

# WICS Newsletter

Widowed Information and Consultation Services

Summer 2014

## Our Seabeck Retreat 2014

**Special Event:** A highlight of the Seabeck Retreat was the Saturday lunchtime event with Diane Bingham, co-founder of WICS. She shared some of the early history and growth of WICS. When WICS began Diane never envisioned that WICS would still be serving the widowed community and their families forty years later.

In 1974 Diane 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, attended Highline Community College classes and also taught at the college. One of the resources on campus was the Women's Program where Diane met Wendy Morgan, the coordinator of the 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.

Over the past forty years 80,000 people have been helped by the services of Widowed Information and Consultation Services. Thank you, Diane and Wendy, for your compassion and dedication!

### Thoughts and Reflections about the Seabeck Retreat

• The Seabeck Retreat was a positive and uplifting experience for me. The workshops were fun and informative, giving me some new tools to help with the Grief Process. Just knowing it is a Process and that I am making some progress helps. The location was beautiful and relaxing and the food was delicious! The atmosphere was very relaxed, we could attend the workshops we liked or not attend if that's what we felt to do. Talking to people about the most horrific thing that has ever happened in my life is not something I want to do. However, I didn't feel that way as much while I was at the Retreat. There is a common bond that we all share, a connection with others who understand.

It took me six years to finally get up enough courage to attend the Seabeck Retreat. Hopefully it won't take everyone as long to take advantage of this opportunity, take time to pause and reflect, to take a break from the day-to-day and get a closer look at the Grief that is our constant companion, ever lurking in the shadows of our mind, the corners of our hearts, the depths of our soul. It's always there like a monster in the dark, Seabeck helped shine some light on that monster, helping make it a little less scary, a little less powerful, and a little less overwhelming. ~ LaNita Ferraro

• Since the loss of my husband and daughter I felt my world had collapsed and come to an end.

At the Seabeck Retreat I found so many friends who truly gave comfort, support and love which has encouraged me to move on one step at a time. I feel like I am surrounded by a big family, a big circle of love and support for one another.

~ Francis Shum

• Wish I could communicate to others how great this was, what an opportunity for healing and growth. I thought it was great.

~ Anonymous

• The Seabeck Retreat was a great experience. I felt that the speakers and workshops were very helpful and meaningful. However, the best thing from this experience was the friends and contacts that made everything worth it. The location was very nice.

~ Deena Chavez

• I was amazed at all the improvements which have been done to Seabeck. The setting was so peaceful and relaxing. The food was delicious - great variety and all one could eat. I will consider going again next year.

~ Ann Thorpe

• It was a nice mix of deep grief work and lighter more relaxing activities.

~ Janice Strangway



**Thank You to all the presenters and hard-working volunteers whose commitment to helping the bereaved make the Seabeck Retreat such a meaningful event!**

#### Excerpts from the Evaluations:

What was your overall impression of the retreat?

- Loved the diversity of doing things, writing, videos and workshops.
- Very organized; met many supportive people.
- Workshops were very informative and useful; the activities were fun.
- Feel like I'm taking home good working tools.
- Very helpful in 'moving on'

- First time to attend. Lovely setting. Good workshops & speakers, new friends and love. ☺

Why did you decide to attend the retreat?

- To help me thru this journey; get some insight and meet others in similar situation.
- Help our grieving process; to know we are not alone.
- Kept hearing how peaceful and beautiful it is.
- I want to attend every year. I LOVE being here.

**If you haven't yet attended the Retreat or it's been awhile since the last time you did, we encourage you to set aside May 29-31, 2015 - the weekend AFTER Memorial Day - to attend this**

# WICS

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## **WICS Contact Information**

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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.

**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 honor of my husband JOSEPH SALVATORE's birthday.***

from Mary Salvatore McFarland



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.

## **2014 EVENTS**

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



**August 16, 2014**

WICS' 40<sup>th</sup> Anniversary  
**PICNIC CELEBRATION**



at Le and Sara Habryle's Lake House  
2pm – 10pm (Dinner 5-7pm)  
See page 5 for details.



**October 4, 2014**

**BUNCO and SILENT AUCTION**



More information soon.

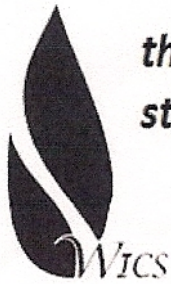


**December 7, 2014**

**BUS TRIP to LEAVENWORTH** for the  
**ANNUAL HOLIDAY TREE LIGHTING**



More information soon.



*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](mailto: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](mailto: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](mailto: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](mailto:burnie@comcast.net)

Please Note: **NO MEETINGS** on Sept. 17th and 24<sup>th</sup>.

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**

## 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**

## Butterfly Quilt Raffle

Thank you to **Lavonne Butenko**  
and her sister, **Dottie Richmond**,  
for the beautiful butterfly themed  
quilts that were raffled at the  
Seabeck Retreat. **Charon Ritter**,  
from our Covington WICS, was  
one of the quilt winners.



*Charon's granddaughter  
with her new quilt.*

## **Embracing Life After Loss**

Below are five steps for fully living life again after a loss.

### **Step One: *Losing***

*If you believe yourself unfortunate, because you  
have loved and lost, perish the thought. One who  
has loved truly, can never lose entirely.*

~ Napoleon Hill, American author

Losing a loved one is not easy. I know - I have had many losses in my life. The one that made the most impact on my life was my wife's death when she was 34. In addition, my mother, my father, my four grandparents, my sister-in-law, several cousins, and both my mother-in-law and father-in-law have died, as well as over 40 friends and colleagues who are no longer here because of AIDS or cancer.

