

Grief is hole you walk  
around in the daytime  
and at night  
you fall into it.

*Denise Levertov*

The Survivors of  
Suicide program and  
this newsletter depend  
in part on donations from  
the survivor community.

We offer our sincere  
appreciation for recent  
donations in memory of  
Jeff N, Paul H, Robbie K,  
and Peter P.

### **SURVIVORS OF SUICIDE NEWSLETTER**

is published bi-monthly by the  
Macomb Crisis Center

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## **FAMILY EVENTS IN JULY AND AUGUST!**

### **BALLOON AND BUTTERFLY RELEASE**

The Balloon and Butterfly Release will be held on Wednesday, July 18, 2012, at 6:00pm. This event includes a brief remembrance ceremony and is especially popular with children.

This year's Balloon and Butterfly Release will include a Pot Luck. Everyone is invited to bring a dish or a treat that reminds them of their loved one. (Participating in the Pot Luck is optional – please come and eat even if you do not bring food.)

*Please register in advance for this event (see bottom of page).*

### **MEMORY STONE WORKSHOP**

The 12th Annual Memory Stone Workshop will be held on Wednesday, August 22, 2012 from 6:00-8:00 pm.  
*(In case of inclement weather, the event will be held on Monday, August 27, instead.)*

This event is for the whole family! We will provide the cement and the molds for the stones, as well as decorative materials for you to use. If you have photos or any other special objects you wish to add to your stone, please bring them with you.

*Please register in advance for this event (see below).*

**Register for events by e-mailing  
[jeni.baldwin@mccmh.net](mailto:jeni.baldwin@mccmh.net) or by calling  
586-948-6103**

Tell us the following information:

- Your name, phone number, and e-mail address
- Which event you are signing up for
- If you are bringing others with you, how many
- For the Memory Stone event, how many stones your group plans to make
- Any questions you may have

**Both events will be held at Fox Pointe Center,  
46360 Gratiot (south of 21 Mile), Chesterfield**

July/August 2012

# Survivors Of Suicide NEWSLETTER

MACOMB COUNTY CRISIS CENTER

(586) 307-9100

## **Bargaining**

In Elizabeth Kubler-Ross's book *About Death and Dying*, she created a model for the grief cycle that she originally applied to people who were diagnosed with terminal illness. Kubler-Ross realized later that the journey towards healing and acceptance was similar for those who have lost a loved one.

Bargaining is the third stage in Ross's cycle. The bargaining stage may be accompanied by feelings of guilt. You may think in terms of "if onlys." You may think that if you only did or noticed or said something different, then your loved one would not have died. Bargaining can be seen as a grieving person's attempt to feel in control of life and losses.

Like denial and anger, bargaining helps buffer the

reality of profound loss. It is so difficult to bear the realization that we cannot keep everyone safe and that we cannot control every outcome. When a loved one actually does die, the feelings of grief from every other loss we have suffered resurface. Bargaining helps us deal with that pain.

Whenever you think there is something you could have done to prevent your loved one from dying, you are experiencing the bargaining phase of grief. Bargaining can also manifest as an attempt to prevent further loss. Often bargaining takes the form of prayer, promising something in return for no more loss.

Bereavement support groups can be invaluable during the grieving process. Nearly

everyone who has lost a loved one goes through the bargaining phase with its accompanying guilt. It is helpful to hear that others have the same feelings and experiences you do during grief.

Here are some other ways to take care of yourself as you grieve:

- Journal about your feelings
- Get plenty of rest
- Exercise
- Eat healthy foods
- Avoid major changes during the first year
- Read books about grief

*Adapted from  
Life Advice newsletter  
February 2007*

## HEART LINES

### White Owl Flies Into and Out of the Field

Coming down  
out of the freezing sky  
with its depths of light,  
like an angel,  
or a Buddha with wings  
it was beautiful  
and accurate,  
striking the snow and whatever was there  
with a force that left an imprint  
of the tips of its wings—  
five feet apart—and the grabbing  
thrust of its feet  
and the indentation of what had been running  
through the white valleys  
of the snow—  
  
and then it rose, gracefully,  
and flew back to the frozen marshes,  
to lurk there,  
like a little lighthouse,  
in the blue shadows —  
so I thought:  
maybe death  
isn't darkness, after all,  
but so much light  
wrapping itself around us —  
as soft as feathers —  
that we are instantly weary  
of looking, and looking, and shut our eyes,  
not without amazement,  
and let ourselves be carried,  
as through the translucence of mica,  
to the river  
that is without the least dapple or shadow—  
that is nothing but light— scalding, aortal  
light—  
in which we are washed and washed  
out of our bones.

