



In Memoriam

Loved one lost to suicide: Bret Kup-Ferroth
Date of Birth: 29/6/1962
Message: A soul set free. Love never dies—memories last forever. Forever in our hearts—Love you
Nun Nun—Donna, Michael & Jayden 4x7

Your Name: Donna Kup-Ferroth
Date of Death: 9/3/2006

Loved one lost to suicide: Scott Jackson
Date of Birth: 5/5/1971
Message: Always in our thoughts, hearts and dreams. Safe with Jesus. Free from pain. Loved always.
Mum, Dad, James & Jacob

Your Name: Maxine Jackson
Date of Death: 8/3/2002

Loved one lost to suicide: Bede John McMullan
Date of Birth: 20/09/1990

Your Name: Cherrie Cran (Mumsy)
Date of Death: 10/04/2010

Message: Everything about our lived changed the day you left. Be forever at peace my beautiful boy. Thank you for being a part of my life and my soul forever. You are always with us and watching over us with your gentle open heart that is no longer hurting. You will always be a part of us and Sinead and I will love you and miss you forever xoxo

Courage does not always roar
sometimes it is a quiet voice



at the end of the day saying
I will try again tomorrow

Mary Anne Radmacher

If you would like an in memoriam, please send an anniversary record and forward it to SOSBSA, PO Box 334, Springwood 4127.

For everyone whose anniversary of their loved one is in March/April. 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.

Management Committee

President Cherie Cran	Vice President Marcia Upton	Treasurer Darrin Larney	Secretary Jen McMahon
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Members: Olwen Schubert, Mary Hesse

Fundraising Coordinator: Vacant

Telephone Contacts/Members on 1300 767 022

Myvanwyn Camp Trigger Olwen Schubert also on 0401 311 468

Support Group Meetings (for information contact 1300 767 022)

Mt Gravatt: Contact 1300 767 022
Facilitators: Marcia & Mavi
Mt Gravatt Community Centre
1693 Logan Road, Mt Gravatt
Almost opposite Tri-Care Nursing Home
Fortnightly from Friday, 4 Mar at 7:30pm

Bundaberg: Contact Peter on 4155 1015
Neighbourhood Centre
111 Targo Street at 10:30am
Meetings held on the 2nd Wednesday of
each month. Next meeting is on 9 Mar

Hervey Bay: Contact Olwen
Mobile 0401 311 468
Coffee and Chat Mornings will be held
whenever I'm back in Hervey Bay
Please call me on my mobile for dates

Cairns: Contact Fran on 4045 2955 or
Red Cross House 0407 695 891
247 Lake Street, Cairns at 7:30pm
Meetings to be held on the 2nd Friday of
each month. Next meeting 4 Mar

March/April 2011 Newsletter

Newsletter No 6



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Survivors of Suicide Bereavement Support Association Inc

OUR NEW Website: <http://www.sosbsa.org.au>

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President's Report

Welcome to the March/April 2011 SOSBSA Newsletter. This is my first newsletter as the new President and I'd like to start by saying a very heartfelt and sincere 'thank you' to all of the committee from 2010. A very very special thank you to Michael and Lynn who are moving out of their committee responsibilities - their tireless work has been amazing and we are all very grateful to them for their past efforts. They are lifetime members and will be around - and we look forward to seeing them at social functions, fundraisers and the like. Lynn will continue to take phone calls until such time that we are able to find a replacement (if anyone is interested please let me know).

Marcia is continuing as Vice-President and Darrin will continue as Treasurer - thank you for your continued support and efforts. Olwen is continuing on as editor of the newsletter - and this booklet wouldn't be possible without her - she does this with little input from the rest of us - and her endless commitment to SOSBSA needs to be acknowledged. Thanks Olwen. We welcome a new Secretary this year - Jennifer McMahon - welcome Jen - we're looking forward to an exciting year. So, I guess you are wondering who I am. So, a little introduction is probably called for.

