



# Good Grief NEWS

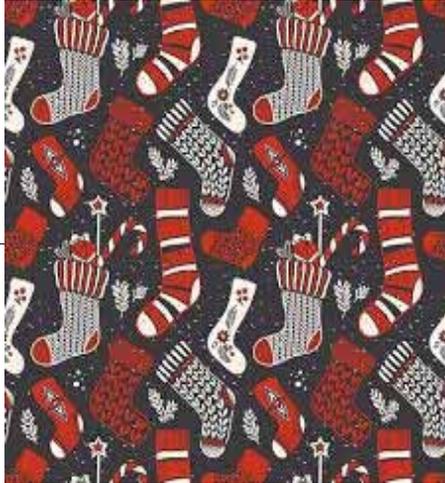
Good Grief  
of Kansas, Inc

2622 W. Central - Suite 401B, Wichita, KS 67203  
Website: [www.goodgriefofkansas.org](http://www.goodgriefofkansas.org)

316-612-0700  
Email: [info@goodgriefofkansas.org](mailto:info@goodgriefofkansas.org)

Dec 2021

## THE CHRISTMAS SOCKS



Argyles they were, and when he came to her this Christmas Eve, it was not as a dream – the venue he'd most often chosen since his death – but as this pair of woolen socks she herself had knitted for him ten years before. That year, she'd knitted everybody socks – his daughter, her daughter, her son-in-law, her son and his wife – even her eighty-year-old mother.

Of the lot, he – her husband, then still joyously, outrageously alive – was the only one who wore his handmade gift. He had put the socks on immediately, there by the tree with its glimmering lights that he loved, and he had worn them the rest of the day. After that, he continued to wear them at least twice a week. And in between, he washed them himself, with Woolite.

He not only wore them, he cherished them. He bragged to everyone he saw, calling

attention to the fact that the yarn was not some manmade stuff but

real virgin wool, “spun,” he declared in his flat, Tennessee drawl, “from the fleece of real, virgin sheep.” They must have been tough, for he was till wearing them last winter, still pulling his pant leg halfway up his calf to show the handiwork to friends and colleagues – often the same fellows who had been called upon to admire the socks just the week before – even the year before.

Since he had died, she had not been able to call up his face, long and droll and malleable, but an attractive, masculine face, nonetheless. Nor had she been able to conjure his voice, except as he'd sounded over the phone. But now, holding these gray wool socks with their red and white squares, she could almost hear him, almost feel the warmth that he radiated summer and winter. The warmth that gradually abandoned his body as the cancer took up deadly residence.

Earlier that day, she had been trying to make herself drag in the small tree some neighbor had left on her doorstep. She'd have to manage by herself this year, untangle the strings of lights, a task he had always done, and set the tree up in her living room. But now, holding the socks to her breast, she lay down on the bed and pressed her face into the pillow that had been his before they'd brought in the hospital bed. She breathed in the lingering fragrance – his shampoo mingled with the woody scent uniquely his.

She inhaled again, and dug her fingers into the pillow's foam, which had started to crumble within its cover. Soon, she would be left with only a sack of yellowish flakes. She could toss it away then, not even care that it had been his and full of the smell of him.

But the socks; now, they were a different story. She sat up and smoothed the knitted wool across her knees. They would last forever, or nearly so, wear like iron. She slipped off her shoe and thrust her foot into the soft gray tube. Then she put on the other, tucked both feet beneath her and smiled, hearing his voice at last. Hearing him repeat her words, “wair lack arn.”

In a moment, she'd go and bring in the tree, adorn it with lights. She had begun, in fact, to feel a faint stir of excitement at the thought. But for now, the socks were warm. She could wear them a long time. She could wear them nearly forever.

