



BTS Annual BTS Christmas Picnic and Remembrance Service Pg 4

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What's on, Important Calendar of Events

Wednesday 18th February – Support Meeting

7pm – 9pm, Uniting Communities, Lvl 1 (Way Hall), 10 Pitt St, Adelaide - Parking, Adel. market

Join others who have experienced the grief and trauma of losing someone to suicide in a caring, safe and compassionate environment. Facilitated by support workers who themselves have lost someone to suicide.

Sunday 1st March – BTS Coffee Morning

10am – 12.30pm Botanic Gardens, Cafe Fibonacci - located on the Schomburgh Terraced Pavilion.

All welcome. This is an opportunity to catch up with others who have lost someone to suicide, in a less formal setting than our regular monthly meetings. Join us for breakfast or coffee and cake while chatting and listening to others and then take a stroll through the beautiful surroundings of the Botanic Gardens. BTS volunteers will be on hand.

Wednesday 18th March – Support Meeting

7pm – 9pm, Uniting Communities, Lvl 1 (Way Hall), 10 Pitt St, Adelaide

Wednesday 15th April – Support Meeting

7pm – 9pm, Uniting Communities, Lvl 1 (Way Hall), 10 Pitt St, Adelaide

A Welcome from the Chair

Welcome to the first BTS newsletter of 2015. All of us at Bereaved through Suicide Support Group (BTS) would like to wish all our members a caring, safe and compassionate 2015.

The so-called 'Festive/Holiday Season' can be the most difficult time of the year for many of us. We can feel even more alone when we see those around us enjoying this time of the year and yet we may experience the greatest sadness and want to withdraw from everyone as we find celebrating so difficult.

There are so many articles written on looking after one's self and using the support of those around us. But during the 'Festive/Holiday Season' these two things can be seen to be completely at odds and we withdraw into our shell as those around us enjoy themselves. But who around us can understand the depth of loss when someone we love has taken their own life? The loss is with us forever. Yes, we may learn how to handle it, but it is there forever. Whether it be one day, a month, a year, or tens of years we carry that pain with us forever. It does not mean that we cannot function in the world around us. We have to make the changes necessary for us to cope in our very own changed world.

Our support workers talk to many people who still struggle with the loss years later and find they are alone as everyone around them 'has moved on' and expects them to do the same. This only heightens the loneliness as time goes by. BTS provides services that allow those of us who have lost someone to suicide no matter how long ago, to have someone to talk to on the phone, meetings to discuss feelings and chat with others, remembrance days that allow us to honour those we have lost and this newsletter to stay in touch.

As announced in our last newsletter of 2014 our previous editor has retired.

The editor did a sterling job in putting the articles together and editing the newsletter over the last four years. The BTS committee has decided that there must be some changes made to the frequency of the newsletter as the costs of printing (although subsidised) and postage have increased to a point where we are unable to produce the newsletter on a monthly basis.

We have asked for donations in the past and whilst we have a few generous supporters, their donations and BTS fundraising unfortunately do not cover the cost. The decision has been made to produce the newsletter quarterly. We also want to make the newsletter more 'informational', have more news about goings on and have more input from the bereaved community.

In this edition you will find poem and in memoriam pages along with articles on the Living Beyond Suicide 'Walk through Darkness' event held last November and the BTS Christmas Picnic and Remembrance Service held in December. For this new layout of the newsletter to work we need your input even if it is anonymous.

Finally thank you to the hard working committee and support workers, all of you volunteers and who give freely of your time. Like many organisations BTS would stop working tomorrow if you did not contribute with so much help and support.

Don't forget, this is YOUR newsletter and we would love your contributions, either a memorial to your loved one, a quick word on how you've been feeling and, if you are up to it, share your story to give hope to the newly bereaved in our community. The next newsletter deadline is April 15th.

May you all travel safely and with care.