My name is Cherrie Cran and in April 2010 I lost my then 19yr old son, Bede, to suicide. This came after a long struggle with mental health issues. Bede was troubled even as a young child. No matter how many doctors, psychiatrists, psychologists and other 'professionals' we saw we just never found an explanation and with that no real substantial help. His first attempt to suicide came at the tender age of 14. Not long after that he turned to drugs as an 'escape'. Over the next 5 years there were repeated attempts and the topic of suicide was rarely far away. He would tell me that he couldn't live inside his head anymore and that he couldn't remember being happy and at peace for any more than 'moments - maybe days' at a time. There was never a clear 'diagnosis' made and no real help for him no matter how hard I pushed our 'system'. He progressed from drugs to alcohol and to criminal behaviour (all alcohol and drug related). He could be violent, especially if he'd been drinking. He struggled to give up many times and he'd be doing well and something would happen to bring about some stress or he just couldn't maintain it. A couple of months before he died, we had lost my Dad to cancer and moved to the Sunshine Coast to support my Mum. He had been extremely close to his Pop and we were all scared of how he'd cope. He seemed to be doing well - and had been sober for about 5 months. But the torment in his head didn't really go away and with no way of escape I think he just hid the torment for those last few months. He was a tormented soul who came to a point that he needed peace and for him there was only one way.

His sister and I miss him every day. His Grandmothers, Aunts, Uncles and cousins loved him and continue to miss him too - along with the handful of friends that he had. Such a tragedy - not just his death but the trauma of his life. This is not the only pathway to suicide but it was his.

I was very much aware that the event of his suicide was going to throw my world and me (along with my daughter and our

family) into feelings and emotions I wasn't sure how to deal with or to live through. So, I attended my first support group just under 2 weeks after Bede died. I currently live on the Sunshine Coast and travel to Brisbane every fortnight to be a part of the support group. Why? Because I work full-time (in Brisbane) and there isn't a support group that meets on the Sunshine Coast after hours. I will be returning to my own home soon, so will be closer to the group and the committee members. I'm very much looking forward to that. For me, I'm looking forward to living in our home where Bede was always alive (even if difficult) and to being with my daughter again, who didn't come to the coast with us.

I have no idea how I would have coped this past year or so without the unconditional love and support of the SOSBSA group, and my new friends there. These friendships are forged for life bound by the most horrific trauma any human can experience. I urge you if you have lost someone, or if you are afraid that you might, to reach out for support. There are others who have been there before you and it is important that you know that you are not alone. I would like to quote something from our website:

It is important to know that there are others who are bereaved by suicide who are survivors and that they are here because they have learned to accept and cope with the tragedy of losing a loved one to suicide. It is not an easy road and although it may be long, sometime lonely and arduous one, you too can survive and learn to live with bittersweet memories.

So what will 2011 hold for SOSBSA? Well, over the next few months I will work with the committee to put together a 'plan' for the year and will keep you informed.

One of the things that I believe we need to address is funding. We are a fully self-funded not for profit organisation. We gain our funds from membership, fundraising and donations. Currently, we aren't really covering our own costs, so to be able to continue the work we do, and look at expanding in any way we do need on-going funding. I would like to see us obtain some form of on-going corporate funding. So if anyone has any ideas please contact us. I'm thinking of an organisation who's CEO has been touched by suicide who might provide us with a yearly donation, maybe that's you. Maybe you work for an organisation you think might provide us with some support. All donations are tax-deductible and every little bit helps.

If you have any suggestions or requests please let us know. We can be contacted by:

Email: secretary@sosbsa.org.au

Mail: SOSBSA, PO Box 334, Springwood. Q'ld. 4127, Australia

Phone: 1300 767 022 (Australia)

Looking forward to a productive 2011.

Love & peace to all



Cherrie

For all sunshine coast members please note that if you wish to attend a support meeting for the bereaved by suicide:

Head High Young People Living Beyond Suicide Support Group
Maroochy Neighbourhood Centre
Fifth Avenue
Maroochydoore

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.

Suicide Support Group

Lifeline
2791 Gold Coast Road
Broadbeach

Monthly: 1st Friday of the month

Time: 6:30-8:30pm

Phone: 5579 6000

Suicide Support Group

Lifeline Brisbane North
766 Gympie Road
Chermside

Monthly: Tuesdays from 7 July

Time: 6:00pm—8:00pm

Contact: Linda

Email: chris.chicoteau@lccg.org.au

Phone: 07 3250 1856

A Quick Note



I would like to extend my thoughts and heartfelt sympathy to all my fellow Queenslanders who have suffered such devastation through the floods and cyclone Yasi, especially to those of you who have not only suffered the loss of your homes and/or livelihood, but suffered the greatest tragedy by the death of your loved ones. I wish you all the comfort, strength and courage and last, but not least, hope you endure the difficult times that lie ahead.

I would like to take this opportunity to welcome our new committee! It's really great to see that we have fresh faces on board and hopefully that will bring us fresh points of view. We 'oldies' might be getting a bit stale and so it's so new ideas are always welcome!!