*by Mary E. O'Dell, Louisville, KY*

*Bereavement Magazine Nov/Dec 2001*



## 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**

**SOUTH WICHITA**

Grace Baptist Church – (1414 W Pawnee)

Facilitators: Connie Westerfield, Deona Madrigal

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

**EAST WICHITA**

East Point Church of Christ—(747 N 127th St 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, Donald Septer

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

**WEST WICHITA**

West Heights UMC—(745 N Westlink Ave) Use North parking lot off Delano St,  
Building **Entance A2 "CHAPEL"** (just west of A1 Entrance)

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

**1st and 3rd Wednesday: 7:00—8:30 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) **SW Entrance, Fireside Room**

**Childcare available upon request. Please give 24 hour notice—call or text to**

**316-925-2234**

Facilitators: Julie Montgomery & Fang Richards

\*\*\*\*\*

### **SURVIVORS OF SUICIDE LOSS**

**Mondays: 6:30 - 8:30 PM**

**CENTRAL WICHITA**

This support group meets at RiverWalk Church of Christ in downtown Wichita  
(225 N Waco) Note: **Go to the NW door #7 closest to the river.** If the door is

locked, please knock loudly. The Monday night meetings begin at **6:30 p.m.**

If you have questions or plan to attend this group, **please call the facilitator** prior  
to attending your 1st meeting so session handouts may be prepared you.

Facilitator: Jim Yoder 316-727-0663

**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 (\$Tree envelopes are fine)

Copy Paper: White 8.5x11  
White 11x17

## Schedule of Regular Socials:

**Tuesdays: Breakfast at 9:00 AM**

**Livingstons - Webb & 21st**

(Hosts: Cindy Swan, Mike Hertzler)

**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 2021

*Make each day your masterpiece.....*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 W.A.Y. Group 7:00 PM	2 Brunch/Lunch 10 am Country Café  <u>TLC MTG 5 PM</u> <u>Cracker Barrel</u>	3	4 Breakfast 10 am Spears Restaurant
5	6 SOSL Wichita 6:30 PM  South Group 7:00 PM	7 West Group 6:00 pm  Breakfast 9am Livingston's	8	9 Brunch/Lunch 10 am Country Café	10  City-wide Christmas Party 7 PM <u>See details below</u>	11 Breakfast 10 am Spears Restaurant
12	13 SOSL Wichita 6:30 PM  East Group 7:15 pm	14 Central Group 10 am  Breakfast 9am Livingston's  <u>Board Mtg 5 PM</u>	15 W.A.Y. Group 7:00 PM	16 Brunch/Lunch 10 am Country Café	17	18 Breakfast 10 am Spears Restaurant
19	20 SOSL Wichita 6:30 PM  South Group 7:00 PM	21 No West Group Mtg  Breakfast 9am Livingston's	22	23 Brunch/Lunch 10 am Country Café	24 	25 No Breakfast 
26	27 SOSL Wichita 6:30 PM  East Group 7:15 pm	28 Central Group 10 am  Breakfast 9am Livingston's	29	30 Brunch/Lunch 10 am Country Café	31 	



## CITY-WIDE CHRISTMAS PARTY FRIDAY DECEMBER 10, 2021 7 PM

RIVERWALK CHURCH OF CHRIST  
225 N Waco (back entrance)



Bring your favorite finger food/dessert to share AND a wrapped item for a fun gift exchange game  
"Feel free to bring a guest"

Contributions for last month(s) totaled \$1947.90  
 THANK YOU for your donation which makes it possible for  
 Good Grief of Kansas to continue to serve the bereaved.

## November Contributors:

Mike Gillihan

Al Kemmerer

Janet Cunningham

Connie Westerfield

Cheri Gartin

Richard Sifford

Ted McMurphy

Shirley Smith

Mike Dillmon

East Group

West Group

Evelyn Reece

Janet Cook

Arla Fowler

### Envelopes:

Jim Gorsuch

Linda Young

Remember to send  
 your donation to:  
 2622 W Central  
 Suite 401B  
 Wichita, KS 67203



## Memorial Gifts

In loving memory of  
 Judy B Tate  
 By Michael Tate  
 & Nancy Krehbiel

\*\*\*\*\*

Merry Christmas &  
 Happy Birthday  
 Bob Stanek  
 In loving memory  
 By Carolyn Stanek

\*\*\*\*\*

In loving memory of  
 S Kay Gorsuch  
 By Jim Gorsuch

\*\*\*\*\*

In loving memory of  
 Phyllis L Gadaire-Sauer  
 December 11, 2003  
 By Terry Sauer



