



A Support Group for Survivors of Suicide Loss
8310 Ewing Halsell Dr. San Antonio, TX 78229

November 2009

Volume VII

For this month's newsletter I would first like to mention that the Out of the Darkness community walk was a huge SUCCESS!!!!. There were 300 registered walkers and over \$17,500 was raised!!!! This is TRIPLE the amount from last year! Meryl Kessel did a fantastic job in organizing such a successful event!! And a special Thanks to Erik, for doing a phenomenal job with the photography and keeping up with our website!!

S.O.L.O.S Support Meetings
Date: The 1st and 3rd
Wednesday of every month
Time: 7:00 to 8:30pm
Location: Ecumenical Center
8310 Ewing Halsell
San Antonio, TX

Winter Potluck
Dec. 2, 2009
@
6:30pm

The potluck will be held before our regular scheduled meeting, so arrive early and bring a dish!
Bon Appetit !

Help Lines

National Suicide Hotline: 800-SUICIDE
Teen Line: 800-TLC-TEEN
Trevor Helpline: 800-850-8078
Hotline for gays, lesbian, bisexual, transgender, or questioning youth

A Season of Many Feelings

By Cinda Schake, TCF, Butler, Pennsylvania

Fall is a season of many feelings
Autumn is here once again
As it comes every year.
And with the leaves
My falling tears.

This time of year is the hardest of all
My heart is still breaking,
Once again it is fall.
Memories once so vivid
Are seeming to fade.
My time spent with you
Seems some other age.
This season reminds me
Of grief and pain,
But yet teaches hope
And of joy once again.

For the trees are still living
Beneath their gray bark,
And you, my sweet child
Are alive in my heart!

Reprinted from "Mayday" SOS Newsletter
North Aurora, IL November 1996



Some suggestions for Thanksgiving

By Diane Zankoff, TCF, Simi Valley, CA

Throughout our lives, expectation of things to come are based upon past experiences. If, in the past you had set a glorious table and were the perfect host or hostess, it is very possible that friends and family will expect more of the same this year. They may not be aware that you are not looking toward the holidays with a fun and games attitude. They are probably thinking that this year will be different and some sadness will accompany it, but I don't think they are aware of your anguish, especially if it's been "awhile".

I would like to suggest to you that in fairness to yourself you need to be honest about your feelings and, just as important, you need to communicate these feelings to those around you. I really don't think that is necessary for you to believe that because you set a tradition, and always made the turkey, and always had the family over, you need to feel obligated to do it again this year. Perhaps you would like to tell everyone that:

- Someone else will have to make the dinner this year.
- You want to make dinner in your home but needs lots of help because you don't have the energy to do it alone.
- You want to go to the parties but are afraid that you make break down and cry and you want them to know in advance that this really okay.
- You want to tell them that it's okay to talk about your child; not to make it very uncomfortable.

The list goes on, but the point is that to pretend everything is "just fine" is a lie, and that's not fair to you or the people who love you .

Suggested Holiday Resolutions

- Seek out an old friend
- Dismiss suspicion and replace it with trust
 - Write a love letter to the one you lost
 - Give a gentle answer to a painful question
 - Manifest your loyalty by word and deed
 - Keep a promise
- Forego a grudge and forgive someone who hurt you
 - Listen, really listen. Deserve confidence
- Apologize if you are wrong. Take arms against malice
 - Appreciate what you have, express gratitude
 - Laugh a little, then laugh a little more
 - Welcome a stranger
- Take pleasure in the beauty and wonder of earth

THANKSGIVING

By Priscilla J Norton, TCF, Pawtucket, Rhode Island

I remember....

**the inability to chew or swallow the first Thanksgiving after Linda died;
the choked-back tears, the sick heart, the hollowness,
the painful memories of Thanksgivings past,
and the blessed relief sleep brought to my pain.**

I remember....

**the busyness of working as a volunteer that second and third Thanksgiving
after Linda died;
and the good feeling it gave me of “running away” from it all,
and the blessed relief sleep brought to my pain.**

I remember

**The inability to prepare any of her favorite foods that fourth Thanksgiving after
Linda died;
the tears that fell at the smell of turkey cooking, the parade, football game,
the emptiness, the incomplete family, and the blessed relief sleep brought to
my pain.**

I remember....

**Awakening with a lightness and joy in my heart that fifth Thanksgiving after
Linda died;
the thankfulness for having my remaining family together,
the beautiful memories of past Thanksgivings,
the “wholeness” of me,
and the blessed relief peace brought to my pain.**