The photos of Julie Turner were taken as you can see from the visit we made to the War Memorial. Julie lost her daughter to suicide, but she has also lost a son to drowning. I met Julie a good few years ago at a conference in Sydney. So we keep in touch with one another. I saw her recently at a conference in Brisbane where she told me that in her community in Darwin they had recently lost about 10 people, the youngest being 9 years old!! I wish our arms could reach out and have a real support group in Darwin, as there is nothing really there for all the people who suffer this type of grief.

I'll be in Canberra till the end of April and will then head off to Brisbane for a few days before I wind my way up north to Hervey Bay. Once there I will again facilitate a support group. When in Brisbane I will organise my stay so that I can attend a support group meeting.

Keep strong

Olwen Schubert
Newsletter Editor





Julie Turner from Darwin on a conference/visit to Canberra

Top: Outside the War Memorial

Left: Outside the War Memorial looking back toward Old Parliament House

Right: Julie viewing and reading about the Aboriginal contingent serving in Darwin during WWII



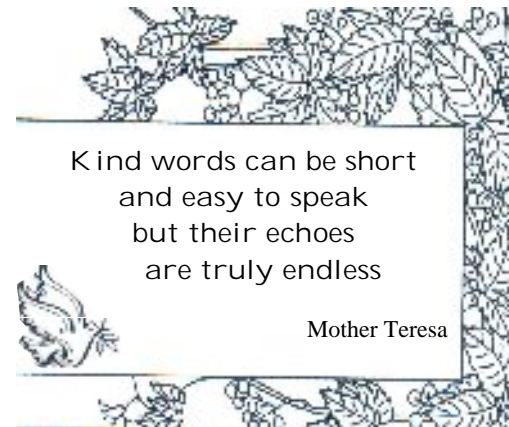
Butterfly Blue

My tears are a waterfall of sorrows
 for I cry for all the lost tomorrows
 yet in my descent of spirit you dance
 your shimmering wings do entrance
 the wisp of gossamer across my face
 whispers of Butterfly Blue's embrace

How did you know I still mourn
 through endless nights to early morn?
 You came to be a Butterfly Blue
 out of your chrysalis to a lovely hue
 I too am metaphorised
 now I see through different eyes

My life transformed
 from cocooned inertia conformed
 vibrating to another measure
 a life anew, a remembered love to
 treasure
 Butterfly Blue, essence of free spirit,
 fly
 my heartsouls' merging wings to sky

©Olwen Schubert 2002



Kind words can be short
 and easy to speak
 but their echoes
 are truly endless

Mother Teresa

A Sibling's Point of View

There are times when I see a
 fiery sunset
 or the silver glow of the moon
 and I see my brother
 and I feel the peace that he still
 exists

But these times are few
 and most of what I see is —
 what he is missing
 Cry now my silent tears
 quietly, so no one hears
 They don't know the pain I go
 through
 day after day
 and through the years

Alissa Roeder TCV Piles Peak
 Southwestern Manitoba Chapter
 TCF Qld Newsletter Feb/Mar 2011

Sometimes in the wind of change
 we find our true direction

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 ATTENTION!**

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sosbsa@yahoo.com

Thanks, Olwen

If you would like to contribute to
 this newsletter, your own story or
 a general story, article or a poem
 please send it to:

Email: sosbsa@yahoo.com

or

Phone Olwen on 0401 311 468

2011 Meeting Dates for the Mt Gravatt Support Group Friday Fortnightly at 7:30pm

4, 18 March

1, 15, 29 April

13, 27 May

10, 24 June

8, 22 July

5, 19 August

2, 16, 30 September

14, 28 October

11, 25 November

9, 23 December

Remember Me

Remember me in quiet days
when raindrops whisper on your
pane

but in your memories have not grief
just let the joy we knew remain
Remember me when evening stars
look down on you with steadfast
eyes

Remember me if once you wake
to catch a glimpse of a red sunrise
and when your thoughts do turn to
me

know that I would not have you cry
but live for me and laugh for me ...

When you are happy so am I
remember an old joke we shared
Remember me when spring walks
by

think of me while you are glad
and while you live, I shall not die

Lyn Bryant, TCF Baytown Texas USA
TCF Qld Feb/Mar 2011 Newsletter



The heart that gives
gathers

Marianne Moore

You can expect to feel terrible for a while ...
You won't know what a parent's death is like
until it happens to you ... It may be a common
experience but common experiences can have
profound effects.