### Love Gifts

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

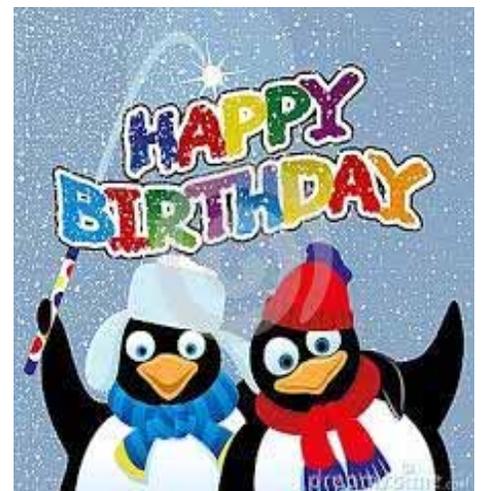
We depend on donations from individuals and organizations to meet our program expenses and to keep the Good Grief office open.

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.

# December Birthdays

Jane Easley.....	1
Betty Tator.....	2
Diana Wendling.....	2
Carol Collins.....	3
Ron Hutson.....	3
Shelly Cannady.....	3
Dustin Teitruck.....	3
Jessica Graevs.....	4
Suzanne Kerr.....	5
Craig Burris.....	8
F Kay Roberts.....	9
Debra Clements.....	9
Caleb Joynesahkluah.....	11
W H Ford.....	12
Les Shepherd.....	15
Michael Briley.....	15
Maria E Garcia.....	17
Suellen Robbins.....	19
Marge Bauers.....	21
Logan Richardson.....	21
Jackie Evans.....	23
Sharon Kay Jefferson.....	23
Jim Gorsuch.....	25
Raine Daly.....	25
Bob Hirschmann.....	26
Melissa Warnken.....	26
Jim Commerford.....	27
Carolyn Stanek.....	27
Sally Duque.....	28
Martha Bradley.....	28
Debbie Kipple.....	30
Jon Sandefur.....	31



## 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 \_\_\_\_\_

## Sign up Today!

### Dillons Community Rewards

#### Dillons Plus Card Instructions

- Step 1:** Go online to [www.dillons.com](http://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](http://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!**

## 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!



# Tis the Season For Healing



**WAYS TO HEAL THE SOUL** — \* Forget about celebrating the holidays; celebrate, instead, the birth of Jesus or Miracle of Lights. This will free you to do only those things that hold special meaning for you. \* Stay connected to friends and family. \* Stay close to God through prayer. \* Allow time every day for inspirational reading. \* Keep a holiday journal, recording your thoughts and feelings. \* Fill your house with music. If the traditional Christmas music is too painful, try the healing sounds of Mozart or Beethoven. \* Enjoy the healing power of nature. Plan as much time outdoors as weather permits. Feed the birds, take long walks, play in the snow or sit on a park bench. \* Cry when you feel the need, but don't be afraid to laugh. \* Gratitude is the point from which healing begins; instead of focusing on what you lost, focus on the many blessings that remain.

**WAYS TO HEAL THE HEART** — \* Heartache is love that has no place to go. Giving to yourself during the holidays is one of the best ways to ease the pain. Volunteer your time or buy something your loved one would have liked and give it to someone in need. \* Plan a special way to remember your loved one: wear a white rose, plan a simple graveside ceremony, donate money to your favorite charity in your loved one's name. \* Don't be afraid to mention your loved one's name and share happy memories of holidays past. \* It helps to be around people who have experienced similar losses. Join a grief group or plan a special gathering with friends who you know are also grieving a loss.

**WAYS TO HEAL THE BODY** — \* Grief is tough on the body, and even more so during the holidays: Get extra rest and exercise. Invite friends and family to join you for a holiday walk. Try to spend at least fifteen minutes a day in the sun. Exercise and sunshine will help fight depression. \* If the hustle-bustle of the shopping mall is too much for you, try shopping on the Internet or through catalogs. Instead of gifts, consider inviting friends and family to a play, concert or movie — your treat. \* Pamper yourself with long hot baths. Treat yourself to a facial or massage. \* Your body is overworked with grief; don't burden it more with too much alcohol or caffeine, and try to stay away from junk foods.

Have a Blessed and *Healing* Holiday Season!

# Holiday Season Grief and Growth



As I think of the approaching holidays, I am confronted with a strange mixture of feelings. I notice excitement that my children will be home, anxiety over the shopping and extra cooking ahead, and an empty kind of sadness that our family has shrunk again this year.

