

# WICS Newsletter

Widowed Information and Consultation Services

Spring 2019

## WICS Seabeck Retreat 2019

May 31<sup>st</sup> - June 2<sup>nd</sup>

## *Friendship, Love and Hope*



### The Place

Seabeck Conference Center is located on picturesque Hood Canal on the east side of the Olympic Peninsula. It is peaceful with natural beauty everywhere. Check out Seabeck Conference Center's website: [www.seabeck.org](http://www.seabeck.org) to see pictures of the area.

### The Program

We have held this Retreat for many years and coordinate it with The Compassionate Friends. Each group (WICS and TCF) have their own events, such as rituals and sharing groups, but share the keynote speaker and workshops. The program is simple and there is no pressure to attend scheduled programs and activities. There is also a program for families with children with separate accommodations and a program for the children.

### Schedule

Retreat check-in is 4:30 – 6:00pm on Friday. Take time to settle in and attend the orientation for new people before dinner at 6:30. After dinner we have a time of welcome and activities. Saturday is scheduled with speakers, workshops, activities, free time and massages. Sunday is the time for transition and a special closing ceremony to say goodbye to the place and people. The retreat ends with lunch on Sunday.

### Workshops/Presentations

Presentations are diverse and stimulating. Some workshops address issues of grief and others offer help and ideas to enhance our lives. Presenters are professionals who have worked in the area of grief or wellness.

### Meals

Meals are served in the Historic Inn, a renovated 1869 vintage hotel. The Inn's dining room is a spacious windowed room where meals are served family-style with very generous portions. Also in the Inn is the Lobby, a comfortable public seating area with a large stone fireplace and coffee service.

### Accommodations

WICS attendees are housed in the Spruce lodge which has a dozen sleeping rooms and a large carpeted meeting room. Our WICS get-togethers are in this meeting room and it becomes like our own living room. In the evenings before bedtime, we have activities and it's a place to relax and visit. Each sleeping room accommodates up to three people. All rooms in Spruce have private bathrooms. Seabeck provides linens, towels and soap. (So, be assured, you are not sleeping in a tent and using sleeping bags.)

### Self-care, Massages, Fun Activities

You can sign up for a "chair massage" by a professional massage therapist. Sign-ups and payment will be made at the retreat after you check-in.

### Espresso and other Amenities

Even with ample meals and snacks in between, some folks like to stroll across Seabeck Highway to indulge a food craving at the water-side restaurant, ice cream parlor, pizza place, or the espresso coffee shop!

### Cost

The cost for 2019 is **\$240 per person** with double-occupancy accommodations. This covers the program as well as 6 meals and 2 nights lodging.

### Driving/Directions

If you need help with getting to Seabeck, please call the office and we'll try to find you a ride-share or find someone you can follow to Seabeck. An acknowledgement of your registration will be sent after you register including a map and driving directions to Seabeck Conference Center.

~ See pages 5-7 for more information and the Registration Form. Sign up early! Space is limited. ~

# 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	

## 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.windermerearenton.com](http://www.windermerearenton.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* **RONALD WELLS-HENDERSON**

*"I will always love you for eternity."*

from Maureen Wells-Henderson

*In loving memory of* **BEVERLY HUDSON**

from Jim B Hudson



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.



*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**

*Living through widowhood means that you have been forced to hold your head up high among the whispers and stares. Widowhood means you have felt the physical weight of his old shirt at night as you sleep in it and you still kept right on breathing. Widowhood means you have carried his burdens and yours and possibly those of your children every damn day since you heard the words, "I'm sorry ma'am, he's gone." Michelle Miller*

## UPCOMING EVENTS



**SEABECK RETREAT**

**May 31- June 2, 2019**



See pages 5-7 for registration form and information. If you are in need of financial assistance to help you attend the retreat, please contact the WICS office.



