the one place I can go for grief relief."*

★ *"Seabeck – this year was the second year I have gone to Seabeck. Both times I have found the experience to be exhilarating, calming and insightful. The setting is beautiful, the food very good and plentiful and the accommodations, although rustic, perfect for the experience. I found the seminars and meetings to be informative and helpful I felt a deep fellowship with all the attendees. It was a perfect getaway and I plan to attend next year."*

★ **Save the Date for next year's Seabeck Retreat! ★ May 29 - 31, 2020 ★**

★ **Don't miss next year's healing weekend! ★**

★★

### **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** or call **425-226-2350**

# **... MY DAY, MY LIFE ...**

By Sunni Rudd

*(Sunni attends the Renton WICS group.)*

3-29-19 It's Friday

This is titled "my day, my life," cuz it seems to fit every day and certainly ... my life. Now that doesn't mean my life or day is ALWAYS bad or good. It just means, it's my day, my life whatever that may be.

It's actually quite astounding to me, that I STILL actually can say with truth in these words from the bottom of my shattered heart and from ME, that feels like I may never be capable of being truly or fully happy ever again ... that I DO LOVE LIFE! Somehow, it's still in me.

I always have had a zest, if you will, for life and it's still there ... just buried under a heavy blanket of loneliness and sorrow. My "person" to do everything with, to share life with, my guy who never hesitated to drive us ANYWHERE ... is gone! My love for life became a bazillion times stronger when Joel entered my life! I wouldn't have ever thought it could be possible, but it sure was. So adjusting to THIS level of love of life is very strange indeed.

I am so grateful, so grateful I still feel it, even if it is very different than I have ever felt it before. Knowing I still love life and want to enjoy it and live it to the fullest again when I can, gives me strength to know I am on the right path on this slow, most painful, misunderstood, lonely personal journey.

I know I am not alone. I now have a number of quite incredible friends, on their own "my day, my life" journeys. Each one of these brave people face the unknown every day the best they know how. For some of them, it's really a new journey and it's frightening and exhausting and seemingly never ending mumbo-jumbo paperwork stacks that no matter how much they do, the stack never gets smaller or simpler. The phone calls are endless! For others, their journey has been longer, but the surprises never stop hitting them in the face! You see, THIS JOURNEY NEVER GETS EASY. We're told it gets softer. Personally ... I'll believe it when I feel it!

It took me almost 2 years to walk through the doors of the support group and my Joel has only been gone 2 years and 2 months. At that, my best friend had to convince me and come with me! We are all at different stages of loss or on our journey, but where we are emotionally ... is another thing.

I am so very proud of my friends going through this journey and putting one foot in front of the other each day. I know some days, it's much tougher to do than others. We ARE in this together, even though it's a personal journey. It's your day, your life ... but I'll do what I can to help you love life again, cuz YOU ARE WORTH IT!!!

Your friend through this journey,  
Sunni

♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥

*We'd love to hear from you if you'd like to share your story or contribute an article about some aspect of your grief journey. Please contact your WICS group leader, a WICS Board member or mail it to: WICS PO Box 66896 Burien, WA 98166 Be sure to include your name and contact info.*

♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥

***Grief shared is grief diminished.***  
~ Earl Grollman

**Widowed Information & Consultation Services**

PO Box 66896  
Burien, WA 98166



**Fall 2019**

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



**RETURN SERVICE REQUESTED**

**IMPORTANT INFO**

*See Page One*

**SWEDISH LUNCHEON  
and AUCTION**

**October 26, 2019**

**11am – 2pm**

**Widowed Information and Consultation Services (WICS)**

WICS Mission: The purpose of WICS is to provide a supportive environment and assistance to widowed people.

- 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.  
Phone: **206-241-5650**  
Email: [wicsoffice@qwestoffice.net](mailto:wicsoffice@qwestoffice.net)  
Website: [www.kcwics.org](http://www.kcwics.org)  
[www.widowinfo.org](http://www.widowinfo.org)  
[www.widowinfo.com](http://www.widowinfo.com)
- 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.