



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

February 2010

Volume X

Memory Quilt

This spring we will begin the process of creating a memory quilt, for those we have lost to suicide. The quilt will include a picture of each of our loved ones and any special message, you would like to include. The cost is \$15 per picture and we need twenty people to sign up for this, in order to have a completed quilt. You may call me or email me.

Diana Martinez (210) 797-5292
or dianam1977@gmail.com

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

*"Hope is the feeling
you have that the
feeling you have isn't
permanent" - Jean Kerr*

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 Simple Gesture

By John W. Schlatter

Mark was walking home from school one day when he noticed the boy ahead of him had tripped and dropped all the books he was carrying, along with two sweaters, a baseball bat, a glove and a small tape recorder. Mark knelt down and helped the boy pick up the scattered articles. Since they were going the same way, he helped to carry part of the burden...

... As they walked Mark discovered the boy's name was Bill, that he loved video games, baseball and history, and that he was having a lot of trouble with his other subjects and that he had just broken up with his girlfriend.

They arrived at Bill's home first and Mark was invited in for a Coke and to watch some television. The afternoon passed pleasantly with a few laughs and some shared small talk, then Mark went home. They continued to see each other around school, had lunch together once or twice, then both graduated from junior high school

They ended up in the same high school where they had brief contacts over the years. Finally the long awaited senior year came, and three weeks before graduation Bill asked Mark if they could talk. Bill reminded him of the day years ago when they had first met...

"Do you ever wonder why I was carrying so many things home that day?" asked Bill. "You see, I cleaned out my locker because I didn't want to leave a mess for anyone else. I had stored away some of my mother's sleeping pills and was going home to commit suicide. But after we spent some time together talking and laughing, I realized that if I had killed myself, I would have missed that time and so many others that might follow. So you see, Mark when you picked up my books that day, you did a lot more. You saved my life."

February 1997

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Vol. 3



Risks

by Rev. Stephen Holmes, Garrison, ND Oct.1967

To laugh is to risk appearing the fool.

To weep is to risk appearing sentimental.

To reach out for another is to risk involvement.

To expose feelings is to risk exposing your true self.

To place your ideas, your dreams before a crowd is to risk their loss.

To love is to risk not being loved in return.

To live is to risk dying.

To hope is to risk despair.

To try is to risk failure.

But risks must be taken, because the greatest hazard in life is to risk nothing.

The person who risks nothing, does nothing, has nothing and is nothing.

They may avoid suffering and sorrow, but they cannot learn, feel, change, grow, love, live.

Chained by their certitudes they are a slave, they have forfeited their freedom.

Only a person who risks is free.

Untitled Author unknown

We are all fascinated by stories of people who survive and surmount hardships and handicaps. Bereavement is one challenge none of us can avoid because loss and death are facts of life. But, we do have a choice as to how we will express and conduct ourselves in the face of adversity. We can share the pain or we can suffer privately. Given enough information and support, people are very resourceful and creative in finding authentic ways to fit tragedy into a larger context that stills allows them to find meaning and richness in their own lives.

When grief is complicated by trauma, more time is needed for integration. Also, volunteers are limited in the amount of help they can realistically offer. As there are differences in background, experiences, and personality traits, not all efforts by volunteers on behalf of the bereaved will be successful. It is important to be aware that there are limitations as to how much volunteers or anyone can help someone adjust to a major loss.

Perhaps it is our fear that we are inadequate in the face of change that impedes our growth the most. Recovery from grief is facilitated by any acknowledgment of the loss, dependable support through the transition, and an appreciation of the assets and strengths the bereaved person possesses. These elements are necessary to rehabilitate anyone who suffers from physical or emotional injuries sufficient to cause a change in lifestyle or self-perception. To participate in the quest for self-rediscovery is both a difficult and an exciting adventure.