



Website: www.sosbsa.org.au

Email secretary@sosbsa.org.au

Find us on Facebook by searching [SOSBSA](#)

Caring, Support, Awareness, Education

Telephone Help Line 24/7: 1300 767 022

Issue No. 1

January/February 2012

Farewell Mavi and Marcia

-- Darrin Larney (SOSBSA Treasurer)



Mavi

I have been with SOS for eleven years now and throughout all of that time, there has always been a constant. That constant has been in the form of two stalwarts in the form of Marcia Upton and Myvanwyn Camp Trigger.

Marcia has been with us since the early days and despite her protestations of not being able to do much has been an invaluable asset at the support meetings, an eager volunteer at any fund raisers and a voice of reason on the management committee. Marcia has always been one of the great quiet achievers, her own life full of challenges, slowly walking her own path and yet bringing others along to help them in their moments of need.

In earlier times Marcia was responsible for many different jobs within the organization from making sure that everyone who needed support was followed up after a group meeting; to sending bereavement cards on anniversaries, her presence will be missed.

Mavi on the other hand always sold herself short in that she always said that she was not directly bereaved, well let me say that her guidance, knowledge and support was even more valuable. Her understanding and her empathy was matched only by her drive and her convictions in working tirelessly for the future of the organization and against bureaucracy that continued to block appropriate support to those at risk and to the families suffering a loss. She made representations to senate committees and many inquiries, she did much to raise the profile of the organization but never forgot the grass roots support required for each and every person that needed it.

Mavi in her roles with the organization has been on the committee for a number of years, but in later times has looked after the support meetings and had many shifts on the phones. She has also been extremely generous through her business and provided us with support year after year.

With these huge commitments, it just makes it harder to say farewell, whilst neither are resigning from the association, both have decided to retire from their active roles. From an organizational perspective, they will be sorely missed and leave a huge void that will be hard to fill. From a personal perspective I will miss their emotional support when I needed it, their words of encouragement, their tempering words and most of all their friendship in difficult times.

Mavi and Marcia, I on behalf of the committee wish you well in all that you do and thank you from the bottom of my heart for all that you have done in the past. We hope you will stay in touch for you will never be far from our thoughts.

Darrin

Farewell... we will miss you!



Marcia

2012 Meeting Dates for the Annerley Support Group (Brisbane)

Friday fortnightly at 7:30pm

January 6, 20 + AGM (6:30pm)

February 3, 17

March 2, 16, 30

Management Committee

President: Cherrie Cran
Vice President: Marcia Upton
Treasurer: Darrin Larney
Secretary: Jennifer McMahon
Fundraising Coordinator:
 Vacant
Members: Mary Hesse

SOSBSA Inc.
P.O. Box 334
Springwood
QLD 4127



S.O.S.B.S.A. Support Group Meetings

Brisbane Support Group

Australian College of Community Services
 473 Annerley Road, Annerley (Cnr Fanny St)

Fortnightly from Friday 6th January 7:30 pm

Contact 1300 767 022

Cairns Support Group

Red Cross House
 247 Lake Street, Cairns

2nd Tuesday of every month at 7:30pm.

Contact Fran on 4045 2955
 or 0407 695 891

Bundaberg Support Group

Neighbourhood Centre
 111 Targo Street, Bundaberg

2nd Wednesday of every month at 10:30 am

Contact Peter on 4155 1015

NEW
 BRANCH!

Mackay Support Group

Commencing soon.
 Mackay details to be finalised.

2nd Saturday of every month.

Contact Cherrie on 0423 567 055

Disclaimer: Unless expressly stated, the views expressed in articles, poetry etc in this newsletter are not necessarily the views of SOSBSA. Any articles, poems, quotes that are stated as 'author unknown' within this newsletter are reproduced in good faith and do not intentionally contravene copyright laws.

Become an SOSBSA member for 2012!

Pensioner / Student	\$20
Adult member	\$30
Family	\$50
Not-For-Profit Org.	\$50
Affiliate Business	\$100

Visit www.sosbsa.org.au or contact secretary@sosbsa.org.au for membership form or to renew.

Fundraising Coordinator WANTED!

SOSBSA is looking for a volunteer to help us organise fundraising events in 2012.

Perhaps you know a celebrity guest speaker, or could hold a movie night, trivia night, raffle/silent auction etc.

Any help would be appreciated greatly!

Contact secretary@sosbsa.org.au for more information and to volunteer.

President's Report

Welcome to 2012 and to our first newsletter of the new year.

As we look forward to the new year, we are also saying farewell to our Brisbane Support Group co-ordinators, **Mavi and Marcia**. Marcia is also currently our Vice-President. Although they won't be losing touch, they are moving on from their current active roles in the association. We will miss you immensely and a special thanks to you from me for all the support you have given to me in the short time I've been around.

