



# Survivors of Suicide Loss

a publication of Fresno Survivors of Suicide Loss, Inc.

Survivor support and suicide prevention education programs

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Linda Ginise, Newsletter Editor

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## SURVIVOR SUPPORT GROUP MEETINGS

### Fresno

Hope Lutheran Church Conference Room

Northwest corner of Fresno & Barstow

(Enter parking lot from Fresno Street)

WHEN: TUESDAY\*\*

September 21, 7-9:00 pm

\*\* (3rd Tuesday of every month)

### Visalia

Rainbow/Sawyer Industries

Conference Room,

536 S. Lovers Lane

WHEN: WEDNESDAY

September 22, 6:30-8:00 pm

Information: Carla Sawyer, 786-1525

*If you have children you feel would benefit from meetings, you are welcome to bring them. However, if your child is under 15 years of age, you may want to consider the Footsteps Program at St. Agnes, or Hind's Hospice, 248-8579; 12-week sessions include services for children as young as 3 years old.*

## OTHER EVENTS

**September 5th - 11th:** National Suicide Prevention Week

**September 10th:** National Suicide Prevention Day

**September 18th:** SOS Annual Run/Walk

items after that date. Please call us at 322-5877 for more information.



## SOUP FOR THE SOUL

*Enthusiasm is the greatest asset in the world. It beats money and power and influence.*

Henry Chester



Leann Gouveia  
Executive Director

## SOS LOCAL GROUP NEWS

### Notes From Leann

We are very pleased with the preparation for this year's 8th run/walk event. We have FANTASTIC items in the silent auction this year. I think you will be very pleased with the selection. As usual, our Resource Specialist, Melissa Watkins has been working hard to give you great opportunities.

We are accepting donated silent auction items through September 5th. We cannot accept

This year we have added American Express to our list of payment methods for the R/W. We now accept: Cash, Check, MasterCard, Visa, American Express, and debit cards with those emblems. We're trying to make it easy for all to participate.

Our speakers bureau will be extremely busy this fall. Almost all of our high school teachers have called requesting presentations. While we love these requests, it is sometimes difficult to fill the need for our services. We are very thankful for the new volunteers who have signed on to help us with presentations.

Hinds Hospice is holding their grief workshop on 9/16/10, 6:00-7:30 p.m. Participants must register. There is a \$10.00 fee and scholarships are available. Please call 248.8579 for more information.

### Donations

Thank you to the following generous donors this past month—you make our many programs possible!

- *Mike Griffin*
- *Fresno Regional Foundation*
- *Sarah Meyer*
- *Dr. & Mrs. Jeffry Brown*
- *May Stevens, Concepts in Controls Inc.*
- *Judy Wathen Farris*
- *Lori Weichenthal, Yoga Tree*
- *Dick and Sandy Gallagher*
- *Kenneth and Leola Leap*
- *Helene Peard*
- *Dr. and Mrs. Nicolas Garcia*
- *Dr. and Mrs. Martin Schwartz*
- *Susan Napolitano, PhD*
- *Tony Rabb*

- *Dawan Haberson, Community Behavioral Health*
- *RPP Smith, PhD*
- *Den and Sandy Stubblefield*

- *Robert and Irene Rankin*
- *Patrick Beggs*
- *Daniel Conniff*
- *Dr. Garry Bredefeld*
- *Michael Delollis, MD*
- *Dr. and Mrs. Robert Grazier*
- *Linda Ginise*
- *Sam & Linda Lucido*
- *Jeff Lawton, California Quality Printing*

### **S.H.A.R.E.S Card**

If you have the S.H.A.R.E.S Card for SaveMart, Smart Foods, Food Max, and Lucky, please don't forget to use it! If you don't have one, please call the office and we will mail one to you.

This card costs you nothing, but if you use it when you purchase groceries at the above stores, we will receive a donation of 3% of your purchases.



### **OUTSIDE EVENTS**

#### **World Suicide Prevention Day**

The International Association for Suicide Prevention (IASP) and the World Health Organization (WHO) co-sponsor World Suicide Prevention Day every year on September 10th. This year's theme is, "Many Faces, Many Places: Suicide Prevention Across the World."

