

COMFORTING FRIENDS

Published monthly by Sacramento Chapter of Friends For Survival, Inc.
A National Outreach Program for Survivors of Suicide Loss
P. O. Box 214463, Sacramento, CA 95821 (916) 392-0664
www.friendsforsurvival.org

DECEMBER 2008

Volume XXVI Issue 12

Here is a sample of our monthly newsletter.

NEWS BETWEEN FRIENDS

We still have a few 2009 Entertainment books available for sale until December 1. They are still just \$40.00. Can you help us sell them to family and friends??? Call 392-0664.

We have a new support network on the web. www.yahoo.com, list is on the left hand side, click on groups, type in SACRAMENTO_SOS, click on join this group. If you have questions call Bobby, 209-471-1743 or email bharr@sbcglobal.net

You can help us save money when YOU move! We spend up to \$40 each month to receive forwarding addresses (from the post office) for families that have moved. Please notify us in advance, if you can, before you move.

Fifteen volunteers have donated hundreds of hours over the last two years to produce volume 3 of our year of healing project. This booklet will be available by December 1. *Cherished Inspirations from Comforting Friends* is a compilation of the very best articles from 10 years of our newsletters. It is 154 pages and available for a donation of \$20.00. If you find comfort and encouragement from our newsletter, this resource is for you. It also makes a great gift for yourself and others.

If you've lost a loved one to suicide please call Marilyn to get on our monthly mailing list.
916-392-0664

RAFFLE DISCLAIMER: Enclosed you will find information and tickets for our annual raffle. We have an error on the tickets only -- the quilt is a queen size not a king size. We appreciate your support of our annual raffle.

**DURING THIS HOLIDAY SEASON,
WHETHER YOU CELEBRATE
CHRISTMAS OR HANUKKAH,
IT IS OUR PRAYER THAT EACH
OF YOU FIND PEACE IN YOUR
HEART, JOY IN YOUR FAMILIES
AND HOPE IN THE FUTURE.**



MORE THOUGHTS ON CHRISTMAS CARDS

Tom and Sharron Fay lost their 31 year old son, Mike, to suicide on June 30, 1998. I recently received this very poignant and touching card from them along with a beautiful picture of Mike's special place. For those who struggle with holiday cards, you may want to consider doing what the Fay's did. I include their card.

Life is precious. Our family has been to the top of the mountain and now we are in the deepest valley of our lives. In nature, it is in the valley where things grow. We, too, will find the strength to grow in this valley.

We are traveling to places in our hearts where we have never been before. As we begin this long journey, you have helped to make the path a little lighter. You have soothed our hearts. Perhaps you sent flowers, brought food, gave encouraging words, or made a contribution to Mike's Memorial Funds. Also, we know that many of you helped in ways we were not even aware. Thank you. We are also grateful for the tears so many of you have shed on our behalf. Those tears honor our Mike --- there is a sacredness about them. Our family has been touched by grace --- a bit of heaven on earth.

We are enclosing a picture that was taken while Mike was in the Canadian Boundary Waters. Perhaps you might want to put it in a little frame and draw some personal meaning from it. This untroubled sanctuary was his favorite place. You can look into our eyes and see our pain --- but we wouldn't trade this pain for never having had him. We don't know why Mike died, but we know why he lived.

With sincerest thanks, Mike's family

reprinted from "Mayday", Batavia, IL Dec. 2003

BLESSINGS THAT REMAIN

anonymous

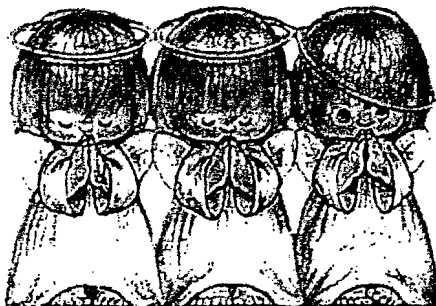
There are loved ones who are missing from the fireside and feast
There are faces that have vanished, there are voices that have ceased
But we know they have passed forever from our mortal grief and pain

And we thank Thee, O our Father, for the blessings that remain
Christmas, Oh, Christmas, that their love once blessed us here
That so long they walked beside us, sharing every smile and tear

For the joy the past has brought us but can never take away
For the sweet and gracious memories growing dearer every day
For the faith that keeps us patient looking at the things unseen
Knowing spring will follow winter and the earth again be green
For the HOPE of the glad meeting far from mortal grief and pain...

We thank Thee, O our Father, for the blessings that remain.

reprinted from The Comforter, Cary, NC, 2003



FRIENDS FOR SURVIVAL, INC.

An Outreach Program for Survivors of Suicide Loss

P.O. Box 214463 • Sacramento, CA 95821
(916) 392-0664 • www.friendsforsurvival.org



November 2008

Dear Friends,

BOARD OF DIRECTORS

PRESIDENT
Marilyn Koenig

VICE-PRESIDENT
Vickie Sampson, BA
grief counselor
teacher

SECRETARY
Mike McKenna
manager, retired

TREASURER
Karen Eggen
retired

Gail Beeman
accountant

Steve Beeman
sales

Ann Bolden
teacher, retired

Deb Garcia
realtor

Scott Garcia
realtor

Betty Malek
retired

Charles Thomas
manager

"I thought I had died and gone to heaven." commented a past years winner of the grand prize of four nights at the private mountain chalet. You have another opportunity to win this prize for your family and support Friends For Survival at the same time. We are most appreciative of the Friends who have generously offered the following prizes because they believe in helping other Friends.