I'd like to thank **Mark Williams** for taking on the role of co-ordinator of the Brisbane support group. I will be working with Mark on this. If you are interested in helping out as facilitator in Brisbane, please contact me directly to discuss (0423 567 055).

2012 will bring **some changes** and we will start out the year with just a couple.

SOSBSA is not government funded and so we get our funds from memberships, fund-raising and some grants here and there. If we are going to expand the work that we do, we must look at our costs and at reducing them as much as possible. The biggest cost we have is printing this newsletter and mailing it in hard copy to those on our mailing list.

So, this year we will be doing some things to help us reduce the cost of the newsletter printing and postage. During 2011 I have been asking you to consider receiving this newsletter by email, which is no cost to SOSBSA. However we have seen only a small number of you request this. **So, from 2012, and not immediately, you need to be aware that if you are not a financial member and you are currently receiving this newsletter in your mail box you will be at risk of this stopping. We are asking all those who receive this newsletter in hard copy to become financial members to cover the cost. Membership details can be found on page 2.**

We will provide the newsletter free to any of you for the first 12 months after you first contact us, after which time we do expect that you will become a financial member – or nominate to receive it by email.

If you have been receiving it by hard copy and are prepared to receive it by email, please advise us by emailing secretary@sosbsa.org.au. If you don't have a computer or internet access and feel that there are special circumstances under which you do require it by hard copy, please contact me on 0423 567 055 to discuss.

But that's not all – SOSBSA membership from 2012 will include increased benefits. We have been negotiating with local companies etc to get you some 'deals' for being an SOSBSA member. We will continue these negotiations and advise of any new 'benefits' that we are able to obtain on your behalf as they occur.

Continues on page 4...



President's Report cont.

These are just a few:

- Discounts on attendance at any seminar / workshop that SOSBSA present – not on social functions unless stipulated.
- Bronwen Edwards “What A Life” - Personal Training/Lifestyle and Nutrition Coaching
 - 10% discount for members.
 - Personal Training would be \$72/hour + GST
 - Lifestyle and Nutrition Coaching would be \$108/ hour + GST
- Jennifer Poulter - 20% off for members wanting to do group writing, or 25% off for individuals wanting writing/workshopping/mentoring.
- Ripple Brisbane Massage \$15 off everything.
- Relaxation Centre Brisbane - \$2 discount for fees under \$20 , & 20% discount for fees over \$20.
- Earth Awakening Natural Healing –
 - 15% off massage & aromatherapy services,
 - 50% off 1st 10 class pass (saving \$70, Kate's classes only) & additional classes at concessional rates of \$140 (\$14 per class instead of \$17) for rest of the year.
 - Also buy one get one free casual class or 10 class yoga pass (Kate's classes only).
- GoodLife Gyms - Passes for 7 day free trials.
- The CupCake Parlour.com.au- one complimentary coffee & cupcake when another coffee & cupcake is purchased. Or 25% off regular price of 12 pack regular cupcakes.

We will be producing a membership card that you can use to show proof of your membership and entitlement to these benefits. Please make sure you take up these offers, many of which will provide you with some support while you traverse the trauma of your grief. Others, are just for self-indulgence (cup cakes yum!).

So, as we enter 2012, please join us if you are not already a member, come along to the AGM on 20th January, and actively take part in the life of SOSBSA. We welcome you.

So – lets get into 2012.

Love and peace to all of you

Cherrie



SOSBSA Get-Together

Glindemann Park, Logan Rd, Holland Park

Sunday 12th February 1:00pm

BYO plate to share, picnic blanket, chairs,

Contact Cherrie on 0423 567 055 for any details.





Take time out for yourself on the beautiful Sunshine Coast at a Recovery Weekend designed to provide you with skills to help you cope better during times of stress.

The weekends offer:

- * gentle daily exercise that you can do at home
- * cooking class focusing on simple, nutritious meals
- * techniques to quieten a busy mind
- * Recovery Planning session 1-1
- * massage (optional)
- * caring, supportive environment

Upcoming weekends:
Feb 17-19, May 18-20, July 20-22, Sept 14-16

For more information, contact Bronwen on 0410640803 or visit www.rosesintheocean.com.au

Calling on volunteers to join our 2012 Management Committee

If you are interested please ensure that you attend the **AGM** on 20th January 2012.

If you are unable to do so, please contact Cherrie (0423 567 055) or Jen at secretary@sosbsa.org.au to discuss further.

Mourning Dove Pin



Purchase one of our beautiful pewter Mourning Dove pins to honour and remember your loved one.

Price: \$8 each (+ \$3 postage)

Please submit any orders & cheques either by mail to:
P.O. Box 334
Springwood Qld 4127

or by email to secretary@sosbsa.org.au

GRIEF'S LITTLE EMERGENCY KITS

Gentle reminders to keep us strong while grieving.