**SUMMER PICNIC FUNDRAISER**

at Le and Sara's lake house



**August 17, 2019**

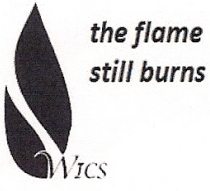


**Swedish Luncheon & Auction**

Rescheduled to this Fall!

Details coming soon!





# 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**

5433 Leary Ave NW - Ballard Landmark Assisted Living (mtg room near front desk)

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

*Dinner Gathering – Tues. 5 pm Robb’s 125<sup>th</sup> Street Grill in Ballard.*

**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)

*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.*



***If you are looking for a tangible way to honor your loved one for Memorial Day, please consider making a tax-deductible contribution to WICS. We are funded 100% by donations. We’ve enclosed an envelope for your convenience.***



Gifts of Love

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

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

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

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

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

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

# It's Okay To Not Be Okay

By Kerry Phillips

***“You’re allowed to be both a masterpiece and a work in progress, simultaneously”***

It's a fair statement to say that I've navigated the storms of widowhood and finally gotten to a place of joy. It's not been an easy road though. I've shed many a tears, wished for the death angel to reunite us, and even questioned my faith in God. Like many widows, I also struggled with guilt. I replayed every moment, each conversation over and over to figure out what I could have done to stop such a senseless outcome.

It's been almost five years since my husband's death. I've made peace with the fact that grief waves will continue to show up, often times without notice. I also realize I'll have to accept they may always be a part of my life though I must try to not let them suck me under.

What I wasn't expecting was that guilt would continue to haunt me despite my knowing with 100% certainty that there was nothing I could have done differently to save my spouse. My mind had come to that conclusion sooner than my heart. At this point—4 years, 10 months, and 16 days in—I thought both were at last on the same page and the guilt had all but vanished.

A couple days ago, I realized guilt hadn't gone far. It was just quietly lurking in the background, waiting to hop aboard the latest rounds of grief waves as they washed ashore.

I was talking to a friend who witnessed a horrific accident. He shared how refreshing it was that there was a stranger there on the scene to hold the injured motorcyclist's hand as he took his last breath.

It was there, in that very moment, that my mind wandered to my own spouse. How I wasn't there on his final day on earth. There was no hand-holding or whispering of comforting words. And, though I'm grateful his brother was in the room, he wasn't there helping him transition to the next life. *Why?* Because no one saw death coming.

I remember back when we were dating and he asked me to fly out to see him. I jokingly said, “You know I'll always get to you regardless of where you are in the world.”

And on the day he probably needed me the most, I wasn't there. He was in South America and I chose to delay my flight by a few days. I wonder had I not made that decision, simply because of my cycle, if I would I have known how sick he really was. *Would I have demanded the hospital run more tests and not simply chalk it up to the flu? Would I have suggested we fly out to a more developed country to get medical advice?*

**You have to know that there isn't anything you could have done.**

I repeat those words to myself over and over. I know my husband holds me blameless for not being there as I doubt he himself knew how close he was to meeting his Maker. But I can't help but to feel weighted down by the guilt brought on through the relaying of yet another person whose life ended much too soon.

I tend to get upset at myself for allowing my heart to take me down this road of guilt. My mind knows better but the pull on my heart often drowns out common sense and logic.

It's been 1,783 days. Why am I still A) feeling guilty and B) beating myself up for even allowing the guilt to get the better of me?

Then I remember, **“You’re allowed to be both a masterpiece and a work in progress, simultaneously”**.

I have to acknowledge my grief waves and each pang of guilt, but not fall into the dreaded widow's funk. I can't second guess my progress or think one bad day means I get to throw in the towel and allow death to win. These feelings aren't a sign of weakness or an inability to move through my grief in a healthy manner. They don't get to tell me that I didn't do right by my husband.

If the length of his life was solely determined by the love I have for him, he'd be here now, right next to me. We'd have a thousand more tomorrows.