James 38 years

*Death of a Parent: Transition to a New
Adult Identity*

Debra Umberson, University of Texas



It is one of the most beautiful
compensations in life ...
that no man can sincerely
try to help another without
helping himself

Ralph Waldo Emerson

any national allegiances, he lived in various countries at different times, always trying to escape taxes. With his background of nobility, he despised the acting profession, but never found another means of earning money for his preferred luxurious lifestyle. (He attempted two entrepreneurial ventures, losing his shirt both times).

Notorious for seducing women (often named in divorce cases as co-respondent), or depending on women financially, Sanders married four times. The third, nine-year marriage to Benita, Ronald Colman's widow, was happy and fulfilling for both parties. After Benita died of cancer, Sanders gradually declined physically and mentally: he lived only five more years, becoming alcoholic, attempting suicide, and finally taking his life with pills in Barcelona at 66. Key factors in Sanders's suicide: alcoholism and similar problems to Bettelheim's. Both men fell apart after the deaths of wives who had been their major source of emotional support, contributing to their reaching old age.

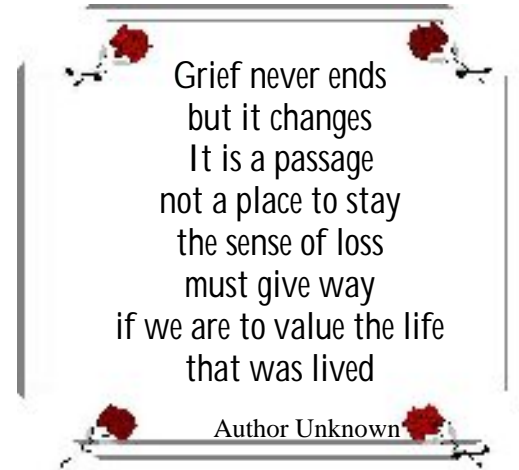
Conclusion

The personalities of the two men seemingly predisposed them to suicide. The abusive Bettelheim and the arrogant Sanders both refused to accept social necessities and compromises—lying (Bettelheim) and financial irresponsibility (Sanders). Also, they took advantage of others' vulnerabilities whenever possible, apparently considering themselves above others. Such tendencies meet the requirements for the 'lethal flaw' discussed as the psychological foundation for suicide (Kastenbaum and Aisenberg 1972), and briefly mentioned by many others (eg Litman 1989, for whom the suicide is saying: 'If my life can't be my way, then it will be no way'). Clark (1993) concluded from his study of elderly Chicago suicides that the deceased differed from living peers only in having a 'lifelong character fault' that prevented them from coping with the stresses of normal aging. The two men presented here suggest the possibility a lethal flaw does exist in the personalities of suicides, but the elderly kill themselves only if, in addition, they experience the loss of a vital emotional

connection, perhaps in the context of major physical and mental declines (or a different lifestyle threat).

A suicidal personality? Probably, but suicide occurs only if combined with other factors.

Ernest Shulman PhD



Grief never ends
but it changes
It is a passage
not a place to stay
the sense of loss
must give way
if we are to value the life
that was lived

Author Unknown

What we have once enjoyed
we can never lose
all that we love deeply
becomes part of us

Helen Keller

PLEASE NOTE: THIS IS A GENERAL BEREAVEMENT GROUP Drop-In Bereavement Support Group

This group is open to any recently bereaved person. It is a place where people can come together to share a laugh and a cry, meet others with similar experiences and enjoy a cuppa in a supportive environment.

Meetings: 1st & 3rd Tuesday of month

Time: 10am to 11:30am

Where: Hilda des Arts Community
Centre

39 Chermide Road
Eastern Heights, Ipswich

Phone: 3812 0063

Comparison of Elderly with Young-adult Suicides Part I: Is There a Suicidal Personality?

Dozens of research reports have contrasted the key factors in elderly versus young suicides. Differences have been emphasised, similarities usually skipped over. An important reason for this disparity is that recognition of the wide diversity of suicidal motivations has shifted attention from what all who kill themselves have in common. In general, researchers seem to have concluded long ago there is no suicidal personality. But such a conclusion may have been premature.

One way to evaluate the commonalities among suicides is a comparison of the issues that distinguish suicides across the age spectrum. A representative example of the studies emphasising differences between old and young is Conwell, et al (1996). These researchers reported that suicide risk among the clinically depressed increased with age, whereas psychosis and substance abuse were associated more with young patients.

