



Good Grief
of Kansas, Inc

Good Grief NEWS

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

316-612-0700 July 2021
Email: info@goodgriefokansas.org

Going by the Book:

Do We Have to Grieve this Way?

How do we DO grief? This question was hinted at in the title for a reason. Grief is hard work. There are tasks that worry us and tasks that weary us. There are dictums telling us what we should DO next, and then we feel abandoned, lost in a world all our own, wishing that someone would come along and tell us what to DO. We go to our favorite restaurant only to discover that we left our appetite at home. We sit in a darkened living room, knowing we should eat. We wander to the darkened kitchen, stunned by the brightness of the refrigerator light, facing the tantalizing mix of sour milk, stale bread and some odd-colored slices of cheese. Are we supposed to Do grief this way? Why did my loved one die? Someone find me a map!

For a time (I don't know how long!), the pains of our loss control us, maybe even condemn us by loading us up with thoughts such as, 'You abandoned me like everyone else does,' 'I want to be alone' or 'This is so unfair.' Again, how DO we DO this? Then, the time will come, sometimes humbly, sneaking in through the back door, maybe in the whirlwind of another crisis. Exhausted, we crawl forward or maybe in circles, as we follow the long path of grief.

We get lots of advice. Some of it is even helpful. Others seem to be directive. We need a friend, not a boss or a tour guide. Even our best friends will get it wrong sometimes, but we forgive them because they came to us out of love. We pick up reminders at a movie, watching television, stopping for a drink or a meal after work. A stranger can offer sage advice before disappearing into the night without our thanks. We could go to worship and feel the love of God. Often the best 'advice' comes when we are not looking for it. It's when we get stuck that we welcome the lifeline of rescue.

Can you move away from DO-ing to considering? You do have some options and, if you want, you can develop your own pathway. Some relatives and friends may not be the right people to seek out. Maybe they will be. It's hard to keep trying and being condemned by a slammed door.

Sometimes the door-slammers share your loss and are equally stuck in their own sorrow. Maybe, often at an unplanned time, there will be a moment when the door opens a crack and someone is there to welcome you.

I want to share some thoughts or ideas for you to consider. I don't want to call them tasks because then they become more things to DO. These may or may not be helpful for you. One quick comment — please don't disregard these suggestions entirely, though you may feel free to seize your own ideas. What doesn't fit one day may be the perfect fit later on.

You have only so much of your SELF to share. Be judicious. Be good to yourself. That is not being selfish, but healthy.

Don't run from familiar roles and tasks. My grandson can hurt, too, and may not understand what is happening. He always has a hug and a kiss. What a gift to "Pop-pop!"

Let others bless you, you can bless them, too.

Read a book. Work out. Take a nap. What about your hobbies? No one can (or should) grieve 24/7.

Religion and spirituality may not be comfortable places for you. You might get the worst advice from some members, even from religious leaders. You may also feel welcomed in love, appreciate the music, a reading or a prayer and made to feel very welcome. Could it be that you are finally in a safe place with a safe and helpful person?

Live from day-to-day. Today's load is enough. Tomorrow isn't here yet and yesterday is gone.

Make healthy choices, but not at the expense of rest, play and occasionally 'pigging out.'

Consider the family rituals that may have been lost along the way. Or, you choose to create new rituals.

Stop trying so hard to DO your grief. Let 'good' grief BE your guide and strength.

By Richard B. Gilbert
Bereavement
Publications, Inc



SCHEDULE OF GROUP MEETINGS FOR THE BEREAVED

PLEASE NOTE:

**MASKS ARE NOW OPTIONAL FOR THOSE
THAT HAVE BEEN VACCINATED**

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

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

Grace Baptist Church – (1414 W Pawnee)

Facilitators: Connie Westerfield, Deona Madrigal

SOUTH WICHITA

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

East Point Church of Christ—(747 N 127th St E)

Go to separate building north of playground

Facilitators: Adrienne Massey, Melissa Warnken,

EAST WICHITA

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

RiverWalk Church of Christ - (225 N Waco) Use South Office Entrance, Fireside Room

Facilitators: Marjorie Watkins, Donald Septer

CENTRAL WICHITA

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

West Heights UMC—(745 N Westlink Ave) Use North parking lot off Delano St, Building

Entrance A2 "CHAPEL" (just west of A1 Entrance)

