



Good Grief
of Kansas, Inc.

Good Grief NEWS

2622 W. Central - Suite 401B, Wichita, KS 67203

316-612-0700

December 2020

Website: www.goodgriefokansas.org

Email: info@goodgriefokansas.org



Christmas in My Car

*By Paul Alexander
New York, New York*

Nov/Dec 2000 Bereavement Publication

Ever since September, we've been seeing and hearing evidence of the holiday seasons in the stores, on television and on the radio. One person I counseled the other morning said she just kept pressing the TV remote to bypass the holiday commercials. Many of us would like to take that same remote and bypass the holidays completely!

Well, if you're dreading the holidays, or crying every time you hear *Silent Night*, you're not crazy! Please look in the mirror and tell yourself that you're not crazy. You can be your own first sign of hope this holiday season. The holidays bring with them a lot of power. We're supposed to celebrate; we're supposed to be happy and joyful and full of cheer! Well, some people don't feel too full of cheer right now, and if someone suggests to you that you should be that way, perhaps you need to tell them your truth.

It's hard work to feel happy when all you can think about is our loss. It's hard work to paint a smile on our faces, and it seems that even if we're not smiling, people are quick to say, "You look good!" What do they expect? (Actually, sometimes I think I look better in grief than I normally do.) Maybe we should all wear body casts during the holiday season so people will know we need some extra tender care.

We may not feel like celebrating, and even if we decide to try to enjoy the day, we're just so into our grief that it hurts too much. We may feel the holiday is moving us farther away from our loved ones, and in our silent reflection, we fall to pieces when we realize the our loved ones will not share this holiday with us.

We may want to run away or go screaming through the local department stores yelling, "Stop the music, stop all this—stop the pain!" But that won't go over too well; people will definitely look at you very strangely. (I can, however, recommend the New York subways. There, you can do anything you want and just tell people you're grieving! Come to New York and we'll ride the subways!)

One morning last year, I had Christmas in my car. It just kind of happened. Now, I know that some people can't stand to hear Christmas music, but I love it. I love to cry and listen to Christmas songs. It works for me, and it gives me a sense of hope. Kathy Mattea (a country artist) and I had Christmas in my car on November 16th. No gifts, no wrapping, no trees, no tinsel—it was a 45 minute Christmas. I didn't plan it; it just happened. It was a surprise Christmas. I had bought a tape I wanted to hear while I drove from Manhattan to Long Island. Actually, I hadn't even had Thanksgiving yet, but in those short moments, I had Christmas. The tape was only \$9.99, so it was a very inexpensive Christmas, but it was a beautiful Christmas, because my heart was open to the sadness I was feeling. I so often run away from the truth that the grief is mine.

She sang, "I have loved deeply, and yes I have a lot, but I have loved...and loved so strongly." I kept putting on my windshield wipers to wash away the tears, it was a tender Christmas. Through the sounds of the music Kathy was singing. I didn't run away from who I was and the reality of my loss, as well as the love. I felt my soul that Christmas. As I drove, I came face to face with myself and I didn't run away.

I wish that for you, too. Moments of truth, of peace, of resting in the stillness of knowing it's okay to be without any judgments of what you are feeling and how you're going to spend the day. Christmas is a twenty-four-hour day, but I had Christmas in forty-five minutes, and no one (except you) knows. And you know what? No one else has to know that that was my gift to me!

SCHEDULE OF GROUP MEETINGS FOR THE BEREAVED

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: 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

****Due to circumstances beyond our control, our usual meeting place is unavailable. If you plan to attend this meeting please call Evelyn Reece at 316-722-3088 or the Good Grief office at 316-612-0700 for location details. Be sure to leave a message with your information if there is no answer.** We apologize for this inconvenience.

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

W.A.Y. Widowed and Young (Ages 20's, 30's, 40's, 50's)

CENTRAL WICHITA

RiverWalk Church of Christ—(225 N Waco) Use SW entrance door, Fireside Room

Facilitators: Deana King, Jenny Mitchell, David Span

This group is currently not meeting

New meeting schedule effective July 1, 2020

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

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**

Wichita:

If there is a threat of severe weather...

If EARP (Emergency Accident Reporting Plan) is in effect no meeting will be held.

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:

Tuesdays: Breakfast at 9:00 AM

Livingstons - Webb & 21st

(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)

December 2020



Just in case.....no one has told you today...