Fits perfectly into a handbag or drawer.

\$4 each (+ \$3 postage)



Please submit any orders & cheques by mail to:

SOSBSA
P.O. Box 334
Springwood Qld 4127

*Do not stand at my
grave and weep.*

Do not stand at my grave and weep,
I am not there; I do not sleep.
I am a thousand winds that blow,
I am the diamond glints on snow,
I am the sun on ripened grain,
I am the gentle autumn rain.

When you awaken in the morning's hush
I am the swift uplifting rush
Of quiet birds in circling flight.
I am the soft starlight at night.
Do not stand at my grave and cry,
I am not there; I did not die.

by [Mary Elizabeth Frye](#) 1932

Suicide from a medium who has lost a dear friend to suicide. -- Charmaine Wilson



In my pain I have talked long and hard to my guides about the spiritual reasons for suicide. I have done countless readings for people who have lost someone to suicide before and after Rebmen's death and before I had the displeasure of experiencing this type of death had many different theories. However I now think a little differently.

In the past and present I have found suicides are usually most anxious to make contact with their families through a medium, so that they can explain that the reason they are gone is not because of the partner or the family, but because of their inability to deal with the life lessons placed before them. They are not cowards nor are they resigned to travel eternity in some form of limbo. They are essentially your family members or friends that took on a little more than they could handle in this life.

In much the same way as a student is offered lessons to complete at school, we are all offered lessons before we descend to the earthly planes as a baby. These lessons are given to us throughout our time on earth and much like the student who chooses unwisely at the beginning of the term, sometimes as souls preparing for a new life on earth, we too choose lessons or situations that our souls may be too immature for. All of this takes place in conference with our guides before we descend and though we may be warned that we are not ready for the chosen tasks, some of us refuse to listen and take the lesson anyway. I truly feel that this is the case in most suicide situations. The soul of the suicide victim has been unprepared for the planned lessons and akin to a student dropping out of school; the soul decides to drop out of life.

In my heart I understand that we all pass when it is our time, neither a minute before nor a minute after. I have wondered if perhaps some people are destined to take their own lives, if in fact it was in their contract. As souls that constantly evolve, perhaps we get to choose the way we die each life so as to grasp a full range of understanding of human nature and the more lives we live, the more our understanding grows. Not for one minute do I feel that suicide is a positive action, however if you have had someone pass over in this manner, try and look above the situation and ask yourself if this may have ...

Continues page 7...

Suicide from a medium who has lost a dear friend to suicide. -- Charmaine Wilson

Continued from page 6...

been a universal decision completely out of your hands. Accept your loved ones decision and try and understand that the universe may have in fact called them home. In a lot of cases with accidents I hear stories of how the accident victim would discuss what they wanted at their funeral just the day before their death; almost as if they knew that their time was nearly over. So with that in mind ask yourself if this could have been the case with your loved one.

The most important thing to remember if you have found yourself in this position is to be kind to yourself and everyone else who is affected. They are no more to blame than you whether you think they are or not. Ultimately it was your loved ones decision and they could have reached out at any time to anyone but for whatever reason chose not to. Do not consume yourself with why it happened because the quicker you can accept it the quicker you will begin to heal. If you feel you need to forgive yourself, your loved one or anyone else involved do it and move through this horrific time. Time is what you will need but it is possible to survive this death!

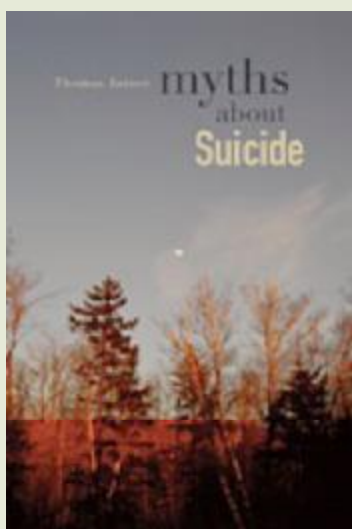
(Taken from Spirit Children by Charmaine Wilson Chapter 39)

Book Reviews

This column is for book reviews that are submitted by readers or that are found to be of relevance to any area of suicide bereavement, grief recovery, self-healing, suicide or mental illness, or any other topic that you think is worth sharing.

Please submit any book reviews either by mail or by email to secretary@sosbsa.org.au

Myths About Suicide By Thomas Joiner



This clear and powerful book dismantles myth after myth to bring compassionate and accurate understanding of a massive international killer.

The risk for suicide, Joiner argues, is partly genetic and is influenced by often agonizing mental disorders. Vulnerability to suicide may be anticipated and treated. Most important, suicide can be prevented.

