

Hi Ladies,

Carrying each other's burdens, relationship, sharing joy, bringing hope, realizing you're not alone! That's what this group is all about and that is what I saw in action the last time we met. You ladies are all so amazing, thank you so much for sharing your heart and being so honest with what is going on inside. I know and understand that there is so much we could have talked about and we'll get to do more of that at our next meeting. Our emotions have a wide range of feelings, from still being upset or in fear, to moving past the hurt and being encouraged.

I want to encourage you to do exactly as we talked about and keep reaching out to each other, what I have seen by you ladies so far is awesome. We each connected with someone's story and it would be great if we could let that person know; let them know that you are thinking of them. You will be amazed at how that little text, phone call, e-mail or smile can change that person's day. You can be the one who adds a little encouragement to that sister who may feel overwhelmed just in the everyday stuff.

I love our police family and I am so grateful that we have been brought together to walk this journey of sharing each other's hopes and hurts.

We are making time to meet again, so come join us as we continue this journey of healing and learning from each other, "where do I go from here."

We will meet again Thursday April 22 from 6pm to, well we'll try for 8. The last time we stayed together until 10, it was an awesome time of being together! We will meet again at Tacoma PD the address is 3701 S Pine St. Tacoma, 98409.

If any of you know or hear of someone who needs a time like we had, as long as they are a spouse of an officer, invite them along. And just a reminder the reason it is spouses only is for confidential sharing.

My hope and prayer for each of you is that you are finding peace, that you are being comforted, that your broken hearts are being mended, that your emotions are settling down and to know you have a sister and friend to lean on. If you have any questions please feel free to call me at 253-856-4873.

See you soon,

Chaplain Lisa