

The following is Jacob's post at his 1 year recover anniversary. If you too are struggling, please don't see Jacob's tragedy as the answer. He wrote the following when he was healthy and clear. His death was the result of two diseases overwhelming his best efforts. Please, Please, Please reach out like Jake asks. One day at a time, one minute at a time, if we need because none of us are strong all the time

I recently celebrated one year of continued sobriety and it led me to look back on my life over the past year. One year ago I was feeling completely hopeless and ended up resorting to attempting suicide. I ended up staying in the hospital for almost a week and came to realize two major things. 1) that I wanted to keep living and make my life worth living and 2) that I had a problem with my drinking and needed to do something about it. After getting discharged I started treatment at First Step Recovery in Fargo. I was very much against it at first and would make up any excuse I could come up with not to go. Eventually I realized it was for the best and a very necessary process for healing. Fast forward through so many sober firsts, ups and downs, and a lot of counseling has brought me to a very blessed place in my life right now. I've reconnected with many friends, met new people through the program of Alcoholics Anonymous, and started a new chapter of life in Fargo at a new job. I couldn't have done this without my parents and close friends and family who have supported me from the sidelines the whole way. If there's one thing that's become clear to me it's that if there's something troubling you, no matter what it is, please reach out for help! If you're struggling with mental health, drinking, or anything else please take this as a sign to reach out to someone you trust and let them know what's going on. I love you all and can't thank you enough for the support!!

Vertin-Munson Funeral Home - Wahpeton, ND
Funeral Directors: Whitney Demarais and Shanna Grumbles- www.vertinmunson.com

In Loving

M E M O R Y



Jacob William Fehr

1997 - 2022

God grant me the *Serenity*
to accept the things I cannot change. . .
the *Courage* to change the things I can
and *Wisdom* to know the difference

Jacob had battled depression and alcoholism but has now been taken into the arms of the Lord and given peaceful rest.

Born in Breckenridge, MN, on Jan. 8th, 1997, to Steve and Michelle Fehr, the Wahpeton/Breckenridge community was always Jacob's home. He attended Wahpeton Senior High where he was the captain of the tennis team and met so many of his life-long friends. He loved listening to music of all genres, especially opera, adventuring to new places, and above all, connecting with friends and family. A beloved son, brother, and friend to many, Jacob was kind-hearted to everyone he met, and he had a gift for bringing joy and laughter to brighten people's day. In the last year of his life, Jacob found a family and allies within Alcoholics Anonymous where he worked to accomplish 14 months of sobriety, one of his proudest achievements. Even amidst his own struggles, he had a giving, generous heart. Please take every opportunity to reach out to the people around you, it can make a world of difference in a person's life.

Jacob is preceded in death by his grandparents: Janet, Lloyd, Bob, and Tom. He is survived by his parents, Steve and Michelle; his brothers, Matthew and David; grandmother, Ruth; aunts and uncles: Tony and Alice, Tim and Tina, and Michon; his cousins: Hannah and Chelsi, Liam and Alli, Maia, and Jenna; all of his friends and the many people supporting and seeking recovery each day.

In lieu of flowers and plants, monetary memorials will go to local alcohol addiction support groups, the North Dakota chapter of the American Foundation for Suicide Prevention, and the First Steps Program at The Village Family Service Center.

Obit submitted by Jacob's loving family.



In Loving Memory

*Jacob William
Fehr*

Born

January 8, 1997 - Breckenridge, Minnesota

Passed Away

May 27, 2022 - Fargo, North Dakota

Age

25 Years 4 Months 19 Days

Mass of Christian Burial

2:00 PM - Friday, June 3, 2022

St. John's Catholic Church - Wahpeton, North Dakota

Officiant - Fr. Dale Lagodinski

Organist - Mary Jane Pauly

Special Music - St. John's Combined Choir

Honorary Pallbearers

All Who Cared About Jacob and Called Him Your Friend

Pallbearers

Zach Bellmore, Ryan Ennen, Sam Hendrickson
Jeff Huwe, Michael Kriz, Tanner Tougas

Interment - Saturday June 4th at 2:00 pm

Calvary Cemetery - Wahpeton, North Dakota