

This was the 1st letter that was sent out to the spouses in Kent after the 6 shootings in the Seattle/Tacoma area.

Hi Ladies,

As Kimberly's message earlier this week mentioned events such as these can bring out a whole slew of emotions, including fear for our loved ones. That fear can be motivating and empowering or it can be overwhelming and paralyzing. It can cause you to isolate yourself from your feelings, as though you need to be stoic, holding everything together for the family. Not wanting to burden others with your feelings. Perhaps you're judging those feelings as being "wrong" or "irrational", just to let you know, they're not.

Some of you may be feeling immensely grateful and want to share your hope with others. There is a saying I heard that has stuck with me and I strongly believe; a sorrow or a burden shared is half the sorrow or burden carried, a hope or a joy shared is twice the hope or joy carried.

Our spouses have a powerful support network in place to help them through situations like this. What we know about our group of spouses and significant others are that we are there for one another when we need it. After hearing from several of you, we felt it is important to offer some time for us to get together and support and learn from one another.

We are making time to meet, share, cry, laugh whatever we need to support each other and carry each other's burdens this week and next. **We will meet this Thursday the 3rd and next Thursday the 10th from 7:00 – 9:00 pm at the Kent Police/Fire Training Academy Station 74 the address is 24611 116th Ave SE, Kent WA 98032.** We are trying to arrange childcare and will keep you posted.

The purpose of these gatherings is to offer support to one another. Some of us have years of experience and affective strategies for thriving through stressful times. This is an opportunity to share those ideas and hear from others. Most importantly, it is a chance to authentically express whatever emotions you are feeling in a safe, non-judgmental space. You don't have to put on a happy face; you can feel what you feel, move through it, and find peace on the other side. You are welcome to talk about what you are experiencing, what is working for you, or where you may feel stuck. And, you don't have to say a word – you can just listen if that supports you. Please know, simply being there will support yourself and others.

If you don't feel like you have anything to contribute or gain, please consider coming anyway. Your presence will add to the group. If it makes you more comfortable being a friend, and if any of you have a friend of a police officer and they don't have a support group behind them let them know they are welcome to come also. We are in this together!!!

We look forward to seeing you this week and/or next. If you have any questions, please feel free to call Chaplain Lisa Ellis at 206-372-2671.

We wish you all the best,

Chaplain Lisa