GRAND PRIZE: FIVE NIGHTS at a private mountain chalet just minutes from Lake Tahoe, California. Accommodates up to 10 people, donated by the Koenig family, valued at \$1200.00. *
*you choose the time, based on availability.

FIRST PRIZE: THREE NIGHTS at a private mountain chalet just minutes from Lake Tahoe, California. Accommodates up to 10 people, donated by the Koenig family, valued at \$800.00. *
*you choose the time, based on availability.

SECOND PRIZE: Gold queen sized quilt, designed & pieced by Gretchen McCarthy (survivor); quilted (donated) by Kat Eye Design, donated by Gretchen, valued at \$700.00

THIRD PRIZE: Four rounds of golf with carts donated by Sunset Whitney Country Club, Rocklin, California, valued at \$330.00

This is our thirteenth annual raffle to support our office, the costs of phones, our 800 number. During 2007 we responded to 281 new families that contacted us for support and encouragement. We distributed 41,231 newsletters and responded to over 3000 phone calls. We send our monthly newsletter to over 3400 families scattered over 50 states. Your financial support has allowed us to continue to fulfill the mission of Friends For Survival to comfort, encourage and educate. Every week we receive many phone calls from families all across this nation. They wish they had a Friends For Survival chapter in their area. As we work together we can fulfill that wish. All of this work is accomplished by 60 volunteers. We have no paid staff.

The remaining 10 tickets are \$5 each - or five tickets for \$20 - a tax-deductible donation. Drawing will be held February 10, 2009 at our February support meeting. You need not be present to win.

This year we are trying to reduce our expenses in the printing and mailing of the tickets. ***We are asking you to become a volunteer and cut the tickets apart.*** You can help us by buying tickets yourself. Then you can ask your extended family members, co-workers, friends and neighbors to also support Friends For Survival. Please call 392-0664 for more tickets. ***Your support is very, very much appreciated.*** If you do not wish to purchase tickets please consider a donation toward our office expenses. Use the enclosed self-addressed envelope to return your ticket stubs and donations. It is not necessary to return unsold tickets.

THE BOARD OF DIRECTORS



**FRIENDS FOR SURVIVAL, INC.
THIRTEENTH ANNUAL RAFFLE**

GRAND PRIZE 5 Nights at Mountain Chalet Lake Tahoe valued at \$1200.00	FIRST PRIZE 3 Nights at Mountain Chalet Lake Tahoe valued at \$800.00	SECOND PRIZE Gold King Sized Quilt by Gretchen McCarthy valued at \$700.00	THIRD PRIZE 4 Rounds of Golf by Sunset Whitney Rocklin, CA valued at \$330.00
--	---	--	---



NAME _____
ADDRESS _____
HOME PH. _____
WORK PH. _____

\$5.00 tax deductible donation to benefit
FRIENDS FOR SURVIVAL, INC.
P.O. BOX 214463
SACRAMENTO, CA 95821

Proceeds to benefit Friends for Survival, Inc.
P.O. Box 214463, Sacramento, CA 95821, (916) 392-0664
A NON-PROFIT ORGANIZATION DEDICATED TO HELPING THOSE LEFT BEHIND AFTER A SUICIDE DEATH.
\$5.00 EACH TAX DEDUCTIBLE DONATION. NEED NOT BE PRESENT TO WIN.
DRAWING TO BE HELD FEBRUARY 10, 2009



**FRIENDS FOR SURVIVAL, INC.
THIRTEENTH ANNUAL RAFFLE**

GRAND PRIZE 5 Nights at Mountain Chalet Lake Tahoe valued at \$1200.00	FIRST PRIZE 3 Nights at Mountain Chalet Lake Tahoe valued at \$800.00	SECOND PRIZE Gold King Sized Quilt by Gretchen McCarthy valued at \$700.00	THIRD PRIZE 4 Rounds of Golf by Sunset Whitney Rocklin, CA valued at \$330.00
--	---	--	---



NAME _____
ADDRESS _____
HOME PH. _____
WORK PH. _____

\$5.00 tax deductible donation to benefit
FRIENDS FOR SURVIVAL, INC.
P.O. BOX 214463
SACRAMENTO, CA 95821

Proceeds to benefit Friends for Survival, Inc.
P.O. Box 214463, Sacramento, CA 95821, (916) 392-0664
A NON-PROFIT ORGANIZATION DEDICATED TO HELPING THOSE LEFT BEHIND AFTER A SUICIDE DEATH.
\$5.00 EACH TAX DEDUCTIBLE DONATION. NEED NOT BE PRESENT TO WIN.
DRAWING TO BE HELD FEBRUARY 10, 2009



