



Good Grief
of Kansas, Inc.

Good Grief NEWS

2622 W. Central - Suite 401B, Wichita, KS 67203
Website: www.goodgriefofkansas.org

316-612-0700 July 2020
Email: info@goodgriefofkansas.org

Bereavement & Questions

Beware the tyranny of the calendar! The first death anniversary date in particular is so difficult because we approach it with such dread. We circle the date on our calendars and tick off the days and hours until it is finally here. There are people who take the day off from work, who don't want to go to school, who just feel as if they cannot face going out of the front door on that day. And what happens? The day comes and goes just as the last twenty-four hours did and as the next block of twenty-four hours will tomorrow.

What has changed? There are moments when we don't think we can make it another five minutes without this beloved person, and then we wake up one day to find that we indeed have lived twelve full months without the comfort of their presence. We are sometimes stunned to see that an entire year has passed so quickly. What is brought home to us is that even in the face of unbearable sorrow, the world keeps turning, and events continue to unfold – with us or without us.

The first anniversary also marks the passage of other "firsts." The first birthday, wedding anniversary, and all of the holidays have all come and gone with one always missing from the family photo. A year ago we would have laid odds that we would never emotionally make it through all of these events, but we did. That knowledge in itself can be a source of strength we didn't know we possessed. There is nothing quite like the "first" of any of these occasions, and once we have them safely behind us, we can face the

next batch with confidence that their observance will not destroy us.

The first death anniversary is also unique as it is often accompanied by religious observance. The family gathers to attend a service and sometimes the unveiling of the headstone. This may be the first time the entire family has been together since the funeral, and it can be an emotionally charged affair. One of the realities in some families is that the death of our loved one did not, in fact, draw us closer but rather it may have cemented rifts already in place. This can bring its own layer of sorrow to survivors, and while most people are on their best behavior during these occasions, it is apparent nonetheless. It may be best not to have expectations raised too high.

What to do? Have a plan for that day. If you are going to the cemetery, perhaps you would like to ask a family member or friend to accompany you. It may be that you would like to celebrate the life of your loved one by going out to dinner to toast his memory with people who knew and cared for him. What about volunteering your time at your local hospital or nursing home on that day? Many have given of their time in schools, served up lunch in a soup kitchen, visited a sick friend or someone who otherwise is confined to home. Giving of self to others is a surefire way not to stay fixated on our own losses for a few hours. Do something life-affirming as a way to make room on that date for the opportunity to create pleasant memories that will bring us comfort rather than be an occasion for dread.

One of the great pitfalls of the anniversary date is that we give it so much power, so much control, much more than it needs to have. Most people will tell you that they don't need a date on the

calendar to remind them of what they have lost. It's omnipresent. But through it all, it may be of use to keep one point in mind. Despite the sorrow and the heartache, you and I are still here. We have an obligation to keep going, to live our lives with dignity and grace. The memory of the beloved is never honored when we ourselves refuse to go on.

And so, yes, some days will be better than others. Some mornings we will get out of bed and face the day with a sense of purpose, and other days we will want to draw the covers over our heads and shut out the world. We can close our door on the world, but we must expect it to be knocked on from time to time. Don't let yourself believe that you are back to square one. You're not. There will be moments when it's two steps forward and three backward, but in the end we will make it to the finish line of wholeness and purpose of life. The calendar is not our enemy.

The fear of it is.

By Deidre Felton, M.A.,
Windham, NH – Bereavement Magazine
July/August 2001



SCHEDULE OF GROUP MEETINGS FOR THE BEREAVED

Be sure to check the website for any changes to meeting schedules.

PLEASE NOTE:

Have you had a cough, fever or shortness of breath? Have you been around anyone exhibiting these symptoms? If the answer is yes to any of these, please wait the required 14 days before attending a meeting.

*****Upon arrival & before entering the building....**

We are currently requiring a mask to be worn

1st and 3rd Mondays: 7:00 - 8:30 PM

SOUTH WICHITA

Grace Baptist Church – (1414 W Pawnee)
Facilitators: Bob & Connie Westerfield

2nd and 4th Mondays: 7:15 - 8:30 PM

EAST WICHITA

East Point Church of Christ - (747 N 127th Street E)
Go to separate building north of playground
Facilitators: Adrienne Massey, Melissa Warnken,

2nd and 4th Tuesdays: 10:00 - 11:30 AM

CENTRAL WICHITA

RiverWalk Church of Christ - (225 N Waco) Use South Office Entrance, Fireside Room
Facilitators: Marjorie Watkins & Jack Elder

1st and 3rd Tuesdays: 6:30 - 8:00 PM

WEST WICHITA

West Heights UMC - (745 N Westlink Avenue) Use North parking lot off Delano Street, Building Entrance A2 "CHAPEL". Look for brown double doors just west of A1 Entrance.
Facilitators: Evelyn Reece, Marsha Huffman, Bonnie Workman