Tim Porter

New Year's resolution for the Bereaved

by Tanya Lord www.thegriefftoolbox.com

This year I resolve to:

- Not put a time limit on my grief. Loving someone means loving them for my life time whether they are physically present or not.
- Tell their stories, the happy and the sad, they will live on through me.
- Encourage others to share memories.
- Teach others that they cannot “make” me cry, tears are only an external expression of how I am feeling all the time.
- Understand that crying or otherwise expressing my pain is healthy and normal. “Doing well” means expressing my feelings.
- Understand that others will not understand my pain and it isn't fair to expect them to do anything but listen.
- Recognise that asking for help from those that love us is really a gift that we give to them.
- Help others, reaching out to others in pain will help me to heal.
- Do something nice for myself every day.
- Know that if today I can not do everything that needs to be done, tomorrow is another chance to get it done.
- Cry when I need to, laugh when I can and to not feel guilty about either one.
- Let go, bit by bit, of the guilt, regret and anger because I know holding on to these emotions can be so damaging.
- Take a risk and let others into my life and heart.
- Take care of my physical, emotional and spiritual health.
- Reinvest in life a little bit each day...

Quotations

“Only people who are capable of loving strongly can also suffer great sorrow, but this same necessity of loving serves to counteract their grief and heals them.”

— Leo Tolstoy

“To weep is to make less the depth of grief.”

— William Shakespeare

“Deep grief sometimes is almost like a specific location, a coordinate on a map of time. When you are standing in that forest of sorrow, you cannot imagine that you could ever find your way to a better place. But if someone can assure you that they themselves have stood in that same place, and now have moved on, sometimes this will bring hope”

— Elizabeth Gilbert

“No matter how bad your heart is broken, the world doesn't stop for your grief.”

— Faraaz Kazi



BTS Christmas Picnic

The annual BTS Christmas Picnic and Remembrance Service was held on 10th December 2014. The day had provided cold wind, heavy showers and dark skies but it was decided to proceed with the night.

Expectations were not high for a large turnout but over 40 hardy souls made the effort, thank you to each one of you. The setting in Hazelwood Park under the huge fig tree provided some cover from the showers which slowly abated. The picnic was enjoyed by all with a wonderful array of platters brought by those who attended to be shared amongst the attendees. A raffle was held with some wonderful prizes being donated and eagerly sought. Thank you to everyone for dipping deep into their pockets.



Gathered under the Fig tree at Hazelwood Park

As darkness approached the Remembrance Service got underway. The clouds broke apart to give us the most beautiful red sunset through the trees. Our guest speakers spoke of the intense grief through losing someone to suicide and the courage, strength, friendship and love that were needed by those of us left behind. We had the most beautiful music played on the harp and each person attending was offered the opportunity to light a remembrance candle and place it under the boughs of the fig tree. As we began the candle lighting it was as if someone was looking over us, the gusty wind completely melted away and every candle burned. We all stood in silence, each with our own thoughts and watched the candles flicker. It was as though we did not want to leave.

To everyone who contributed on the night go the utmost thanks for your support of BTS.

The 2015 BTS Christmas Picnic and Remembrance Service is to be held on Wednesday 16th December.

LBS Walk through darkness

November 15th, 2014 saw the annual Living Beyond Suicide 'Walk through Darkness' take place with over 100 people attending the morning remembrance.

Prior to the service walks took place from West Beach and Tennyson beginning at 5am, both finishing at Henley Square. The walks began with stars above our heads and as we proceeded the sun began to rise, lighting a beautiful sunrise and a calm sea.

At the conclusion of the remembrance service everyone was invited forward to take a remembrance stone and if they wished to walk down to the water's edge and remember those we had lost.

On behalf of BTS and its members thanks to LBS for the care and compassion shown to everyone on the day.



In Memoriam

This page is for those of you who would like to remember the person you have lost.

Sean Patrick Morgan

(aka) Keg 18.12.74 - 4.05.2000

My only son, How I love and miss you
No one will ever know.
I miss that beautiful smile with those deep dimples.
Happy 40th my angel child.
What it meant to lose you will always tear me apart.
All my love, till we meet again, stay safe.
I will always love you.