The World Health Organization (WHO) estimates that about one million people die by suicide every year; this represents a global mortality rate of 16 per 100,000, or one death every 40 seconds, or about 3,000 deaths by suicide daily. Suicide rates in many developing countries have been steadily rising in recent years.



### **IN LOVING MEMORY**

*In loving memory, and in celebration of the lives of:*

- Tony Whitacre (September 1, 2001),  
grandson of Joseph S. Whitacre**
- Donnie Donnelly (September 2, 2002),  
brother of Steve and Jennifer Donnelly;  
nephew of Dave and Barbara Donnelly**

Charles Blum (September 3, 2001), husband of Pamela Blum  
Henry Vander Ark (September 5, 2003), husband of Jennifer Brooks  
Nate Price (September 6, 1998), son of Jeanic Price  
Louie Scoggins (September 6, 2003), husband of Miriam Scoggins  
Elaine Margaret Lloyd-Barnett (September 10, 1969 to September 7, 2001; 31 years of age), daughter of Elaine Callahan and Lowell Barnett  
Thomas Bowers (September 7, 2002), husband of Dawn Argyle Bowers  
Jesse Manning (September 7, 2003), cousin of Chanin Selway  
William E. Osborne (September 9, 1964), father of Bonnie Smoyer  
Robert Lloyd Atchley III (September 10, 1998), son of Robert & Mary Atchley II; grandson of Robert & Jean Richter  
Donald Hilliker (September 10, 2001), father of Don Hilliker  
Vernon Jansen (September 11, 2003), friend of Linda Balcazar  
Phillip Edward Olson (September 11, 2004), husband of Alicia Olson; father of April Turman  
David Eugene Moore (September 12, 2008), brother of Linda Torgrimson  
Barbara Welch (September 13, 1998), daughter of Elaine Flynn; sister of Sherry Chavez, Kathleen Vernon Demas, and Kim Gobel  
Jack Michael Fiorentino (September 13, 2004), husband Carol Fiorentino father of Karen Christensen, Christy Ferreria, & Janet Fiorentino  
Ezekial Sanchez (September 18, 1983), brother of Abe Sanchez  
David John Gallagher (April 5, 1967 to September 18, 1984; 17 years of age), son of Dick & Sandy Gallagher  
Sean Richardson (September 18, 2003), brother of Steven Richardson

Rodney Jay Chin (September 22, 2003), son of Henry & Rosemary Chin; brother of Pam Economides  
Dario D. Orlando (November 12, 1926 to September 23, 2006; 79 years of age), son of Marie Orlando  
Mitchell Vernon Burgess (September 24, 2007), son of Eileen Burgess; father of Melanie Richard  
Cheryl Dumont (September 26, 1987), wife of Paul Dumont  
Diane Hicks (December 1, 1954 to September 26, 2002; 47 years of age), daughter of Evelyn Arnold  
Chad Witt (September 27, 2000), son of Jill Maled  
Magnolia C. Moseley (November 2, 1972 to September 28, 2009; 36 years of age), wife of Diego Valdez  
Doua Moua (July 14, 1958 to September 29, 2007; 49 years of age), father of Bila Moua



## ARTICLES

*Ronald Rolheiser, a Roman Catholic priest and member of the Missionary Oblates of Mary Immaculate, is president of the Oblate School of Theology in San Antonio, Texas. A columnist, speaker, and author, his columns are available on the Internet at [www.ronrolheiser.com](http://www.ronrolheiser.com).*

### My Annual Reflection on Suicide

Every year I write a column on suicide. It's not my favorite thing to do, but I do it because there is too little in the public forum, secular or religious, on this painful issue. Suicide remains one of the great unmentionables and people who lose loved ones to suicide search mostly in vain for anything that might bring understanding and consolation.

This year, more than in previous years, I am struggling to write this piece because a number of people have written lately suggesting that my writings make light of the issue, that I am offering a false and dangerous consolation, and, worse still, that my writing (by softening the taboo that sees

suicide as final despair) helps contribute to the number of suicides. By softening this taboo, I have been warned, you give people permission to kill themselves. God forgives, so why not? As well, Roman Catholics frequently quote the Catechism of the Catholic Church in their defense of their criticism.