Mary Oliver, 1990

## Sharing the Journey

### Stretching Our Repertoire

Leonetta Bugleisi

When I think of developing a repertoire I think  
of a musician or a dancer who  
Works very hard to be good at a few pieces  
that represent their range of  
Creativity to be used for auditions or  
performances

Maybe that's what we all do for one another  
throughout life  
Is invite people into our experiences in order  
to expand their repertoire  
For further living.

Every person has a way of pushing us to accept  
their ways  
Of expressing themselves  
It might be hair styles or political views

My daughter had a way of stretching my repertoire  
As a toddler she was in charge of the house  
Creatively weaving her art and demands  
through our schedules

The years went by and people she surrounded  
Herself with had a flair for the funky and fabulous  
Each decade introduced us to stretch our minds

Around her friends and we did as we stretched  
Our hearts around her attempting to  
Hold her tightly enough so she wouldn't fall too far

There were hairstyles of Mohawks, shaved heads,  
Manic panic colors from purples to red  
Tattoos and piercings to complement locks  
called dreads.

Music presented a wide range as well  
The dark bowling alleys with noises with  
recordings to sell  
Lyrics expressing frustrations and commentary  
that only these youth could tell

My daughter's housing décor was also a stretch  
Halloween themes, Frieda Kahlo, Rumph shelves,  
nothing  
Was too far fetched

Periodically the grandmothers would worry  
about the dark side

That Heather seemed to spend so much time in  
And worried that this phase was lasting too long

Mixed with tap lessons and plays and crafts  
And camp and vacations and all else  
It never seemed like the dark would really  
take her life

The repertoire of unusual places and faces and  
Hobbies of punk bands and recreational  
Drinking and drugging just seemed  
part of the package

The package of raising a wild child of the 80s  
Who sent greeting cards to relatives  
and made gifts  
For her friends from her stash of artistic stuff

Our repertoire was stretched to accept the variety  
Of people, music, jewelry and views  
From our Heather who always seemed  
to live on the edge

The repertoire she presented included her  
Being an amazing mother, a loyal friend  
A daughter with prisms of passion to the end

And now the repertoire will continue as we  
All have been affected by sharing her life  
That ended far sooner than expected.

### Survivors of Suicide Support Group Meetings

(1st Wednesday and 3rd Tuesday of each month)

Wednesday, July 4

Tuesday, July 17

Wednesday, August 1

Tuesday, August 21

7:00 to 9:00 p.m.

Fox Pointe Center, 46360 Gratiot  
South of 21 Mile Road  
Enter door at rear of building  
Questions? Call 586-307-9100

## Upcoming Events

### July 2012

Balloon and Butterfly Release\*  
and Pot Luck  
Wednesday, July 18  
6:00pm

Craft Nite, Monday, July 30, 6pm-9pm

### August 2012

Memory Stone Workshop\*  
Wednesday, August 22  
(inclement weather date: Monday, August 27)  
6:00pm-8:00pm

Craft Nite, Monday, August 27, 6pm-9pm

Five Week Workshop begins 8/29/12  
(see September for details)

### September 2012

Five Week Workshop: Understanding Suicide\*  
Macomb Intermediate School District  
Wednesdays, 6:30pm-8:30pm  
8/29/12 - 9/26/12

Craft Nite, Monday, September 24, 6pm-9pm

### October 2012

Craft Nite, Monday, October 29, 6pm-9pm

### November 2012

Craft Nite, Monday, November 26, 6pm-9pm

### December 2012

Holiday Program

\*To register for a special event, e-mail jeni.baldwin@mccmh.net or call 586-948-6103. Leave your name, phone number, and e-mail address; the name of the event; and the number of people attending.

All activities take place at Fox Pointe Center, 46360 Gratiot, unless otherwise noted.

Please watch future newsletters for additional information as it becomes available. Events are subject to change.