**FRIENDS FOR SURVIVAL, INC.
THIRTEENTH ANNUAL RAFFLE**

GRAND PRIZE 5 Nights at Mountain Chalet Lake Tahoe valued at \$1200.00	FIRST PRIZE 3 Nights at Mountain Chalet Lake Tahoe valued at \$800.00	SECOND PRIZE Gold King Sized Quilt by Gretchen McCarthy valued at \$700.00	THIRD PRIZE 4 Rounds of Golf by Sunset Whitney Rocklin, CA valued at \$330.00
--	---	--	---



NAME _____
ADDRESS _____
HOME PH. _____
WORK PH. _____

\$5.00 tax deductible donation to benefit
FRIENDS FOR SURVIVAL, INC.
P.O. BOX 214463
SACRAMENTO, CA 95821

Proceeds to benefit Friends for Survival, Inc.
P.O. Box 214463, Sacramento, CA 95821, (916) 392-0664
A NON-PROFIT ORGANIZATION DEDICATED TO HELPING THOSE LEFT BEHIND AFTER A SUICIDE DEATH.
\$5.00 EACH TAX DEDUCTIBLE DONATION. NEED NOT BE PRESENT TO WIN.
DRAWING TO BE HELD FEBRUARY 10, 2009



**FRIENDS FOR SURVIVAL, INC.
THIRTEENTH ANNUAL RAFFLE**

GRAND PRIZE 5 Nights at Mountain Chalet Lake Tahoe valued at \$1200.00	FIRST PRIZE 3 Nights at Mountain Chalet Lake Tahoe valued at \$800.00	SECOND PRIZE Gold King Sized Quilt by Gretchen McCarthy valued at \$700.00	THIRD PRIZE 4 Rounds of Golf by Sunset Whitney Rocklin, CA valued at \$330.00
--	---	--	---



NAME _____
ADDRESS _____
HOME PH. _____
WORK PH. _____

\$5.00 tax deductible donation to benefit
FRIENDS FOR SURVIVAL, INC.
P.O. BOX 214463
SACRAMENTO, CA 95821

Proceeds to benefit Friends for Survival, Inc.
P.O. Box 214463, Sacramento, CA 95821, (916) 392-0664
A NON-PROFIT ORGANIZATION DEDICATED TO HELPING THOSE LEFT BEHIND AFTER A SUICIDE DEATH.
\$5.00 EACH TAX DEDUCTIBLE DONATION. NEED NOT BE PRESENT TO WIN.
DRAWING TO BE HELD FEBRUARY 10, 2009



**FRIENDS FOR SURVIVAL, INC.
THIRTEENTH ANNUAL RAFFLE**

GRAND PRIZE 5 Nights at Mountain Chalet Lake Tahoe valued at \$1200.00	FIRST PRIZE 3 Nights at Mountain Chalet Lake Tahoe valued at \$800.00	SECOND PRIZE Gold King Sized Quilt by Gretchen McCarthy valued at \$700.00	THIRD PRIZE 4 Rounds of Golf by Sunset Whitney Rocklin, CA valued at \$330.00
--	---	--	---



NAME _____
ADDRESS _____
HOME PH. _____
WORK PH. _____

\$5.00 tax deductible donation to benefit
FRIENDS FOR SURVIVAL, INC.
P.O. BOX 214463
SACRAMENTO, CA 95821

Proceeds to benefit Friends for Survival, Inc.
P.O. Box 214463, Sacramento, CA 95821, (916) 392-0664
A NON-PROFIT ORGANIZATION DEDICATED TO HELPING THOSE LEFT BEHIND AFTER A SUICIDE DEATH.
\$5.00 EACH TAX DEDUCTIBLE DONATION. NEED NOT BE PRESENT TO WIN.
DRAWING TO BE HELD FEBRUARY 10, 2009



**FRIENDS FOR SURVIVAL, INC.
THIRTEENTH ANNUAL RAFFLE**

GRAND PRIZE 5 Nights at Mountain Chalet Lake Tahoe valued at \$1200.00	FIRST PRIZE 3 Nights at Mountain Chalet Lake Tahoe valued at \$800.00	SECOND PRIZE Gold King Sized Quilt by Gretchen McCarthy valued at \$700.00	THIRD PRIZE 4 Rounds of Golf by Sunset Whitney Rocklin, CA valued at \$330.00
--	---	--	---



NAME _____
ADDRESS _____
HOME PH. _____
WORK PH. _____

\$5.00 tax deductible donation to benefit
FRIENDS FOR SURVIVAL, INC.
P.O. BOX 214463
SACRAMENTO, CA 95821

Proceeds to benefit Friends for Survival, Inc.
P.O. Box 214463, Sacramento, CA 95821, (916) 392-0664
A NON-PROFIT ORGANIZATION DEDICATED TO HELPING THOSE LEFT BEHIND AFTER A SUICIDE DEATH.
\$5.00 EACH TAX DEDUCTIBLE DONATION. NEED NOT BE PRESENT TO WIN.
DRAWING TO BE HELD FEBRUARY 10, 2009