1st and 3rd Tuesdays: 7:00 - 8:30 PM

CLEARWATER

Clearwater Church of Christ - (13900 N Diagonal Road) Use West Door
Facilitators: Kathy Thomas & Linda Burris

1st and 3rd Wednesdays: 7:00 - 8:00 PM

CENTRAL WICHITA

W.A.Y. Widowed and Young (Ages 20's, 30's, 40's, 50's)
RiverWalk Church of Christ - (225 N Waco) Use SW entrance door, Fireside Room
Facilitators: Deana King, Jenny Mitchell, David Span

New meeting schedule effective July 1, 2020

SURVIVORS OF SUICIDE LOSS

Mondays: 7:00 - 8:30 PM

CENTRAL WICHITA

This group is currently meeting by ZOOM. Please call the Facilitator to receive the ZOOM number. This group is for those who have suffered the loss of a loved one through suicide.

Facilitator: Jim Yoder 316-727-0663

If you or someone you know is in need of help, be sure to contact the National Suicide Prevention Lifeline at (800) 273-8255.

You are welcome to attend any support group of your choice.

It is normal to feel confused, forgetful, crazy, lost and alone, plus a wide range of other emotions.

It may not feel like it just now, but it does get better . . . let us help. **Please commit to attend at least three times.**

The first two times may be difficult but you will begin to feel a difference in your grieving as you are able to share about your loss and other issues that come along at this time.

You might want to visit several groups until you find the one you feel most comfortable with.

BAD WEATHER **POLICY**

No group meetings will be held:
Wichita:

If there is a threat of severe weather.

Outside Wichita:
Check with your facilitator.

Never put yourself at risk. If you think the weather too dangerous, do not attend the meeting.

Schedule of Regular Socials:

Thursdays: Breakfast at 9:00 AM
IHOP - 11855 E Kellogg Drive
(Hosts: Cindy Swan, John McBride)


Thursdays: Lunch/Brunch at 10:00 AM
Country Breakfast Café - 2804 S Seneca St
(Hostess: Lois Pardee)

Saturdays: Breakfast at 10:00 AM
Spears Restaurant - 4830 W Maple
(Hostess: Janet Cook)

July 2020

*The best things in life are the people you love, the places you've seen ,
and the memories you've made along the way....*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 W.A.Y. Group 7:00	2 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café <u>TLC mtg 5:00 PM</u>	3	4 Breakfast 10 am Spears Restaurant 
5	6 SOSL Wichita 7:00pm South Group 7:00 pm	7 West Group 6:00 pm Clearwater 7:00 pm	8	9 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	10	11 Breakfast 10 am Spears Restaurant
12	13 SOSL Wichita 7:00pm East Group 7:15 pm	14 Central Group 10 am	15 W.A.Y. Group 7:00 pm	16 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	17	18 Breakfast 10 am Spears Restaurant
19	20 SOSL Wichita 7:00pm South Group 7:00 pm	21 West Group 6:30 pm Clearwater 7:00 pm	22	23 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	24	25 Breakfast 10 am Spears Restaurant
26	27 SOSL Wichita 7:00pm East Group 7:15 pm	28 Central Group 10 am	29	30 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	31	

****NOTE**** **New Meeting Schedule** ****NOTE****

The **NEW MEETING SCHEDULE** for regular grief groups will be effective starting July 1st. The meetings will be staggered so that a meeting is available each week, with the exception of any 5th week of the month. If you find you have questions, feel free to contact your facilitator.

Please note the new schedule does not effect the SOS meetings.

Contributions for last month(s) totaled \$765.00
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

June

Contributors:

- W H Ford*
- Janet Cook*
- Ted McMurphy*
- Nancy Vincent*
- Lois Pardee*
- Jarree Miller*
- Phyllis Nichols*
- Abel Vasquez*
- Alice Duncan*
- Carmen Suter*
- Marge Glazier*

Memorial Gifts

In loving memory of
 Cora Jean McBride
 By John McBride

With Eternal Love
 Alvin Sarachek
 By RosaLee Sarachek

In loving memory of
 Jessie Silver
 By Fred Silver

In loving memory of my mother
 who left me 7-13-18
 Still in my heart
 Dolores M Ramirez
 By Maria E Garcia



Love Gifts

At this time there are no dues or fees to belong to Good Grief of Kansas. However, your gift is very important.