This article uses Bruno Bettelheim, the psychologist, and George Sanders, the actor, to investigate how their personalities interacted with the stresses of old age, resulting in self-inflicted death. The second article (posted separately) article examines young-adult suicides as a contrast.

Bruno Bettelheim (1903-1990)

Bettelheim, a Viennese Jew, spent ten months in concentration camps after the Germans occupied Austria in 1938. He was released through his business connections, and promptly emigrated to the US, rapidly ending up as an American citizen in Chicago. He used his powerful, creative intellect, drive, and ambition to quickly climb the career ladder: psychology professor at the University of Chicago and director of its residential treatment program for autistic children, and author of a succession of best-sellers on his innovative treatment methods (milieu therapy), among other books. Falsely claiming three PhDs and expertise in psychoanalysis and autism (Pollak 1996),

Bettelheim developed an international reputation that imploded only after his death. In reality, he did not cure autism as he insisted, and was despotic and sadistic to the mainly emotionally-disturbed children in his program. His lies included an alleged friendship with Freud.

Bettelheim liked to blame victims for their misfortunes. According to him, Jews under Nazism were largely responsible for their own fates; and, mothers caused autism via hostility to their children. Strangely, he stated that most suicide deaths were accidents when suicide attempts, intended to gain love, went awry (Bettelheim 1979).

At 81, he began to unravel after his long-suffering wife died. When his abusiveness alienated the daughter whom he tried living with, the now-isolated Bettelheim settled in an assisted-living facility with his many chronic illnesses and stroke-induced mental decline. Then at 87 he took his life with pills and a bag over his head (Fisher 1992). Key factors in Bettelheim's suicide (in no particular order): physical ailments, loneliness, and mental decline.

George Sanders (1906-1972)

Sanders always cultivated an attitude of snobbish superiority, leading to a screen persona of sneering villainy and real-life exploitiveness and indifference (Ahearn 1981). But an all-around, super-competent person (skilled in singing, piano- and guitar-playing, and home decorating and maintenance), he acted magnificently on stage, screen, and TV for forty years, and was known for kindness by the few whom he admitted to friendship.

Born to St Petersburg aristocrats, the Russian revolution forced him to leave with his family at age eleven, emigrating to England. Without

Continued elsewhere in this newsletter

Loss of a Parent through Suicide

What can an adult do that is still feeling the pain of losing a parent to suicide? There are some options.

- Talking to a counsellor, and/or joining a support group can really help. Finding people who know some of your feelings and who have been through some of the things you have been through can be a great help.
- Writing in your journal can also really help. Make sure that you get all of your feelings onto the journal pages, so that they stay in your journal and not in your head.
- Write a letter to the parent that suicided. This can really help. It's especially hard on your wedding day, or the births of your children. Writing a letter announcing, 'Daddy, I got married today!' might make you feel just a little bit better, as if you are sharing your joyous occasion with him in some way.
- Do something good for the community in the parent's memory. Help others who are going through this hard time that your parent went through. You might be able to stop someone else and their family from going what you went through, and that might heal you just a little bit, in some way.
- Don't ever think it's 'weird' or 'impolite' to grieve the person, and don't ever let anyone else tell you so! Even if your parent died fifty years ago, you will never forget them, and grieving is something that never ends—it might get easier with time, but it never totally ends. Cry if you are thinking about your parent and miss him. It's normal, and healthy for you, too.

- Get educated. Take a class on suicide or death and dying, or just read books on suicide. It can really help you see a lot about what your parent was feeling through his last days.
- Be there for your siblings if they need your support and/or help, especially if you are an older sibling! You're all in this together, and you could all use each other for support and love!
- Remember the person for the good times, and try not to concentrate on the bad times. Be realistic, but remember good memories are what's worth holding onto.

