

SEPTEMBER 2023

Hello Brothers and Sisters of Oregon. Welcome to the month of September. It is back to school time and Suicide Awareness month.

Suicide has touched my life twice. Most recently in 2022, when my cousin, Stephen, took his own life. It was heartbreaking and I was left feeling guilty. Was there something I could have done differently? Maybe or maybe not but if not for my faith, I could have allowed grief and guilt to get me down.

Your faith and or your beliefs are a personal thing. But I hope that everyone has something to believe in; a higher power if you will. You are not alone. You are unique and very special.

I love and care about you all. If you ever need someone to talk to, I am here for you. Please reach out, call me, or text me. My phone number is 541-279-7135