I just have to face it. Some days you win and some days you lose. What's most important is that you keep fighting!

*Mom to a feisty preschooler, Kerry Phillips became widowed at age 32. She runs an [online support group](https://youngwidowedanddating.com) for young widows and widowers and is a blogger for [The Huffington Post](https://www.huffpost.com). <https://youngwidowedanddating.com>*

*Kerry Phillips has also authored a book, “The One Thing: 100 Widows Share Lessons On Love, Loss, And Life” available online and at Barnes and Noble bookstores.*

# WICS Retreat at Seabeck, WA May 31- June 2, 2019

at the scenic and historic **Seabeck Conference Center** ([www.seabeck.org](http://www.seabeck.org)) on Hood Canal.

## *Friendship, Love and Hope*



### Retreat Cost:

**\$240.00**USD per person (shared room)  
**\$315.00**USD per person (single occupancy)  
2 nights lodging & 6 meals  
(Friday dinner through Sunday lunch)

**Check-in begins Friday afternoon at 4:30pm**

**Orientation meeting at 5:45pm for first-time attendees**

**Friday evening dinner at 6:30pm**

*Three Delicious Hot Meals a Day Served Family-Style in the Historic Dining Hall.  
Also available are a yogurt and cereal bar at breakfast and a salad and fruit bar at lunch and dinner.  
Friendly staff wait on you and we guarantee you won't go away hungry!*

### ***Children/Family Program - info below and on registration form***

#### **Your Program ♥ Your Retreat ♥ Your Rest & Relaxation**

- ♥ Attend practical presentations/workshops that are diverse and stimulating. ♥
- ♥ Attend activities that are fun and allow for individual and group participation. ♥
  - ♥ Walk the beautiful grounds or explore the beach. ♥
- ♥ Make this weekend yours by paying attention to what you need. ♥

**We will send directions and a map with the acknowledgement of your registration.**



### **Registration Due By: May 1, 2019**

(After May 1<sup>st</sup>, registrations still accepted if space available.)