An Ode to Andrew, With Love

What is right for one soul
may not be right for another
it may mean having to stand
on your own and doing something
strange in the eyes of others
But do not be daunted
There is no right path
there is only the path that
is best for those that find
their own way — the way that helps
them find there desired freedom

Strength comes from understanding
that where ever Andrew is
is where he needs to be
whatever he is doing
is for his greatest peace
and we should not judge it
he was at a different stage
and looking in a different direction

Forgiveness is the strongest form of love
cherish this with the understanding that
Andrew is a beautiful soul
by keeping this in our hearts
we will be together again

©Amber, Ebony & Kristen Fitzell
Bereavement After Suicide
eds M Appleby & G McLean PhD



Grief & Loss — Children Losing Parents

Reactions and feelings related to the loss of a parent as an adult differ according to one's age (Rando, 1988). Adults in their twenties and thirties continue to view their parents as significant support structures, and losing them may feel as if one has been robbed. Feelings of childishness and regression are common and should not be repressed or ignored (Rando, 1988). One may find themselves utilising their attachments to others such as children, friends, etc. in order to work through the grieving process (Rando, 1988). According to Rando (1988) it should be understood that the emotional nature of the relationship between the adult and parent will effect how the adult works through the grieving process. With this information one could hypothesise that the more an adult is undifferentiated in their identity in regards to the emotional parental relationship; the more difficulty they will have with separation (McGoldrick, 1998). This also would be consistent with Attachment Theory and the reactions associated with separation in regards to utilizing other constructed attachments in the absence of the parental primary (Davies, 2004). According to Littlewood (1992) a study by Sanders (1980) regarding grieving scales indicated that parents who lose their parents reacted high in two areas:

1. Increased death anxiety
2. Loss of control

According to Littlewood (1992)

According to Littlewood (1992) the increased anxiety is the result of the adult child feeling as if they are next in the generational line to experience death. The loss of control represents the loss of an important and unique relationship between the adult child and parent that sustained significant support features for the child (Littlewood, 1992; Despelder, 2005). From a gender prospective,

it is believed according to Porter & Stone (1995) women seem to indicate greater problems within the realm of relationships after a significant loss; men report greater work related problems through out the grieving process.

The meaning of losing our parents can differ for many adults depending on the importance of the adult child/parent relationship (Rando, 1988). The parent has been the most significant and most influential force within the lives of their children; to lose this special relationship, is to lose a great deal in regards to support, the past and childhood connections, and an interpretation of circumstances within the world (Rando, 1988). These changes according to Rando (1988) & Despelder (2005) may place an adult in the position and process of no longer viewing themselves as a child; thus called the 'developmental push'. According to Despelder (2005), Rando (1988) & Littlewood (1992), the loss of the mother is usually more severe for adults than the loss of a father. This information is based on two primary factors:

1. The mother is usually the most nurturing
 2. The mother is usually the last parent to experience death
- Despelder (2005), Rando (1988) & Littlewood (1992)

Losing a parent within adulthood also means 'not having a home' to go back to which can leave a person feeling alone and frightened (Rando, 1988).

It seems clear that the death of a parent and its meaning can be commonly stated as a process that will force the adult child to redefine themselves, their roles, and expectations for their lives and the lives of their family of procreation.

According to Irish, Lundquist and Nelsen (1993) how cultures react and define meaning of death and loss of a parent varies. When examining the behaviours and perceptual meanings of death in various societies of the world, differences are evident between collectivistic/naturalistic cultures and individualistic/modernised cultures (Kalish, 1977). One primary difference that can be identified is the blame and reasons for one's death across cultures. Within modern societies death can be attributed to internal body failures due to poor nutrition and health maintenance (Kalish, 1977). Within our modernized society we may blame the person or parent for creating internal processes that led to their own deaths; like smoking, poor eating habits, etc. (Kalish, 1977). Within other cultures, especially isolated societies external agents would be to blame for the death of a parent, such as evil spirits or magic (Kalish, 1977).

Laverne John Riley Jr

So how do you celebrate a life like his? They say that expectations die hard. His life was full of expectations which died hard, but he taught us many lessons. They have certainly been expensive lessons, and we would never have voluntarily paid this dear price, but the value of these lessons and his life, to us, is very profound We learned to live life after death; after the death of our expectations.

Extract & Adapted from John Conrad Sr
The Book of Eulogies: A Collection of Memorial Tributes, Poetry, Essays and Letters of Condolence



Votive

(On the death of a son)

He chose life then
but he made a distinction
when he wrote
survival alone
is not an option
survival and life
were separate
in his opinion
with grieving heart

**I light a candle for my son
it glows it flickers
he is gone**

life's meaning then
is conditional
on — what?
and isn't survival
life's requirement?

Living

I argue

dead he cannot answer
with grieving heart

**I light a candle for my son
it glows it flickers
he is gone**

this mother shall
this body lives on
and I ask others
where is the sense
or the reason
there is no answer
only the long silence
of his death

with grieving heart
**I light a candle for my son
it glows it flickers
he is gone**