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Some of us think holding on makes us strong; but sometimes it is letting go...

Important Up-coming Events

Sunday 1st May – BTS Coffee Morning

10am – 12.30pm Botanic Gardens Cafe (by the lake) Please note location.

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 May – BTS Support Meeting. Special presentation

7pm-9pm, Uniting Communities, Lvl 3 (Way Hall), 10 Pitt St, Adelaide.

Presentation by Deb Stoeckel from Deb's Healing Therapies from 8-9pm. Deb will lead the group in meditation and discuss other forms of therapies. The regular monthly meeting will be held at 7pm followed by refreshments at approx 7.45pm. See page 4 for more details. Please note: Way Hall now on Lvl 3

Saturday 28th May 2016 - Bunnings Mile End - BTS Sausage Sizzle

Come and join us for a sausage and cold drink and donate to a wonderful organisation. We will be there from 9.30am-4pm.

Sunday 22nd May 2016 - Playford Suicide Prevention Network special presentation

Presentation by Grant Dewar on Self-forgiveness and Acceptance and Commitment Therapy 9am - 4.30pm. See page 4 for more details and details on a Strathalbyn meeting.

Wednesday 15th June – BTS support meeting

7pm-9pm, Uniting Communities, Lvl 3 (Way Hall), 10 Pitt St, Adelaide.

Wednesday 20th July – BTS support meeting

7pm-9pm, Uniting Communities, Lvl 3 (Way Hall), 10 Pitt St, Adelaide.

Sunday 7th August – BTS coffee morning

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

Wednesday 17th August - BTS Annual General Meeting

6pm-6.30pm, Uniting Communities, Lvl 3 (Way Hall), 10 Pitt St, Adelaide.

The meeting will be followed by refreshments and is prior to the monthly support meeting at 7pm.

A Welcome from the Chair

Welcome to the second edition of the 2016 newsletter. Whenever I sit to write for the newsletter it seems that there is another event on the horizon that makes me stop and think of who we have lost and what they would be like were they still here, even after 6 years. Events such as Mothers day assume a difficulty of how to tackle the day, what to talk about, memories and sadness not only for us but all those other people who have had a loved one take their own life. As the years past we find we are more able to talk about the person we have lost but the pain is still there. Sometimes we think that suicide must be the worst way to lose someone but I was reminded just recently that April 28th is 20 years since Port Arthur and the loss of 35 lives with 23 injured, some permanently and forever carrying the scars, both physical and mental, from that day. I will be saying a prayer on that day. Anzac Day has just passed and I stopped to think of all those who were unable to face the toll of war and on their return faced incredible trauma and, in many instances, took their own life. To everyone out there who are suffering with the loss of anyone go my sincere and heartfelt thoughts.



BTS continues to evolve and look for ways to provide more support to the suicide bereaved community. As you are all aware we have been holding coffee mornings in addition to our monthly support meetings and have found the morning to be a time where we are able to relax and enjoy the company of others who understand how we are feeling. The next coffee morning is this Sunday, 1st May.



We have also introduced guest speakers and we have our next speaker at our May monthly support meeting. Deb Stoeckel will take us on our how to use meditation to help us through journey. The meeting will start at 7pm with the usual format for 45 minutes, then a break with Deb beginning at 8pm -9pm.

I would also encourage those of you who attend Bunnings on a weekend to come to the Mile End store on Saturday 28th May and say 'Hi' and support BTS by buying a sausage! We look forward to seeing you at our events.

Finally BTS is in need of volunteers. We cannot continue to ask the same small group of dedicated people to continually put there hands up to help out. We need new people both on our committee and as support workers or volunteers. Each of these roles only requires a few hours per month. If we don't get new volunteers then BTS will not be able to undertake its current roles and even worse at some point in the future may cease to exist. I can assure that to give of your time can help one through some difficult times. Please consider volunteering.

Kindest regards,

Tim Porter

(on behalf of BTS volunteers and committee)

Notice for BTSSG Annual General Meeting

This year the BTS AGM will be held on 17th August 2016 prior to the monthly support meeting at 6pm.