Facilitators: Evelyn Reece (316-722-3088 leave message), Marsha Huffman

WEST WICHITA

1st and 3rd Wednesday: 7:00—8:30 PM

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

RiverWalk Church of Christ—(225 N Waco) SW Entrance, Fireside Room

Facilitators: Julie Montgomery & Fang Richards

CENTRAL WICHITA

2nd and 4th Thursday:

Veterans

VFW (1560 S Topeka)

Facilitator: Tonya Ross

SOUTH WICHITA

*****This group is currently not meeting*****

SURVIVORS OF SUICIDE LOSS

Mondays: 7:00 - 8:30 PM

This group has resumed in person meetings. Please call the Facilitator before attending to ensure materials are available. This group is for those who have suffered the loss of a loved one through suicide.

CENTRAL WICHITA

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.

Office Hours:

Mon/Wed/Fri 8 - 10 AM

Office Supply Needs:

Envelopes:

#6 Security #10 Standard
(\$ Tree envelopes are fine)

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)

July 2021

We can't always choose the music life plays for us, but we can choose how we dance to it...



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

So often, one attempts to face the whole future at once. But we will not live that period all at once, only day by day. Don't try to face twenty years. Face today. When that has been achieved, face tomorrow. You will find more and more ways in which you can cope. The Chinese have a saying that a journey of a thousand miles starts with a single step. There is no way you can take the fifteenth, or the two hundred seventh step, before you have taken the first.

Michael A. Simpson
The Facts of Death



Contributions for last month(s) totaled \$1536.00

THANK YOU for your donation which makes it possible for Good Grief of Kansas to continue to serve the bereaved.

June Contributors:

- Network for Good x2
- Mike Gillihan
- Lois Pardee
- Jarree Miller
- Carmen Suter
- East Group
- Connie Westerfield
- Janet Cook
- West Group
- Evelyn Reece
- Ted McMurphy
- James Harris
- Bonnie Workman
- Al Kemmerer
- Janet Cunningham
- Nancy Powell

Remember to send your donation to:

2622 W Central
Suite 401B
Wichita, KS 67203



Thank You

Memorial Gifts

In loving memory of
Chad Steincamp
by Cheri Gartin

Bob Pitzer ** Remembering you
on your birthday, July 5th
by Theresa Pitzer

Memorial tributes and gifts
always welcome.



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.

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
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
Cheryl Havner.....	23
Ted McMurphy.....	24
Sylvia Herheim.....	25
Sarah Grow	26
Tammy Cuadra.....	27
Bill Stillwell.....	29
Eugene Byrd Jr.....	30



Do you have Facebook?

Did you know you can do a Facebook Fundraiser for your Birthday!!

This is a super easy way to help out Good Grief of Kansas **AND** celebrate your birthday at the same time. It's easy peasy and Facebook won't charge any fees for this. The fundraiser will last the entire month of your birthday and a check will automatically be sent to Good Grief of Kansas

Do this 15-30 days before your birthday

PC/Laptop Browser

In the Search box at the top-left of your FB screen - type '**fundraisers**' and hit enter.

Click the ">" button under Facebook Shortcuts.

Click the blue button, '**Select Nonprofit**', then type '**Good Grief**' in the search, then click on '**Good Grief of Kansas Inc**'.

On the left side, edit the Goal Total\$, End Date, text in the Title & Explanation, and add photo, if desired.

Click the blue button on the lower-left, "Create", to post and share your new Fundraiser!

Phone/Tablet

Tap the Search button at the top of your FB screen - type '**fundraisers**'.

Tap the "Fundraisers" button under Facebook Shortcuts.

Tap "Create Fundraiser", then tap "Nonprofit".

Enter '**Good Grief**' in the search, then tap on '**Good Grief of Kansas Inc**'.

Edit the Goal Total\$, text in the Title & Explanation, and add photo, if desired.

Tap the "Create" button in the top-right of screen, to post and share your new Fundraiser!



Sign up Today!

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.

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 friends & family to select us too!

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 \$ _____

Send Memorial acknowledgment to:

Name _____

Address _____

City State, Zip _____



ANONYMOUS PLEASE

I would like more information

My phone # is () _____

My Name _____

Address _____

City, State, Zip _____

- - - For Me - - -

By Elaine Caldwell

When I wake up in the morning
 And write down my daily list
 To plan what I must do, whom I will see
 I then will set some time aside
 For still another list
 On it are the things I'll do for me.