YOU are amazing! *Have a really great day.*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 **West Group 6:00 pm Clearwater 7:00 pm Breakfast 9am Livingston's	2	3 Brunch/Lunch 10 am Country Café <u>TLC mtg 5:00 PM</u>	4	5 Breakfast 10 am Spears Restaurant
6	7 SOSL Wichita 7:00pm South Group 7:00 pm	8 Central Group 10 am Breakfast 9am Livingston's <u>GG Board Mtg 5 PM</u>	9	10 Brunch/Lunch 10 am Country Café	11	12 Breakfast 10 am Spears Restaurant
13	14 SOSL Wichita 7:00pm East Group 7:15 pm	15 **West Group 6:30 pm Clearwater 7:00 pm Breakfast 9am Livingston's	16	17 Brunch/Lunch 10 am Country Café	18	19 Breakfast 10 am Spears Restaurant
20	21 SOSL Wichita 7:00pm South Group 7:00 pm  1st Day of Winter	22 Central Group 10 am Breakfast 9am Livingston's	23	24 Brunch/Lunch 10 am Country Café Christmas Eve	25  Christmas Day	26 Breakfast 10 am Spears Restaurant
27	28 SOSL Wichita 7:00pm East Group 7:15 pm	29	30	31 Brunch/Lunch 10 am Country Café  Happy New Year! New Years Eve		

A Christmas Gift

I want to pack a Christmas box
of memories we've shared.
I'd give her just a little of

everyday down here.
Bits and pieces of joy remembered –
all in a box would go.

In a corner, I'd place a swathe of sky,
Of course the sky'd be blue,
a memory of a summer's day.

I'd drop a bit of air inside –
a breath of spring's fresh loam,
the smell of autumn's leaves,

I'd dig a scoop of dirt
where trees and flowers grow –
where earthworms crawl and freed.

I'd carefully cup my hand,
with water from the creek,
and hope the box won't leak.

I'd put all these together
in an earthly cardboard box –
with memory, secure the flaps.

I'd tuck in love, a kiss or two
and send this box to her from me
by heavenly express.

By Rebecca Pinker;
Bereavement Publications, Winter 2012



Contributions for last month(s) totaled \$1034.93
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

November Contributors:

Kroger

Linda Hamm

Al Kemmerer

Ted McMurphy

East Group

South Group

Janet Cook

Sue Griffin

Marge Glazier

Mike Gillihan

Robert Crook

Jarree Miller

Lois Pardee

Phyllis Nichols

W H Ford

Janet Cunningham

Network for Good

Remember to send
your donation to:

2622 W Central
Suite 401B
Wichita, KS 67203



Memorial Gifts

In loving memory of
 Robert Griffith Johnson
 by Judy Johnson

In memory of my family
 by Peggy Grell

In loving memory of
 Phyllis Gadaire-Sauer
 by Terry Sauer

In loving memory of
 Chris Traffas
 by Paulette Traffas



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.

December Birthdays

Jane Easley.....	1
Betty Tatro.....	2
Diana Wendling.....	2
Carol Collins.....	3
Shelly Cannady.....	3
Dustin Teittruck.....	3
Jessica Graevs.....	4
Suzanne Kerr.....	5
Stephanie Parker.....	7
Rhonda Hinkle.....	7
Craig Burris.....	8
Caleb Joynesahkluah.....	11
W H Ford.....	12
Les Shepherd.....	15
Michael Briley.....	15
Maria E Garcia.....	17
Suellen Robbins.....	19
Marge Bauers.....	21
Jackie Evans.....	23
Sharon Kay Jefferson.....	23
Raine Daly.....	25
Bob Hirschmann.....	26
Melissa Warnken.....	26
Jim Commerford.....	27
Carolyn Stanek.....	27
Martha Bradley.....	28
Deb Tresner.....	29
Debbie Kipple.....	30
Jon Sandefur.....	31



Christmas Roses



No family get-together is complete without someone beginning a conversation with "Remember when..."

My children take special delight in recounting some of my past follies. One of their favorite stories involves my habit of forgetting where I hide gifts. When the children were small, I blamed Santa for any gift that "miraculously" showed up after Christmas. "He left them on the roof," I'd say or, "Santa was too tired to bring them down the chimney." These stories are told every year without fail - and, to this day, Santa still leaves a gift or two on the "roof."