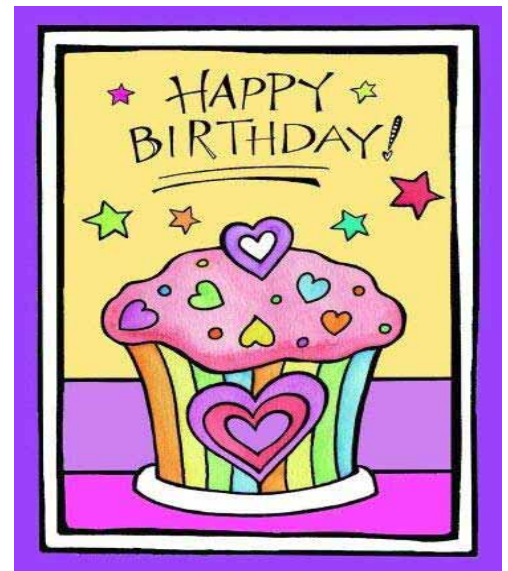
We depend on donations from individuals and organizations to meet our program expenses and to keep the Good Grief office open.

Please help make sure that others who need Good Grief will hear the message that we can and will help them through their grief. Gifts may be designated in honor or memory of a special individual or occasion. We also appreciate monetary gifts to help with the expense of producing and mailing this newsletter.

Memorial tributes and gifts always welcome.Note: For memorials with a special remembrance date, submit information one month early for timely publication.

July Birthdays

- Shirley E Smith 5
- Reni P Keen..... 6
- Quentin Spainhower 6
- Mary Jane King..... 8
- Nancy Mackenzie 9
- Phyllis Winn 9
- Linda Burris..... 10
- Sandy Miller 13
- Edgar J Evans 14
- Britney Skillman 14
- Joyce Gedraitis 15
- Linda Marshall 17
- Connie Schauf 17
- Hattie Jeffrey..... 19
- Karen Pulver 22
- Ted McMurphy 24
- Sarah Grow..... 26
- Tammy Cuadra 27
- Connie Westerfield 28
- Bill Stilwell..... 29
- Eugene Byrd Jr 30



Capsized

by Jayne Belancio Metairie, Louisiana

Picture a family on board a boat and, when a loved one dies, the boat capsizes. Each family member is stunned, but they begin to swim to shore the best way they know how. Some swim with long strokes, others float or dog paddle while hoping the others are coming along okay. It seems to take all of one's energy, leaving no reserve.

They want to stay together but need to have room apart to navigate through the waves. Some comfort is found in that they are not alone, and yet, are on their own to find the method to shore that works for them.

Successfully reaching shore has more rewards than realized. In looking back, subtle signs of encouragement were almost overlooked, and that love and support still lingers on in the heart - healing - along with a newly found confidence in inner strength.

A new relationship is born enabling each family member to carry forth a treasure of personal memories, honoring the loved one who has gone ahead to a shoreline we have yet to see.

The journey through grief is designed to build strength, to honor our differences, and to encourage others for a lifetime.



I Want To Help Support Good Grief of Kansas



Enclosed is a memorial gift in memory of (Name) _____

Enclosed is my tax-deductible gift in the amount of \$ _____

Enclosed is my monthly support of:

\$20 ___ \$25 ___ \$50 ___ \$75 ___ \$100 \$ _____

ANONYMOUS PLEASE

Send Memorial acknowledgment to:

Name _____

Address _____

City State, Zip _____

I would like more information
My phone # is () _____
My Name _____
Address _____
City, State, Zip _____

Riding the Grief: A Roller Coaster of Emotions

The gate opens and we board the ride. The bar clicks as I pull it over my head and fasten the seatbelt. I look between the seats in front of me and see the track climbing to the first drop. Nausea starts to set in as the cart starts moving.

I have always enjoyed roller coasters, but I knew I was in trouble the first time I rode the Batman roller coaster at Six Flags over Texas. The Joker was Batman's nemesis and this ride was mine. It is unique in that the seats are hanging from the cart and you are thrust through a series of corkscrew spins. For those of you who are visual, imagine being a lone sock in a dryer and you would have the same effect.

We charged down the track and then climbed upwards entering the first of the corkscrew spins. I dug my fingernails into the padded seat as I felt my stomach falling. I was ill-prepared for the gravitational pull of my insides being clued to the seat. Fear overcame me; I doubted whether I could make it through the next few minutes without throwing up or blacking out. I closed my eyes and waited anxiously for the ride to end. I did not even notice the cart slowing down because my stomach was still moving. With my hands on the walls, I staggered through the exit tunnel and collapsed on the nearest bench. The world was still spinning, but I wasn't. It felt as though I was tumbling in all directions waiting to regain my balance. I am a visual person and this is how I would also describe my

perspective after the death of my wife.

The corkscrew twists represented the waves of grief that would throw me off balance. I would come out of one spin only to be thrown again with the next memory, anniversary, etc. Life was moving, but I wasn't. However, with time comes experience and it helped to change my perspective.