I'll sit down by the river
 Watching boats and seagulls passing
 On quiet waters, with no one else around
 A summer's day with gentle breezes
 Ruffling through my hair
 A picture of tranquility, without sound.

I'll go outside at midnight
 To look at the bright, full moon
 While twinkling stars are dancing in the sky
 I'll listen to sweet music
 That brings back memories
 From in the past, good times that have flown
 by.

I'll read a book that sweeps me away
 To places I've never known
 Adventures that will please and dazzle my mind
 I'll walk a mile down a country road
 Enjoying nature's grandeur
 Never knowing, what pure delights I'll find.

Everyone should sit back
 Take a look at where you're going,
 What you're doing; is your life distressed and
 sad?
 Considering that life's so short
 Change now, and make new choices
 To do the happy things that make you glad.

I want to enjoy my days on earth
 For as long as I possibly can
 Doing the things that will set my spirit free
 My hope is that you will follow my lead
 Make a list of your favorite pastimes
 And call it "the things that I will do for me."



We Would Love To Hear From You



When Phyllis Gadaire-Sauer founded Good Grief in 1993 after the loss of her husband her desire was to support others during their loss. Therefore, we would love to hear from you and to know what Good Grief has done for you, what Good Grief means to you. Sign your name or don't sign your name... it doesn't matter. We look forward to hearing about all the blessings in your lives.

Mail your submissions to:

Good Grief of Kansas 2622 W Central Suite 401B Wichita, KS 67203

Email to: *info@goodgriefokansas.org*

Or you can include it with your donation in the envelope provided in this newsletter.

We continue to honor Phyllis' legacy by providing support to those who are struggling through this journey.

My father had cancer for a number of years and I joined a support group for family members of cancer patients, which I found to be very helpful and supportive. After his death, I my needs changed, so I sought out grief support groups. I attended a couple prior to finding Good Grief of Kansas, which was the best fit for me.

The volunteer group facilitators would prepare the meetings, read grief related literature or give the new member a chance to talk. It felt welcoming. Being with other people who understood made me feel safe to share from the depths of my pain. I had attended grief support groups with professional facilitators, which had it's place and was informative. Good Grief does not have professionals. Everyone is in the same boat, only maybe further along in the grief process. They assured me that although I felt as if I was losing my mind, things would get better in time.

I attended Good Grief for one year, following the death of my father. I was stronger and it was as though the mental and emotional trauma had subsided. Good Grief was an essential part of my healing and growth. Adding to the meetings I sought additional professional support and books on the subject of grief.

About 10 years later, my mother died. I knew where to go. For one more year I attended Good Grief. It was at a different location with different people but it was the same support. I had landed in a safe place to grieve, one hour a week, with new friends who cared and understood.

Just because I'd attended 10 years prior, I was starting all over again with a new broken heart that needed mending. Time, honesty and consistency were the essential ingredients that

helped with my growth. When I began attending meetings, all I knew was that I was confused and in a lot of pain. That seems to be the requirement. In time the pain subsided, but it's never completely gone. I still have deep sadness at the mention of my parents, but it's more manageable. Now, there is a lot of joy! More joy than sadness.

I believe that the subject of grief is a science. It's as real as treating a broken leg. When I'm in pain, I seek relief, whether it's physical or emotional. Support groups are very valuable to me and I recommend them. Why try to do it alone?

I hear, "Everyone grieves differently". True. Some people just stuff it and never address it. Then, it comes out in odd ways, for instance, long term depression or physical illnesses. I have learned the importance of not stuffing the feelings, but rather listening to them and trying to understand them.

Pain is pain. It's not a sign of weakness to have pain. It's human.

I always think of those lyrics from The Birds: To everything, there is a season. A time to mourn, a time to dance. A time to laugh, a time to weep....and a time to every purpose under heaven.

One of my favorite authors, John Bradshaw, says: "He who grieves well, lives well".

Live well,
Michael Bayouth
Wichita





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Good Grief News

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John McBride	Melissa Warnken
Julie Montgomery	Marjorie Watkins
Lois Pardee	Connie Westerfield
Evelyn Reece	Jim Yoder

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.

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- Memorials, Gifts & Donations

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