Our treasure chest of family memories will be shared and laughed over long after my husband and I are gone. Italian novelist, Italo Svevo, "God gave us memory so that we might have roses in December."

Those of us in grief sometimes find more thorns than roses that first Christmas alone; memories bring more pain than pleasure. It takes time and sometimes several Christmases before memories bring smiles instead of tears, but don't let this keep you from sharing your family stories. You may be surprised to find that a single "rose" inspires a whole bouquet of laughter.

*by Margaret Brownley, Simi Valley, CA
Bereavement Magazine Nov/Dec 2003*

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 _____

Throwing Away the Wrapper

By Bob Willis Oklahoma City, OK
Bereavement Magazine Jan/Feb 1998



A fatal heart attack had suddenly removed from the family circle a man who had served as husband, father, father-in-law, grandfather, and a multitude of other special relationships.

A few days following the funeral service, I met with the family members for a special time of remembrance. We talked about the good memories of the deceased and the happy time shared by the family over the years. While these stories brought tears of laughter and tears of sorrow, it was a time of healing for all involved. It has been said that when a loved one dies, we lose only the physical relationship; the emotional and spiritual relationships continue to be part of us. In our family meeting, we discovered the healing qualities of sharing precious memories.

During the session, a beautiful illustration was given by a daughter-in-law, and I have shared this story many times since – always with a tremendous amount of appreciation for the truth it sets forth. Here is the account as it was shared with me.

“Following the death and the funeral service, her four-year-old son came to her and asked, ‘Where is Grandpa?’ Gently, she told him that ‘Grandpa died.’

“Suddenly aware of her helpless condition, the young mother responded, ‘Grandpa is in Heaven.’ A look of satisfaction crossed the young boy’s face and he quietly went to bed for the night.

“The next morning, the family members drove to the cemetery to see the grave. Everyone got out of the car and walked to the edge of the grave, which was completely covered with flowers. The four-year-old boy approached the mound of flowers, turned to his mother and asked, ‘Is this Heaven?’

“The mother felt helpless for an answer to the young boy’s honest question. How could she explain to him the difference between Grandpa being in Heaven, and visiting Grandpa’s grave?

“That evening, as she sat on the edge of her young son’s bed, she took a candy bar from her pocket. The boy’s eyes lit up as she opened the wrapper to reveal the chocolate treat inside. Breaking off a chunk of the candy bar, she handed it to the boy and said, ‘Let’s talk about Grandpa. What good memories do you have of Grandpa?’

“The excitement was obvious as he told how Grandpa had taken him fishing, they had gone to the zoo together, they had even gone to a baseball game together! All the time he was sharing these happy memories, he was enjoying more and more of the candy bar.

“As the good memories and the candy bar were finished, the young mother snuggled up close to the boy, gave him a big hug and said, ‘You know so, Grandpa is a lot like this candy bar. The good, delicious, wonderful and enjoyable part of Grandpa that you remember, that’s the part of Grandpa that’s in Heaven.’ Then, holding up the empty candy bar wrapper, she said, ‘This is the part of Grandpa that’s buried in the ground...just Grandpa’s wrapper.’

“A look of delight swept over the young boy’s face as he realized the enjoyable part of people is never forgotten. What seemed like a puzzle hours before had become a clear picture of the new relationship possible with those who die.”





Robert 'Bob' F. Westerfield

Bob Westerfield, 79, passed away Sunday, November 15, 2020.

Bob was involved with Good Grief of Kansas for many years. He faithfully led the GG South Group with his wife Connie.

Bob always had that great smile to greet you and was always willing to lend a hand whenever needed. He was a devoted supporter of Good Grief and loved helping others through their grief.

Bob will be greatly missed.

Our thoughts and prayers go out to Connie and the family.

Memorial donations to the Shriners Hospitals for Children 2900 Rocky Point Dr Tampa FL 33607



Sign up today!

Every time you use your Dillons card your total \$\$ will be credited to Good Grief of Kansas !!
What an easy way to give back to Good Grief!

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 Dillons 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 Dillons card, your total \$\$'s will be credited to Good Grief of Kansas.
Ask your friends & family to select us too!

*Grief never ends...but it changes.
 It's a passage, not a place to stay.
 Grief is not a sign of weakness,
 nor a lack of faith...
 It is the price of Love....*

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

316-612-0700

Monday 9 - 4

Wednesday 8 - 10

Thursday 8 - 10





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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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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.

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- Memorials, Gifts & Donations

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