BTS needs new committee members as some of our long standing committee members are retiring. Please consider standing as a committee member. The role is not onerous and requires only a few hours work per month and you will be working with a dedicated group of volunteers. We have a monthly committee meeting in the city where parking is easy. Volunteering to support BTS as a committee member is very rewarding as you are helping those who have suffered greatly from the loss of someone who has taken their own life. You don't have to be bereaved to be a committee member just someone who is a caring giving individual.

Call our phone number if you are interested or send an email to support@bts.org.au.

BTS AGM 2016

BTS needs volunteers:

- Support workers
- Committee members
- Support volunteers

PH: 8332 8240

or 0468 440 287

support@bts.org.au

Fundraising film night Thank you - What a great success

To all the wonderful people who attended the fundraising film night 'Lady in the Van' at the Capri theatre go our tremendous thanks for your support. It was a great thrill to see so many people there and their willingness to dig deep on the night with the raffle. The funds raised are put to great use in providing support to those who may face some hardship through the loss of someone to suicide, in being able to provide a quarterly newsletter at no cost, in educating our wonderful small group of support workers and many other costs within the organisation.

It should be noted that all of the volunteers give of their time freely and do a wonderful job in providing support and information to the suicide bereaved community.



This section is dedicated to quotes on volunteering in appreciation to our committee and support workers

Volunteers are paid in six figures... S-M-I-L-E-S.

Those who can, do. Those who can do more, volunteer.

The world is hugged by the faithful arms of volunteers

Volunteers don't get paid, not because they're worthless, but because they're priceless

It's easy to make a buck. It's a lot tougher to make a difference.

Volunteers do not necessarily have the time; they just have the heart.

No one is more cherished in this world than someone who lightens the burden of another. Thank you.

Act as if what you do makes a difference. It does.

We make a living by what we get, but we make a life by what we give

You give but little when you give of your possessions. It is when you give of yourself that you truly give.

Real charity doesn't care if it's tax-deductible or not.

To ease another's heartache is to forget one's own

Remember that the happiest people are not those getting more, but those giving more.

Our support workers and volunteers who run our monthly support meetings are the most valuable and caring people around. However BTS needs volunteers to help our small dedicated group.

BTS needs volunteers to help with setting up/packing up room, tea/coffee making, greeting people on arrival and also at our fundraising events.

If you are some way down the path of your journey and have reached a point where you would like to give something back then please call our support line or send us an email. The role is only for a few hours once a month but you will be providing support to those who most need it.

Please consider joining us.

With special thanks to those who have helped at our recent (Bunnings) sausage sizzle and our very successful movie night.

Without our small group of dedicated volunteers BTS would cease to exist.



Presentations

May Support Meeting Guest Presentation - Meditation

Please join us at our support meeting on the 18th May at 8pm to discover how we may be able to use meditation and other forms of therapies in our journey through bereavement. The presentation will be led by Deb Stoeckel who works with one of regular monthly attendees. We will begin the meeting at our regular time of 7pm and finish at 7.45 for refreshments followed by Deb's presentation. Following is a brief resume of Deb's work.

'I facilitate weekly Meditation Groups in order to assist people in connecting with themselves and to be present in the now'.

Meditation is an amazing self healing tool which teaches you to be present in mind and in turn can heal the body and spirit from anxieties, disharmony and illness.

For many we are affected by our past and can find ourselves either stuck there or thinking too much about the what-ifs in the future; however once you have learnt to give yourself permission to be present and to release the thoughts and energies created in the mind, you are then able to function at a healthier level in all aspects of self.

Regards, Deb Stoeckel -
tri-therapies : Counselling, Remedial Massage,
Intuitive Healing.

Visit www.debshealingtherapies.com.au or
email Deb at debtherapies@spin.net.au for
more information.

Support on the Fleurieu Peninsula

Life without Barriers in Victor Harbor are looking to establish a Wellbeing Network to support those bereaved by suicide. They are looking for expressions of interest from people who have a lived experience with suicide or health related knowledge and skills who may wish to contribute.

Maintaining and promoting wellbeing and resilience is an important part of supporting, educating and caring for our local communities. While there are many supportive services that exist, a small group of individuals aligned with mental health services and clinicians in private practice are looking to complement existing services through the establishment of a Wellbeing Network in 2016. We are looking to establish a working group of dedicated, positive and passionate people who have skills, knowledge or a lived experience and wish to work collaboratively through health promotion, mental health and suicide prevention.