All of that notwithstanding, the issue still needs to be addressed: The hard fact is that, in the United States alone, there are 3-4 suicides each hour, more than 90 per day, over 33,000 per year, and each of those deaths deeply touches many people. Ultimately everyone is affected. Nobody goes through life without his or her life having been touched, scarred and irrevocably changed, by someone else's suicide. Amidst all of this, mostly there is quiet stoicism. Let's not talk about it. But underneath the stoicism lies a bitter ambivalence, photographs get taken down, memories get erased, and we grapple with unresolved guilt, shame, fear for their salvation, and, not least, a certain dis-ease about life itself. If this can happen, what really can be trusted?

What needs to be said about suicide, beyond what I have tried to say clearly in my earlier writings?

First, that the fear my critics express needs to be taken seriously: Suicide is a terrible thing. The radical taboo that society and the churches have placed around it, like the taboo surrounding incest, is there for a good reason. This is a terrible act from which there is no coming back. It destroys, and permanently, more than just the life of the person who does this act. We may never make light of suicide. That is why it has always been encased in this terrible taboo.

But that taboo is meant as a warning before the fact. Something also needs to be said after the fact. When someone dies by his own hand, those left behind literally gasp for human and theological oxygen. Something needs to be said to those left behind.

My writings on suicide are intended to address those left behind, not to serve as a counseling

tool for someone who is clinically depressed. Moreover, I submit, that nothing I have said about suicide goes against what is taught in the Catechism of the Catholic Church. What is taught there in fact radiates deep compassion and understanding: It highlights the gravity of the issue, states clearly that this is an act that goes against every intentionality that God has for human life, goes on to state that responsibility for the act can be radically diminished by someone's psychological state, and then invites us to trust in God's understanding and compassion. Moreover, in its pastoral practice, with virtually no exceptions, the church mirrors what I have written.

I remember when this was not always the case. When I was an adolescent, one of our neighbors took his own life. At the time, there was still a painful question around suicide: Should this man be given the full rites of the church and be buried in a church cemetery? Our priest, Father Michael Schatz, a quiet, unassuming man, an Oblate of Mary Immaculate, quickly removed all doubt and did what Jesus would have done: He extended to this wounded man and his grieving family the full compassion of God, the church, and the community. I am a priest today as much because of this as for any other reason. His response helped me understand God's heart and what human and ecclesial compassion should be.

In the end it boils down to a question of God: If God is perfect love, compassion, and understanding, if God is infinite mercy and can, as our Christian faith teaches us, descend into hell itself, then it is an affront to God's nature and an affront to our own faith to believe that such a God would, for all eternity, cut someone off from life because that person was so fragile, so wounded, so bruised, so hypersensitive, or perhaps simply so biochemically imbalanced that in a moment of depression or panic that person took his or her own life. Deep down, all of us know that. We need to say it out loud.

We are in safe hands, hands far gentler than our own. God can be trusted, and nowhere is this truer or more poignant than in the question of suicide.



## 8th Annual Fun Run/Walk Saturday September 18th

Woodward Park (Fresno, CA)  
Mountain View Shelter  
8:00am-11:00am

Day of event will include freebies and giveaways, entertainment, community resource fair, food, music, memorial signs, remembrance ceremony, dove release, Silent Auction and so much MORE!



Pre-registration & T-Shirt Pick-Up at  
Sports Authority (Blackstone - South of Ross)

**Saturday, September 11th**  
10:00am - 2:00pm

**18 and under - \$13.00**  
**Ages 18+ - \$18.00**

(T-Shirt Included for the first 100 to register)

Fresno SOS would like to thank our sponsors for their generous support!

