

Comforting Friends

Published by Friends for Survival, Inc.

A NATIONAL OUTREACH & SUPPORT ORGANIZATION
FOR THOSE AFFECTED BY A SUICIDE DEATH

May 2025



STOP.
UNCLENCH YOUR JAW.
SOFTEN YOUR BROW.
RELAX YOUR SHOULDERS.
breathe.

Big Day of Giving is May 1

Our goal this May 1st is to raise \$30,000, and early giving has begun.

We have **matching funds of \$10,000**, so that means your donations will double.

The Sacramento Region Community Foundation's annual 24-hour giving challenge helps local nonprofits raise funds to make a difference. It's the culmination of an entire year's worth of community-building and collaboration, made possible by donors like you and community partners.

BigDayOfGiving.org

Help us meet our match!

May 1, 2025 #BDOG2025



Powered
By:



SACRAMENTO REGION
COMMUNITY
FOUNDATION

How can you help? From now until midnight on **Thursday, May 1**, you can donate to Friends for Survival by visiting:

<https://www.bigdayofgiving.org/organization/friendsforsurvival>

and making a gift with a credit or debit card. Donations as little as \$10 make a big difference.

SHARE: Let your networks know that you support our cause. A good word from you is the most meaningful way for us to spread our mission. Thank you in advance for your crucial support.

David Pincus and Rick Knapp Reflect



It took seven years for Rick Knapp and David Pincus to write [Sons of Suicide: A Memoir of Friendship](#). That was followed by three years of sharing the story of their mothers' suicides in interviews, speeches, podcasts, essays and [a TEDx talk](#). Now Rick and David reflect on how this decade-long

experience, both enlightening and sobering, has transformed their perspectives. These twin essays were written independently.

[Click HERE to read](#)

Excerpt from Rick's essay:

Even six decades after my mother took her life, I still miss her. I wonder what my life would have been like had she lived, and I will always wonder why she made that final, devastating decision. These are questions I know I'll never be able to answer. But time and events have tempered the grief. The people I've met and the friendships that resulted have been invaluable, starting with my chance meeting of David. Writing our joint memoir meant revisiting the trauma of my mother's suicide and its aftermath, as have the speaking engagements, interviews, essay writing and participation in conferences that followed. Together, they've sharpened the lens through which I view the past, giving me perspective and a clearer picture of my universe and my past.

Excerpt from David's Essay:

One of the most meaningful breakthroughs for me (and my fellow sons, to varying degrees) was letting go of the long-held belief that my mother's death by suicide was a lucid, deliberate decision rather than an irrational urge she could not overcome. Accepting this hard truth, even partially, eventually led me to be more forgiving of the parent I lost and the parent who remained (for not being a better father), and of myself (for blaming both of them). I'll never stop wondering why my mother did what she did, though I'm wondering less these days than I did most of my life.



Grief is deeply personal, and there is no universal way to process it or experience it.

But one thing that I've learned is that it often makes our hearts more tender to the heartbreak of the people around us.

Because we know that grief can't be fixed or forced into a specific timeline.

We know that it ebbs and flows and can turn on a dime.

We know that we can't fit it into a mold or make it hurt less for the hearts that have been broken by its presence.

But we can be there. We can bear witness to another's pain. We can give them a safe space to process and to lament and to feel the depths of the emotions that grief brings with it.

We can show them that their pain and their processing matter, their grief and their love matter.

My heart has felt heavy thinking about all of the hearts who have broken and all the loved ones who have been lost.

My heart has felt heavy thinking about the people who feel alone in their grief, who feel the lingering loneliness of their shattered reality.

My heart has felt heavy thinking about how grief takes so much away and how so many people and families and communities will never be the same. But whether grief has been part of your story for a day or for decades, I hope these words can resonate with you.

I hope they can serve as a reminder that there are other hearts who will see you. They will hurt alongside you, and although they can't take the pain away, they will be there to hold space:

**For your grief.
For your processing.
For your love.
For you.**

From my hurting heart to yours,
Liz

My heart breaks for yours
And the way that grief
Has shattered, shocked
And shifted your reality.
My heart breaks for yours
And the way that grief
Has taken so much,
In unexplainable tragedy.
My heart breaks for yours
I can only imagine
The depths of pain you feel,
I can only imagine
The intensity.
My heart breaks for yours
And for your loss,
I can only imagine
The immensity.
My heart breaks for yours
Because I know
That who you are missing
you love so deeply.
My heart breaks for yours
And the way this chapter
Closed so unfairly.
My heart breaks for yours,
And the way the world
Often turns its face away
How there aren't many eyes
That will meet yours in this

Dark place.
But, you are seen
By every heart who has known
What it means to break,
Who know
How much it means
When others bear witness
And hold space:
To hold space
For the love that grief can't contain,
To hold space
And bear witness to the pain.
To hold space
To share the story, shine the light
And tell the world their names.
To hold space and
To honor the love that still remains.

Source: Gently, We Journey: With Liz Newman. Read more about Liz [here](#). Reprinted with permission.

Support Group Meetings & Other Resources

Our Virtual & In Person
Support Group
Meetings

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May Remembrances

Love Lives On
Those we love remain with us
for love itself lives on,
and cherished memories never fade
because a loved one's gone.

Those we love can never
be more than a thought apart,
far as long as there is memory,
they'll live on in the heart.

~Author Unknown

[Click HERE to Remember](#)

We are honoring our loved ones with a new format. If you would like to add or update your loved one on our **Friends Remembrances**, click on the button below. You can also add a photo or a dedication.

[Click HERE to add or update](#)

Become a Friends for Survival "GEM" With a Monthly Pledge

by Kristine Cozine, Finance Director

We are so appreciative of our **GEMS** (gives every month) members of our Friends for Survival community. There are several ways to establish sustained giving: simply set up an eCheck through your bank, or create a recurring credit card or PayPal donation through our website (just check the "Make this a monthly donation" box).

We can also send you 12 self-addressed, stamped envelopes if you prefer to mail in a monthly check. Call or email me if you have any questions or need assistance setting up your pledge.

[Other Ways to Give:](#)

There are many simple and effective ways to help our suicide loss survivors:

- Gift of stock and securities
- Donor-advised funds
- Retirement plan distributions
- Including Friends for Survival in your will or trust

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Friends for Survival has provided bereavement support to suicide loss survivors since 1983. All gifts are tax deductible to the extent allowed by law.

[Click HERE to Donate Now](#)



This program is funded by the Division of Behavioral Health Services through the voter approved Proposition 63, Mental Health Services Act (MHSA).

**Platinum
Transparency
2025**

Candid.

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