If you are interested please contact: Trevor 0427 592 081 or Jamie 0475 800 120

Trevor Baggs - Support Facilitator -
Partners in Recovery

Life Without Barriers
6-8 George Main Road, Victor Harbor, SA, 5211
www.lwb.org.au

Presentation by Grant Dewar on Self-forgiveness

Following on from Grant's presentation on Self-forgiveness at the BTS February Support Meeting, Grant is undertaking a couple of longer presentations on self-forgiveness and Acceptance and Commitment Therapy.

From the positive reaction to those who attended Grant's presentation we are pleased to support a day long presentation to be held by the Playford Suicide Prevention Network on the Sunday, 22nd May (details below) and a 2 day presentation to be held by the Strathalbyn on 28th May & 4th June (contact Grant on grant.dewar@adelaide.edu.au).



Responding to Life's Setbacks With Grant Dewar (Health Psychologist)

Based on the principles of self - forgiveness and assists people to:

- Identify factors leading to being stuck in self - blame leading to anxiety (worry) and depression (rumination)
- Provide basis for compassionate response to shame, guilt, remorse and restoration
- Provide flexible responses to life, including more effective means of perspective talking and focussing on present moment experiences
- Build skills in acceptance and willingness
- Undertake relapse prevention through self - compassion / self respect

This FREE workshop is hosted by: Playford Suicide Prevention Network

Sunday: May 22nd @ Grenville Community Hub

Playford Boulevard, Elizabeth

9.00am - 4.30pm (Registration from 8:45am)

Morning Tea & Lunch Provided

RSVP by 13th May : 82560187

learyworthy@playford.sa.gov.au This is required for catering purposes.



Mother's Day

The bereaved mother...

She has experienced the unimaginable
and yet, she is still able to walk

- earlymarie

For my precious daughter, in Heaven on Mother's Day
Always loved, so sadly missed.

- all-greatquotes.com

A mother NEVER gets over losing her child

It doesn't matter how long it's been, how old her child was when
they died, or the reason they were taken away,

Grief DOES NOT ever expire

Never tell a mother who's child died to move on, get over it or 'be
happy' that their child is in Heaven now. You are 'sick' of hearing
about it?

She has to live with it EVERY SINGLE DAY.

- Anon

I miss you

My mind knows that you are in a better place where there is
no pain, you are at peace

I understand that, I just wish I could explain it to my heart

There is empty space in it that nothing will ever fill

I grieve but I know my tears are for me

We will be together again. Until then, my love will always be with
you.

- Mountain Wisdom@facebook.com

The bereaved child...

Happy Mother's Day in Heaven

Dear mum in Heaven

I just want you to know

How much I miss you everyday

I cannot send you a card
But I can send you my love
Upon the wings of angels
To heaven up above

I wish you happy Mother's Day
For you were the best
To have you for my mother
I knew I had been blessed

Rest in peace my angel
One day we will be together
The next time that I see you
I know it will be forever

- Anon

The bereaved mother or child...

The loss of a mother can never be replaced,
but the love of a mother can never be lost

- Kelly Flannery

THIS BEREAVED MOTHER'S DAY

Let us recognize all mothers who have lost a child

Let us acknowledge their strength and eternal love

Let us remember their beautiful children today and always

The Sacred Seashore

I am the mother of a child who died, that makes Mother's Day very hard.

Recently I was talking to a mother whose child had just died. "What about Mother's Day?" she asked, through tears. It was hard to know what to say, because it's a terrible day for those of us who have lost a child. Other days of the year you can maybe make it a few hours without thinking about your loss; other days of the year you can pretend that you are an ordinary person and that life is normal. But not on Mother's Day.

On Mother's Day it's in your face that your child is gone forever. On Mother's Day you can't pretend you are ordinary or that life is normal. All the hoopla, all the Hallmark hype, the handmade cards and flowers and family gatherings, make it almost excruciating.

Our town has a Mother's Day road race for which I am eternally grateful - especially because, in a demonstration of grace's existence, the start and finish are next to the cemetery where my son is buried. On my way I can visit his grave and say what I need to say and look yet again at the name we chose for him carved into stone. At the end of the race, they give all the mothers a flower; on my way home, I go back to the grave and lay my flower there. And then I move forward with the day.