### Event Sponsor

Henry and Rosemary Chin  
In Memory of Rodney Chin

### Event Underwriter

Dr. and Mrs. Robert Grazier  
In Memory of Matthew Keith Grazier

Paul E. Quinn, CPA

Dan and Donna Yohman  
In Memory of Daniel K. Yohman

### Event Supporter

Larry and Judy Cottom  
In Memory of Nicholas Cattelan

Security First Bank

Fresno Regional Foundation

Sam and Linda Lucido  
In Memory of Randy Lucido

Dr. Margolin

In Memory of Aaron Lloyd Margolin

Concepts in Controls

In Memory of Samantha Stevens

Den and Sandy Stubblefield

In Memory of Brett Stubblefield

Judy Wathen-Farris

In Memory of Stephen S.E. Beals

### Family and Friends Memorial

The Beggs Family

In Memory of Matthew Beggs

Carol Fiorentino

In Memory of Jack Fiorentino

Leann Gouveia

In Memory of Sharon Ann Ennis

Candy Lane

In Memory of Richard Russell

Betty Pryor

In Memory of Kurt Colwell

Chris Searby

In Memory of Connor Rabb

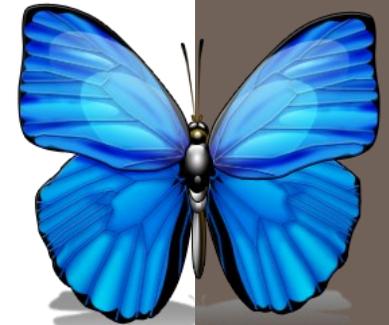
Ron and Diane Ruether

In Memory of Shelby Ruether

Dr. and Mrs. Shaffer

## Fresno Survivors of Suicide Loss, Inc.

Celebrating 25 Years of Service!



## 8th Annual Fun Run/Walk Saturday, September 18th

"Spirit of Hope... Spirit of Healing...  
One step at a time..."



[www.fresnosos.org](http://www.fresnosos.org)

(559) 322-5877

# About Us

Fresno Survivors of Suicide Loss began in 1985 when parents Dick and Sandy Gallagher lost their 17 year-old son, David, to suicide.

What began as an interview for a local news station catapulted into a series of classroom presentations, and later a demand for the development of a local community benefit organization.



In these early days, Dick and Sandy also started a support group for survivors of suicide loss that continues to meet monthly. Today, Fresno SOSL serves as the only organization providing both emotional support and suicide prevention education from Los Angeles to Sacramento.

Fresno SOSL became incorporated and received nonprofit status in 1992 and 1993, respectively. Our dual mission brings to our community two types of services: survivor support and suicide prevention education and awareness.

## Celebrating 25 Years of Service to Our Community!

Providing emotional support to survivors of suicide loss and educating our community about issues related to suicide.

300 Support Group Meetings

11 Candlelight Memorials

7 Run/Walk Events

100,000+ People have a greater awareness of suicide and its prevention

# NEW!

Fresno SOS is introducing a NEW way to help support our organization in furthering its mission.

## STEP #1:

Talk to your family and friends –ask if they are willing to support you and Fresno SOS by making a donation of any amount.

## STEP #2:

Collect your sponsor's contact information on the provided sponsor sheet by tracking their name, contact information, and amount donated.

## STEP #3:

When you have collected all of your donations, bring the total amount collected to the Fresno SOS office or to the event.

## Prizes Include:

Raise \$100 -1 free event registration

Raise \$250 - 2 free event registrations + Fresno SOS water bottle

Raise \$500 - 5 free event registrations + Fresno SOS water bottle + 1 engraved "In Memory Of" frame

Name \_\_\_\_\_ Print \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

T-Shirt Size: Kids: S \_\_\_ M \_\_\_ L \_\_\_ Adult: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ I am unable to run/walk but would like to volunteer

**Waiver:** In consideration for acceptance of my entry, I waive and release forever any and all rights in claims for damages I may have against Fresno SOS and the Spirit of Hope, Spirit of Healing Run/Walk, The City of Fresno and all sponsors, Run/Walk officials, and volunteers for any injuries suffered by me during or related to this event. I attest to being physically fit to participate and have full knowledge of the risks involved.

Signature: \_\_\_\_\_ Signature: \_\_\_\_\_ Additional Participant \_\_\_\_\_

Parent's Signature (If under 18) \_\_\_\_\_

**MEMORIAL SIGNS:** In memory of my loved one, I would like to sponsor a memorial sign to be posted at the event.

I would like to purchase \_\_\_ signs @ \$25.00 per sign. My sign should read in memory of \_\_\_\_\_ Please Print

We will accept Discover, Visa, MasterCard, American Express and debit cards with these logos.

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Security Code: (last 3 digits on back of card) \_\_\_\_\_

Name on Card: \_\_\_\_\_

Billing Address on Card: \_\_\_\_\_

Please Sign here to authorize the charge to your account: \_\_\_\_\_