For more information, call WICS at 206-241-5650 or email: [wicsoffice@qwestoffice.net](mailto:wicsoffice@qwestoffice.net)

~~~\*~~~ **Limited Scholarships** may be available. ~~~\*~~~

If interested in financial assistance, you **MUST** call the office before sending in your registration form.

There will be a WICS/TCF Children's grief support program for children ages 5-17 and their parents. If you are interested in bringing your children to the retreat, call 206-241-5650 or email [wicsoffice@qwestoffice.net](mailto:wicsoffice@qwestoffice.net) for more information.  
Registration information on back of this page.



**REGISTRATION FORM** ~ Registration due by May 1<sup>st</sup>  
(After May 1<sup>st</sup>, registrations still accepted if space available.)



**SPACE IS LIMITED!!**      **SEND IN REGISTRATION FORM & FEE EARLY!**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: (\_\_\_\_) \_\_\_\_\_  
Email: \_\_\_\_\_

Please check all that apply:  
 **Single Occupant** room requested – add'l fee  
*(Limited # of Single Rooms available. ~ "first come, first serve".)*  
 **Double/Triple Room with:** \_\_\_\_\_  
**Special Diet:**      Circle the one/s you need:  
 \*Dairy-Free    \*Vegetarian    \*Non-Celiac    Gluten-Free    \*Vegan  
 **Housing Limitations:** (i.e. difficulty with stairs, etc.)  
  
 **Chair Massage – Please indicate if interested.**  
*15 minute Chair Massages available Saturday for \$20.  
Pay at the retreat when you sign up for appointment time.*

**Waiver:** WICS and Seabeck Conference Center assume no responsibility for injury to guests, loss or damage of personal property. Participants are responsible for safeguarding their persons and possessions during the retreat.

**Signature/s:** \_\_\_\_\_

**2 Nights and 6 Meals** *Lodging includes all bedding, towels, & soap. Meals are Fri. supper thru Sun. lunch.*  
**Shared 2-3 person room**      **\$240.00** USD per person      \_\_\_\_\_  
**Single Occupant Room** (Limited # of rooms available.) **\$315.00** USD per person      \_\_\_\_\_  
**Contribution to Scholarship Fund:** (To assist others to attend the retreat)      \_\_\_\_\_  
**Total Enclosed with Registration:** (Make Checks payable to **WICS**.)      \_\_\_\_\_

Send Form and Payment To: **WICS RETREAT PO Box 66896 Seattle WA 98166**  
*Make checks payable to WICS. (Sorry for the inconvenience, but we can no longer process credit card payments.)*

\*\*\* **Limited Scholarships** may be available for WICS and the Children's Program. \*\*\*  
If interested in financial assistance, you MUST call the office *before* sending in your registration form.

**PARENTS AND CHILDREN PROGRAM REGISTRATION**

**ADULTS: \$175**

(Scholarship assistance may be available. Contact WICS office before sending in registration.)  
*The fees for YOUTH (age 12-17) and CHILDREN (age 5-11) are waived this year.*  
**Thank you to Windermere Real Estate for supporting our Children's Program.**

Parent/s Name: \_\_\_\_\_  
Address: \_\_\_\_\_ City, State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_  
Contact Phone Number while at Seabeck: \_\_\_\_\_  
**Special Diet Needs:** Circle the one/s needed: \*Dairy-Free \*Vegetarian \*Non-Celiac Gluten-Free \*Vegan  
*(Be sure to specify name of person needing a special diet.)*  
1. Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ 2. Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_  
Allergies/Physical Limitations: \_\_\_\_\_ Allergies/Physical Limitations: \_\_\_\_\_  
Parent/s Signature: \_\_\_\_\_

**Waiver:** WICS and Seabeck Conference Center assume no responsibility for injury to guests, loss or damage of personal property. Participants are responsible for safeguarding their persons and possessions during the retreat.



## Our Annual Retreat in Seabeck, WA ~ May 31 - June 2, 2019



For decades the bereaved have been crossing the wooden bridge into the serenity of Seabeck Conference Center ([www.seabeck.org](http://www.seabeck.org)) in historic Seabeck, WA, just an hour and a half drive from Seattle. The majestic Olympic Mountains rise to the west, scenic Hood Canal lies between you and the Olympics and the wooded hills sloping up from the Seabeck beach set this place apart from being just another conference center. This peaceful place sets the tone for a healing weekend. One feels secluded and protected from the outside world while feeling the calming comfort of being with others who understand. This is a safe, supportive place to do one's grief work. We believe that other bereaved folks are the greatest resource and support for this most difficult journey we have to travel.

Our retreat is just that...a *retreat*. We leave behind the busyness of our everyday lives and enter a relaxed and safe haven to work on our grief and connect with other bereaved people. The retreat is a place where we share our thoughts, feelings, and precious memories of our loved ones. The weekend includes a keynote speaker, workshops, sharing time, a meditation room, crafts and other activities.