See, that's the real challenge after losing a child: moving forward. It's almost impossible to envision in that moment of loss; how can life continue after something so horrible? But life does continue, whether we like it or not. There are chores to do and bills to pay; morning comes, again and again. So you pick yourself up and you live, but you are never the same.

At first, we are different because of our raw sadness. But over time, the sadness moves from our skin into our bones. It becomes less visible, but no less who we are. It changes into a wisdom, one we'd give up in a heartbeat to have our child back.

We who have lost children understand life's fragility and beauty. We who have lost children understand that so many things just aren't important. All that is important is those we love. All that is important is each other. Nothing else.

It can feel very lonely, being the parent of a child who died. Especially on Mother's Day or Father's Day. We feel so different from those around us, all those happy people with children the same age our child was, or would have been. But over the years, I've come to understand that I'm not alone at all.

There is a wonderful Buddhist story about a woman whose son gets sick and dies. She goes to the Buddha to ask him to bring her son back to life; I will, he says, if you bring me some mustard seed from the home of a family that has not known loss. She goes from house to house but can find no family that has not lost someone dear to them. She buries her son and goes to the Buddha and says: I understand now.

That is what I understand now. It doesn't make me miss my son any less, or Mother's Day any easier. But it helps me make sense of it; loss is part of life. There are no guarantees, ever. Our children, and all those we love, are gifts to us for however long we have them.

I understand now too that we are together in this, all of us, in joy and in loss. It's the connections we make with each other that matter — it's the connections we make that give life value and help us face each morning. As G.K. Chesterton wrote, "We are all in the same boat in a stormy sea, and we owe each other a terrible loyalty."

Years ago, I chose words to say each time I go to my son's grave. It makes it easier to have a ritual. And over the years, the words have come to mean more to me. They aren't just about grief anymore. They are about who I am, what I have learned, and what I can give.

"I will always love you," I say. "And I will always be your mother."

Claire McCarthy, M.D. Pediatrician, Boston Children's Hospital, Harvard Medical School

Just over a year ago, I got an unexpected text from my dad: "Honey, call me when you can."

If you knew my father, then you would know this text held a certain serious-minded tone, one he rarely used. Although I never heard him speak the words aloud, it had a chilling effect.

I got up from class and stepped outside the room to call my father. He beat around the bush for only a few moments, particularly to make sure I was sitting down.

It was after those brief moments that he spit out the two most anguishing words I had ever heard. "She's gone," he said about my mother.

The only words I could form were "No, no, no, no please, no." I immediately fell to my knees in disbelief, sobbing alone in the hallway for what seemed like forever.

I had never even imagined a world without her in it, until that moment.

It's these instances in which nothing can prepare you for the amount of immediate pain you feel.





You keep holding your breath, hoping it goes away, but it doesn't. You keep blinking your eyes, hoping you'll wake up, but you don't.

You look at the world around you for something that looks familiar, but nothing does.

The shock of everything is so surreal, you feel as though you're suddenly living an entirely different life.

It was these first few moments that provoked so much fear that I thought my life would never be the same again.

Many of my friends and family hovered for support, trying to understand and relate to what I was going through, but they just couldn't. Being the very closed off person I am, I kept to myself.

I hid the tears and all the heartache from everyone because I didn't know how to be vulnerable, especially with my pain. I asserted to everyone that I was okay, but deep down I was lost, confused and so, so angry.

Each day following, I was reminded of my mother in small memories. A Counting Crows song on the radio, a "Forensic Files" marathon or just a silly conversation between family members.

Nevertheless, there is always one day in particular I'm reminded of her the most: Mother's Day.

Many people have dealt with the grief of losing a parent or loved one, and they are very familiar with the foreshadowing of pain that usually follows Mother's Day.

It's difficult to convince yourself to celebrate this day the same way, since many people (myself included) have since considered themselves to be "motherless."

In the past, this day was always one for admiration and love; it was a day that encouraged you to show your gratitude for the woman who brought you into this world.

But after you lose a parent, it almost seems as though the day's only purpose is to remind you of your loss.