Big hugs and Kisses, Mum



Adam

31.01.1981 - 16.07.2010

There are things we don't want to happen,
but have to accept,
Things we don't know,
but have to learn,
and people we can't live without,
but have to learn to let go.

Jonathan Domenic Henwood

22.02.88 - 10.02.10

It seems like yesterday
You were gone.
Although 5 years have passed,
The heartache remains still.
We miss you heaps,
And wish you were here.
Soon you would have
Reached your 27th birthday.



If you wish to contribute to this page, please email any images, plus a small poem or verse to support@bts.org.au, we will ensure your loved one is included as soon as possible in future issues. Thank you.

My Constant Companion

Grief is my companion,
It takes me by the hand,
And walks along beside me
in a dark and barren land.

How long will this lonesome journey last,
How much more can my weary heart bear?
Since your death, I've been lost in the fog,
Too burdened with sorrow and care.

People tell me my sadness will fade,
And my tears will reach their end.
Grief and I must complete our journey,
And then maybe I'll find happiness again.

Anon

Where do they go to?

Where do they go to, the people who leave?
Are they around us, in the cool evening breeze?

Do they still hear us, and watch us each day?
I'd like you to think of them with us that way.

Where do they go to, when no longer here?
I think that they stay with us, calming our fear

Loving us always, holding our hands
Walking beside us, on grass or on sand.

Where do they go to, well it's my belief
They watch us and help us to cope with
our grief

They comfort and stay with us, through each
of our days, guiding us always through life's
mortal maze.

Kev F - 21st August 2007



A Mother's Pain

She feels she may go insane
Her tears are now more like rain
As she peers out above the tissues
Her sobbing now becomes an issue

She can't control how she feels
She wants to believe it's all not real
Many pray that time will heal
But a Mother's grief you can not steal

She's lost her child, her heart, her soul
She walks this earth with this empty hole
She's tossed, she's turned, she doesn't sleep
All she does is weep and weep

As she walks in this daily fog
She tries to make a deal with God
Let me see my child again
One more time, PLEASE... Amen

A Mother's love will never end
Her broken heart will never mend
She tries, and tries, and tries in vain
To rid herself of this horrible pain

Dianna L. K. Casey



Additional Support Services

[Living Beyond Suicide \(LBS\)](#)

Phone 1300 76 11 93 (call costs 27.5 cents) between 10am–10pm any day.

Living Beyond Suicide provides support in the days and hours after a suicide.

Trained family support volunteers are on call to stand by you and guide you through the maze of things to do facing the bereaved. They can help families navigate service systems and get the assistance they need.

[Minimisation Of Suicide Harm \(MOSH\)](#)

Phone: (08) 8443 8369

86 George Street, Thebarton S.A 5031 www.moshaustralia.org.au

[Kids Helpline](#)

Phone: 1800 55 1800

[Lifeline](#)

Phone: 13 11 14

[Beyondblue](#)

Phone: 1300 22 4636

[Mensline](#)

Phone: 1300 789 978

[Suicide Call Back Service](#)

Phone: 1300 659 467

The Suicide Call Back Service is a professional, national, 24/7 counselling service for anyone affected by suicide.

Donations

A grateful thank you to Lyn Stewart, your contribution to BTS each month makes you a treasure.

Without donations, BTS would not be able to continue supporting the Bereaved Through Suicide community.

BTS does not receive government funding and all work is undertaken by volunteers, however we incur costs by providing support services to the bereaved.

Should you wish to make a tax deductible donation to BTS please contact us or donations can be sent to: **PO Box 15, Hindmarsh SA 5007**. 100% of all donations BTS receives are used to continue supporting people bereaved through suicide. Tax deductible receipts will be issued.

Newsletter

The BTS newsletter is to be printed on a quarterly basis from now on. We will still send out by email each month an abridged version to keep people informed of the happenings in the bereaved community. We would encourage those of you who receive the newsletter by post and have an email address to send us that email address to keep you updated each month. Please send your details to support@bts.org.au