The retreat is low-key and there's no pressure to attend every scheduled session. The weekend is yours to use however you need to take care of yourself. If there's an activity and you'd rather take a nap or take a walk, do what YOU need to do.

Some people choose to not participate in sessions and yet do some healthy grief work because they have the opportunity to be in a safe and supportive setting that allows them the time and space to work on their grief away from the distractions of a busy daily life. It's a nurturing environment and you are with people who understand what you are going through.

The retreat is a joint event sponsored by The Compassionate Friends (TCF) and Widowed Information and Consultation Services (WICS). TCF (bereaved parents/grandparents/adult siblings) and WICS (bereaved spouses/partners) are peer support organizations helping the bereaved. At the retreat WICS/TCF share the speakers and workshops, but WICS and TCF have separate group time, ceremonies and housing.

Together, WICS and TCF provide a children's program for those who want to bring their children (ages 5-17). The children's group has their own program with their own activities and ceremonies.

Over 100 bereaved adults and children from Washington, Oregon and British Columbia attend our retreat.

To get retreat information: • **WICS** - Widowed program: 206-241-5650 [wicsoffice@qwestoffice.net](mailto:wicsoffice@qwestoffice.net)

• **TCF** - Bereaved parents/grandparents/adult siblings program: 206-241-1139 [tcfmarge@aol.com](mailto:tcfmarge@aol.com)

• **Children's program** (for WICS & TCF) Contact **WICS**: 206-241-5650 [wicsoffice@qwestoffice.net](mailto:wicsoffice@qwestoffice.net)

At Seabeck you will find folks with caring hearts who can relate to you and your grief. Please join us at our Seabeck Retreat!

### The Mask

Lennie Neal, Victoria, BC



There's an old mask I wear for the public,  
Smiling face, I'm sure you've seen the act.  
Concealing all the grief so deep and wild,  
The deep and desperate longing for my loved one,  
Buried under courtesy and tact.

An invitation brought to Seabeck  
Hesitantly, hoping for some peace.  
Walking slowly, shy among the strangers  
Mask in place, alert for hidden dangers,  
Hoping against hope for some release.

A fortunate seating at the table,  
I sat beside a woman, calm and mild.  
She turned to greet me with a gaze so fine,  
Compassionate eyes that never left mine  
As she smiled, and asked about my loved one.

The wave of relief fairly shook me,  
I saw at once that I could drop the mask.  
The workshops and the sharings all were real,  
Emotions in the songs that made me feel,  
The meals also, all that I could ask.

Candles in the night, so very moving,  
We gathered on the bridge under the moon.  
Couldn't stop the flood of tears from streaming,  
Can't mistake the song, or miss its meaning,  
Our loved ones all were taken far too soon.

Our burdens were all burned at the closing,  
Cascades of bubbles floating far and near.  
The sense of community was stronger,  
But we just couldn't stay any longer,  
That's OK, we'll all come back next year. ♥

### Seabeck Testimonials

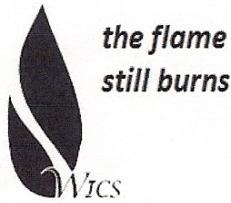
*From some of our Retreat evaluations:*

- ♥ *"I felt supported and being with others who understood and didn't try to fix me."*
- ♥ *"I felt validated. The retreat encouraged all feelings."*
- ♥ *Well organized, great food & lodging, a variety of relevant topics & awesome speakers.*
- ♥ *"Location was excellent! Sharing with like-minded people was so good! Food was fantastic!"*
- ♥ *"I decided to attend the retreat because I've loved it so much from attending previous years."*
- ♥ *"I was told how amazing it is."*
- ♥ *"This retreat was a phenomenal experience."*
- ♥ *"The retreat was well organized, in an ideal location and had excellent workshops."*
- ♥ *"The retreat far exceeded my expectations."*
- ♥ *"The closing ceremony was a perfect closing to a perfect weekend. It was great to see the change in people in just 2 days! They found life after death."*

***Memories will bring you love from the past,  
courage in the present, hope for the future.***

Sascha Wagner

WICS  
PO Box 66896  
Seattle, WA 98166



Spring 2019

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



RETURN SERVICE REQUESTED

**Seabeck Annual Retreat**  
**May 31 - June 2, 2019**  
Information and Registration – pgs 5-7

## 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 or partner. Since its beginning in 1974, WICS has served more than 80,000 men and women.
- 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.

Phone: **206-241-5650**

Website: [www.kcwics.org](http://www.kcwics.org)  
[www.widowinfo.org](http://www.widowinfo.org)  
[www.widowinfo.com](http://www.widowinfo.com)

Email: [wicsoffice@qwestoffice.net](mailto:wicsoffice@qwestoffice.net)