Mother's Day took place a mere three months after my mom passed away.

It was almost unbearable to function at school, listening to people gush about their gift ideas for Mother's Day. Some people even forgetfully asked about mine.

As I would scroll through my Timeline, I was forced to see the many pictures and celebrations from others. I was unable to share the same words and moments with my mother.

Before she passed, I hadn't considered myself to be a heavily religious person. I was always driven by curiosity, and facts and science answered my questions.

However, as soon as I lost her, I knew I had to have faith.

You see, the hardest part about all of this is the idea that she really will miss everything.

Wedding, first child and all those other silly moments you never noticed were important until you couldn't share them with her.

All of these tribulations make it easy to resent a holiday like Mother's Day; a day where others are filled with love, comfort and happiness.

It is a day many people take for granted because they no longer revel in it with the same contentment.

As time passes, however, you learn to cope with these emotions and although no amount of time could fully heal a wound so deep, it does allow you to find strength.

Strength that will heal you in more ways than you could ever imagine. It allows your pain to reinforce you, not define you.

And although this process is very different for many, strength allows some of the beauty in life to creep back into your view.

It transforms your grief into serenity, fear into assurance and hopelessness into promise.

As Mother's Day approaches this year, I ask you to keep those who have lost their mothers close to your heart.

I also ask that as you rummage through the aisles of stores this year for the "perfect gift," you remember that you are the best one they could ever ask for.

Spend those last few extra moments on the phone with her; fold the clothes on the dryer the first time she asks you to; listen to her terrible music because you know it makes her happy.

My deepest regret is that because I was so blindsided, I didn't know our last conversation would be just that: Our last. No one is guaranteed another day, so please, remember to make it count.

To all of those who have lost a mother, parent or loved one, know this: They are not lost, and we are not motherless.

Celebrate this day even more so than before, for both her and you. Rejoice her life, her light and your fondest memories of her.

Remember she has a front row seat to your life and know she wouldn't dare miss even the slightest instance of it.

Lastly, to my beautiful and courageous mother: Happy birthday and Happy Mother's Day. Thank you for contributing so incredibly to the person I am today.

You have given me more strength than most could ever hope to attain in a lifetime, and I am forever grateful for that.

We all hold a very special place in our hearts for you that will never be replaced. You always promised me I had guardian angels watching over me, and I'm more sure of that now than ever before.

I love you so much, and I look forward to the day I can see your smile and hear your laugh again.

Happy Mother's Day to all the wonderful mothers out there! Enjoy this day with your loved ones. You deserve it.

Madison Tate - On Family Comes First



You're not alone...

Why do we say we're 'fine' when we're not? Because we don't want to make others uncomfortable? I think most of us know who really is concerned for us and who isn't. I believe it's time to start being honest. If you're not fine (which you most likely aren't after losing a loved one to suicide), then say so. Give people a chance to help you, to just listen if that is all you need. Finding a good listener might not be easy, but you can try. It's better than keeping these powerful emotions locked away.



I'M ~~DEPRESSED~~
~~LONELY~~
~~CRYING~~
~~SCARED~~
~~LOST~~
~~HURTING~~
~~EMPTY~~
~~ANXIOUS~~
~~TRYING~~
~~BROKEN~~
~~LYING~~

FINE.

Donations

Without donations, BTS would not be able to continue supporting the Bereaved Through Suicide community. 100% of all donations received are used to continue supporting people bereaved through suicide.

Should you wish to make a tax deductible donation to BTS you can directly EFT to: **BTS Support Group BSB: 633-000 A/C: 148312366** or donations can be sent to: PO Box 15, Hindmarsh SA 5007. Tax deductible receipts will be issued.



A big thank you to Graphic Print Group for their ongoing print support.

Additional Support Services

[Living Beyond Suicide \(LBS\)](#) between 10am–10pm any day.

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

[Kids Helpline](#)

[Lifeline](#)

[Beyondblue](#)

[Mensline](#)

[Suicide Call Back Service](#)

Phone 1300 76 11 93

Phone: (08) 8443 8369

Phone: 1800 55 1800

Phone: 13 11 14

Phone: 1300 22 4636

Phone: 1300 789 978

Phone: 1300 659 467

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

