

To our new friends/sisters in Pierce County,

Ladies,

What an amazing night we had the last time we met; thanks to all of you that took the time to come out and be with us. And when I say all of you I mean ALL of you! I'm not really sure how many of us fit into that training room, but there were a lot, good thing the fire marshal wasn't around 😊 but the Fire Dept was right next door!

I just want to thank you all for coming; I am really truly blessed to come and get to meet each of you. One of the wonderful things about being a Chaplain is meeting so many wonderful people. You each have such unique stories to share and you each bring such an awesome dynamic to the meetings. We have all been fashioned into different roles that are all so different and yet the same. I love to just sit and listen to other people's stories about how their journey through life has brought them to the place they are now.

This part of our journey we are taking together, a journey through loss. Some of us are feeling loss of control, loss of security, loss of safety, loss of a friend, loss of a family member, loss, loss, loss. So where do we go from here, how do we dig our way out of these feelings of all this loss? How do we find normal again?

Well if you are trying to find normal go look on your washer or dryer, it's one of the settings. Other than that there is no such thing! Normal is a relative comparative term – it's relative to what you do, and comparative to who you hang out with. So what is normal for one person is completely absurd for another and visa versa. We are all going to have a new normal, and these tragic events are going to help form us into who we are later on down the road.

I know each of you have different questions and feelings; I want to reiterate to you, you are not alone!!! Your sisters of law enforcement spouses are all here with you and we will make it through. So as we go on with our journeys here are a few things to do, allow your emotions to catch up with what your mind has been told. Shock is like an anesthetic-it helps create insulation from the reality of the event. Take everything in, a little at a time, try not to look at the big picture as much as possible, take things one moment by one moment, **and keep reaching out!!!**

We have our next meeting date: it will be on a Saturday this time so it will give the ladies who can't come on a week night a chance to come also. Our date is Saturday January 30 @ 11am with no scheduled end time, so if you have plans join us for as long as you can, we will be together for as long as need. We will be meeting at the City of Sumner Courtroom/Council Chamber the address is 1104 Maple Street Sumner WA 98390. Lots of parking is available across the street at the vacant grocery store Red Apple market.

Ladies I am proud of each and every one of you, to open up about what is going on inside of your self is hard but it is worth it. Remember the bottle of water, it's not the weight of it, but the longer you hold it the heavier it becomes. So let's put down our glass of burdens. 🌈

My prayer for each of you is that the piece of God will fill your homes, your hearts, your lives. That you will find comfort in this storm, That the Lord of creation will stand guard over your hearts and minds and that as you each pass through this valley of tears you will each find blessing on the other side.

I look forward to seeing you all again soon,

Chaplain Lisa