

This was the 2<sup>nd</sup> letter sent out to Kent and other Dept.' s

Hi Ladies,

Carrying each other' s burdens, relationship, sharing joy, 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 are raw and frayed, so I want to encourage you to do exactly as we talked about and keep reaching out to each other.

We each connected with someone' s storey 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 pulls that sister back from the edge of being overwhelmed.

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 hurts and hopes.

We will meet again [Thursday, January 7<sup>th</sup>, at 6:30 in the training/meeting room at the Bonney Lake PD in their public safety building 18421 Old Buckley Hwy., Bonney Lake.](#) If any of you know or hear of someone or a department who needs a time like we had, as long as they are a spouse of an officer, let them know. And just a reminder the reason it is spouse only is for confidential sharing.

My hope and prayer for each of you is that you find peace in the storm, that you are comforted, that your broken hearts be mended, that your emotions settle down and to know you have a sister and friend to lean on.

Chaplain Lisa