I don't think we ever forget the people we lose. So in some sense, they are never gone. But, still, it hurts not to be able to see them, hear them, or hold them again. Loss hurts. But it can also help us be stronger, wiser, and, if nothing else, more appreciative of every moment we have on this earth.

### **Step Two: *Learning***

*Turn your wounds into wisdom.*

~ Oprah Winfrey, American television host

Every time you lose something, you are presented with an opportunity to acquire something new. With each loss, there is an opportunity for a new beginning. You may not realize it right now, but your loss is part of your growth process. In fact, your loss can be a gift.

How could you possibly even think of loss as a gift? You have lost someone who was very dear to you. You have perhaps lost the one person in your life who meant everything to you. You have lost a significant part of who you were. It certainly doesn't feel like a gift.

Your loss is serving you. It is helping you examine who you are, why you are on this earth, and how to live your life.

- the gift of appreciating life more fully
- the gift of cleansing through mourning
- the gift of love

The best thing you can do after reading this is to open the gift.

*...continued on page 6...*

## **Subscriber Form**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

Subscription: \$25 per year



# Summer Picnic CELEBRATING 40 YEARS of COMMUNITY SERVICE

Over 80,000 have received services from WICS since it began in 1974. You are an important part of this organization. In celebration of our 40 years of service we are having a Summer Celebration Picnic. Please join us for a day of fun and companionship. Food and beverages provided. Sunshine expected.

All WICS, WICS Weds,  
and their families and friends are invited.



**Saturday, August 16, 2014**  
2pm – 10pm (Dinner 5pm-7pm)



**Le and Sara Habryle's Lake House**  
**26038 216<sup>th</sup> Place SE**  
**Maple Valley, WA 98038**



~ *Please CARPOOL. Parking is limited.* ~ Bring a beach towel. ~  
Things to do: Swimming, Boating, Fishing, Talking, Eating...  
*Sun expected but no guarantee ☺*

Hamburgers; hot dogs; a variety of salads, chips and beverages;  
dessert and s'mores are included.

**Cost: \$25/person if PREPAID by Aug. 11<sup>th</sup> with check or credit card.**  
**After Aug. 11<sup>th</sup>: \$30/person PAID AT THE DOOR by cash or check only.**  
Children under 12 free.

To be Ruffled at the Picnic:

1<sup>st</sup> Prize: Transportation and meal for the WICS sponsored trip  
to the Annual Tree Lighting in Leavenworth on Dec. 7<sup>th</sup>.

2nd Prize: \$50 gift certificate

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Number attending: \_\_\_\_\_ X \$25.00 = \$ \_\_\_\_\_

**Cost: \$25.00/person if paid by Aug. 11<sup>th</sup>**

**(After Aug. 11<sup>th</sup>: \$30/person at the door)**

~ Children under 12 Free ~

Send Form and Payment to: **WICS PO Box 66896 Seattle, WA 98166.** (Checks payable to **WICS.**)

To pay by Credit Card: PLEASE clearly print the information below.

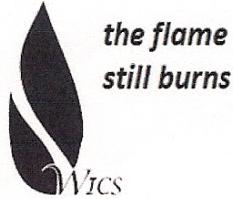
Person's Name as it appears on card: \_\_\_\_\_

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WICS Newsletter  
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SUMMER 2014

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## Embracing Life After Loss ...cont. from page 4

### Step Three: *Letting Go*

*The longer we dwell on our misfortunes, the greater is their power to harm us.* ~ Voltaire, French philosopher

Crying is the body's way of dealing with loss. It is unhealthy to squelch your tears. What you stifle today may come back in greater force tomorrow. At some point, you need to get on with your life. Today might be the day to take the first step. [Editor's note: Remember that 'letting go' and 'moving on' does not mean forgetting our loved ones.]

### Step Four: *Living*

*I can choose to sit in perpetual sadness, immobilized by the gravity of my loss, or I can choose to rise from the pain and treasure the most precious gift I have — life itself.* ~ Walter Anderson, American magazine editor

The loss of someone close to you provides an opportunity for a new beginning and an enriched life. Once you start to work through your grief process, you can begin to fill the vacuum that was created by your loss with a fuller sense of life.

Ultimately, in dealing with a loss, the choice is yours. No matter what the situation, you have a choice of how you react to it. You can remain in your grief and turn your face away from life or you can embrace life.

### Step Five: *Laughing*

*Tragedy and comedy are but two aspects of what is real, and whether we see the tragic or the humorous is a matter of perspective.* ~ Arnold Beisser, American polio-disabled author

It may seem ludicrous putting laughter and loss in the same sentence. How can you possibly laugh after losing a loved one?

Laughter is a great coping mechanism. Finding the humor in something and laughing about it gives you a break from the pain of loss. It allows for a breath of fresh air at a time when everything seems dark and heavy.

Many of the world's top comedians intuitively knew this when they experienced a major loss in their life. They turned to humor to cope. Your goal is probably not to become a stand-up comic, but you can take a lesson from renowned comedians and use humor and laughter to help you to cope with your loss. Laughter and humor are one of God's gifts to overcome your trials and tribulations.

(Excerpted from *Learning to Laugh When You Feel Like Crying* by Allen Klein)

**Summary:** These five steps provide different aspects of the grieving process and how to deal with and recover from loss. Use what works for you now and come back later to see what else can be used as you work through your grief.