An eminent expert whose own father's death by suicide changed his life, Joiner is relentless in his pursuit of the truth about suicide and deeply sympathetic to such tragic waste of life and the pain it causes those left behind.

Review from <http://www.hup.harvard.edu/catalog.php?isbn=9780674048225>

SOSBSA Christmas Picnic 2011

-- Glindemann Park, Holland Park



A very special thank you to all that attended our Christmas Picnic - It was a lovely day and I hope you all enjoyed yourselves. It was a pleasant day, not too hot, and plenty of great food and conversation. I think we've found a great venue for future get-togethers, so no doubt we'll be back there again some time soon.

Looking forward to catching up with you all in 2012 at our social functions. xxx

SOS Survivors of Bereavement Support Association Inc (SOSBSA) 2012 ANNUAL GENERAL MEETING 20 January 2012 at 6.30pm 473 Annerley Road Annerley

The 2012 Annual General Meeting of SOSBSA will be held on 20 January 2012 at Australian College of Community Services, 473 Annerley Road, Annerley on 20 January at 6.30pm for the following purposes:

1. the receiving of the statement of income and expenditure, assets and liabilities and of mortgages, charges and securities affecting the property of the association for the last financial year;
2. the receiving of the auditor's report on the financial affairs of the association for the last financial year;
3. the presenting of the audited statement to the meeting for adoption;
4. the election of members of the management committee;
5. the appointment of an auditor.

Any member entitled to attend and vote at the meeting is entitled to appoint a proxy to vote, and attend, instead of themselves. A proxy form is included with this newsletter or can be obtained by contact SOSBSA by phone or email.

Notice provided by the Management Committee

Other Suicide Support Groups

If you would like to add your suicide support group to this page, please email secretary@sosbsa.org.au.

Sunshine Coast



Head High Young People Living Beyond Suicide Support Group

Maroochy Neighbourhood Centre
Fifth Avenue, Maroochydore
Linda —5479 0394

Meetings are held last Thursday of the month at 4:30 —6:30pm.

Caloundra Living Beyond Suicide Support Group

42 Croydon Avenue
Currimundi

Jeanine and Ron —5491 7452

Meetings are held every 1st Monday of the month at 10:00am-12 noon.

Chermside



Lifeline Brisbane North

766 Gympie Road
Chermside
Monthly: First Tuesday of each month
Time: 6:00pm—8:00pm
Contact: Lyndall Stafford
Email: enquiries@uccommunity.org.au
Phone: 07 3624 2400

Also

Lifeline facilitates an 8-week closed therapeutic group for the bereaved by suicide (daytime at Chermside and night time at Fortitude Valley).

Contact: Lyndall Stafford at above phone number or email address.

Gold Coast



Lifeline

2791 Gold Coast Road
Broadbeach
Monthly: 1st Friday of the month
Time: 6:30-8:30pm
Phone: 5579 6000

NSW

Lifeline Harbour To Hawkesbury
4 Park Ave, Gordon, NSW
Monthly: 2nd Thursday of the month 7-9pm.

Phone: 02 9498 8805

Email: admin@lifelineh2h.com

If you wish to receive this newsletter via email, please contact us on secretary@sosbsa.org.au.

In Memoriam

If you would like an 'in memoriam', please send an anniversary record to SOSBSA, P.O. Box 334, Springwood 4127 or email to secretary@sosbsa.org.au.



Loved one lost to suicide: **Hayley Juliet Laws**
Date of Birth: **8th September 1983**

Your Name: **Jennifer McMahon**
Date of Death: **14th January 2009**

Message: **To my beautiful sister. I miss you every day. I hope that you are finally well and at peace. I am doing my best for you. Until I see you again. Always. Jen (Paul, Kilian & Eadie) xxxx**

Loved one lost to suicide: **Daniel Orr**
Date of Birth: **11th July**

Your Name: **Michelle Sparkles**
Date of Death: **4th January 2009**

Message: **Peace be with you, think of you often and miss you daily.
Love your sister Michelle Sparkles**

For everyone whose anniversary of their loved one is in January/February. On this anniversary of your loved one's death, may you remember the best experiences you shared, the most meaningful words that were spoken, the happiest moments you had together and the comfort that has given you the courage to go on.

National Helplines

LifeLine: 13 11 14 (24 hour)

Mensline: 1300 789 978 (24 hour)

Suicide Callback Line: 1300 659 467 (24 hour)

National Hope Line: 1300 467 354 (24 hour bereavement support)

Beyond Blue: 1300 22 4636

Kids Help Line: 1800 55 1800 (24 hour)

SANE Helpline: 1800 18 SANE (M-F 9am-5pm)

QLD

Standby Response Service 07 3250 1856 / 0438 150 180
(24 hour mobile crisis response to suicide bereavement.)

Sunshine and Cooloola Coasts 0407 766 961

Photo by Ian Britton