A year passed. Once again, I was standing in front of the Batman Ride at Six Flags. I had ridden everything else but this one still haunted me. As we hurtled through the series of twists, I felt the familiar rush of nausea, but this time my eyes were open. I could see the approaching turns and brace myself for their effect. I could see the expressions of others in the cart and realized I wasn't the only one about to be sick. Exiting the ride, I headed for that same bench again. As I looked at the other people sitting on the bench, I recognized the pale and grimaced faces.

Support groups represent those people sitting on the bench with us. They understand the emotional and physical effects of being hurled in all directions while grieving. Having heard the stages of grief as defined by Dr. Elisabeth Kubler-Ross, support group participants can relate to the dramatic shifts between these stages. Sharing our experiences helps us to maintain our balance and regain our sense of direction. Support groups can also give us a new perspective.

I recently returned to Six Flags and yet again faced my foe. As the cart spun through the usual twists, I drew strength from the friends around me. We would yell triumphantly as we passed each turn. Although a bit

wobbly, I walked away without stopping at the bench. As I think about this roller coaster today, I am reminded of a quote from the movie *Parenthood* which says, "It is interesting that a ride could make me so frightened, so scared, so sick, so excited, and so thrilled all together!" Yes, my attitude towards the Batman roller coaster has changed, and so has my perspective on grief.

It has been five years since the death of my wife. The waves of grief still sneak up from time to time but they no longer throw me into a tailspin. Acceptance is often perceived as accepting the loss, but I disagree. I believe that acceptance means accepting the life we are living because of our loss. I have made many good friends through the grief support groups and we've ridden the roller coaster of grief together.

By Michael Domingos, McKinney, Texas

*Bereavement Magazine
Jan/Feb 2004*



*We are excited
to welcome everyone back to our
Good Grief group meetings
effective July 1, 2020*

*However, there are a few changes
we would like you to be aware of
as we move forward.*

**Meetings will now move
to twice a month.**

*Please check the calendar on page 3
for your meeting days and times.*

**As we are still dealing with
Covid-19 stipulations
the following will apply:**

*A face mask will be required
to attend a meeting (if you do not
have your own, one will be provided)*

*If you have a cough, fever, have had
shortness of breath or have been with
anyone who has exhibited any of
these symptoms, **do not enter the
building.** Please return home and
wait the required 14 days before
attending a meeting.*

Social distancing will be practiced

*Please help us to help you by
following these guidelines as we
strive to keep everyone safe.*



DILLONS COMMUNITY REWARDS

Dillons Plus Card Instructions

Step 1: Go online to www.dillons.com

Step 2: (If you already have an online account please go to instruction below.)

Click on Community/then Community Rewards. Click on Create Account, enter email address and password, select preferred store, then click on create account at the bottom of the page.

Step 3: Add Dillons Plus Shoppers Card - Enter the 12 digit number from the back of your Dillon's Plus Card or alternate phone number and your last name, then click on save.

Step 4: This will bring up Account Summary page, scroll to bottom of page and at Community Rewards, Click Edit button.

Step 5: You will be asked your organization number - enter AQ480 to see organization name, select, then click on "enroll to complete your enrollment". You are done! Every time you use your Dillons card, your total \$\$'s will be credited to Good Grief of Kansas. Ask your friends & family to select us too!

Already have a Dillons Account?

Step 1: Go online to www.dillons.com

Step 2: Click on Community /then Community Rewards

Step 3: Sign In - enter email and password, then enroll now.

Step 4: You will be asked your organization number - enter AQ480 to see organization name, select, then click on "enroll to complete your enrollment". You are done! Every time you use your Dillon's card, your total \$\$'s will be credited to Good Grief of Kansas. Ask your friends & family to select us too!

If you have any problems, please call the Good Grief office and leave a message.

Office Supply Needs

Envelopes:

#6 Security

#10 Standard

(Dollar Tree envelopes are fine)

Colored Paper:

Pastel - Cream
8 1/2 x 11, 24 lb

Office

Hours

Monday 9 - 4

Wednesday 8 - 10

Thursday 8 - 10



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Good Grief News

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Mission Statement:

Good Grief of Kansas provides grief support for persons who have lost a loved one through death.

Program Outreach:

- Widowed Support Group
- Survivors of Suicide Loss Support Group
- Other Adult Family Loss Support (parent/child)
- Social Support
- Seminars/Workshops
- Community Presentations
- Counseling Referrals

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call 316-612-0700 *or* email your name and address as it appears on your mailing label to info@goodgriefokansas.org and put "remove from mailing" in the subject line.

Newsletters may be viewed on-line by going to www.goodgriefokansas.org.

Good Grief of Kansas is a TAX EXEMPT non-profit 501(c)(3) organization funded by:

- Memorials, Gifts & Donations

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