It helps somewhat to realize that others are probably feeling similar complex emotions over what is suppose to be a warm, fun season, but it does not really minimize my need to make sense of this confusion. When I consider how this holiday season will differ from years past, I feel burdened and lonely, unable to make clear decisions.

When we are grieving, nothing really comes close to making sense to us in our grief, yet we are told this confusion and upheaval is normal after a significant loss.

After the death of a loved one, our whole family structure can change. When parents die, we suddenly become the "older generation," looked to for family wisdom and guidance. Yet, we may not feel any wiser. When a sibling dies, we wonder, "Am I still a sister (brother)?" When a child dies, we may question everything from God to Santa Claus.

How can the holidays be a time of joy and love when we are suffering and missing our loved ones? What can we do to move past the idea of just "making it through" this season? How do we make choices that will be healthy for us?

Answers to these questions come from five ideas many grievers have found to be useful tools.

## 1. ACKNOWLEDGE THAT THIS YEAR IS DIFFERENT.

The death makes it so, but we can affirm for ourselves and other family members that we will make it through this time. Some changes in life are more stressful than others. We can choose to reduce the powerful fear that seems to accompany change by realizing that every loss also brings a gain.

## 2. PLAN AHEAD

Selecting beforehand which events of the season we wish to participate in, and letting them be known in the family, can eliminate some of the tension that comes from making last-minute decisions.

Giving each family member an opportunity to select their own special event can help build quality family time.

Deciding which "old family traditions" we really want to keep and which are no longer appropriate for the individual or the family this year is helpful. We might select a few new ideas to try this year. If they don't work out, something else can be tried next year. Keeping only those traditions that are suitable, comfortable and beneficial to the present situation is healthy.

## 3. GIVE OURSELVES PLENTY OF "TLC"—TIME, LOVE, and CARE.

As grievers, we need plenty of time to rest and heal. We need time to be quiet and deeply in touch with what has happened in our lives. Taking time to meditate and reflect on our grief is just as appropriate and healthy as taking time to be social and laugh.

The forgotten task in grief is loving ourselves in spite of our frailty, in spite of our mistakes and poor judgments. We are often to quick to turn our errors into full-blown guilt trips. It is necessary to remember that we made decisions based on the knowledge we had at that time. If we had known then what life has taught us since, we might have made a different decision. But, we didn't and forgiving ourselves for that is a real growth step.

Caring for ourselves as well as for others in the family who may also be grieving means eating right, getting some exercise, and really experiencing our grief. Acknowledging our feelings means taking time to cry, be sad and even to honor the feelings of relief and acceptance we are honestly feeling. In grief, there's a place for all feelings.

## 4. CHECK OUT EXPECTATIONS—FOR OURSELVES AND OTHERS.

Are our expectations realistic considering the stress and trauma our family has experienced? This is a good time to reduce the holiday cooking by purchasing ready-made items, shop by catalog instead of fighting crowds and rethink what our budgets can handle this year. Grieving is not the time to throw caution to the wind by making quick, unplanned choices that we may regret later. This may be a good time to start drawing names for gifts in the family so everyone's stress is reduced.

When expectations are unrealistic, they are seldom achieved, and that can lead to misunderstandings and disappointments for all. Keeping expectations achievable and clearly communicated helps all family members be winners.

Patricia Andrus *Holiday Season Grief and Growth*,  
November/December 1993 Bereavement Publications, Inc.



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## City Wide Christmas Party

Dec 10, 2021

See page 3 for details

[www.goodgriefofkansas.org](http://www.goodgriefofkansas.org)

316-612-0700

Good Grief News

### Executive Board

Rick Cline, President  
Kelly Blades, Secretary  
Mary Evans, Treasurer

### Board Members

Merri Reed  
Jim Yoder

### Program Director

Janet Cook

### Founder

Phyllis L. Gadaire-Sauer

### Office Manager

Marsha Huffman

### Current Facilitators

Janet Cook	Fang Richards
Marsha Huffman	Donald Septer
Adrienne Massey	Cindy Swan
Deona Madrigal	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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email your name and address as  
it appears on your mailing label  
to [info@goodgriefofkansas.org](mailto:info@goodgriefofkansas.org)  
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funded by:

- Memorials, Gifts & Donations

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## Marge Glazier



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Cell 316-648-7415

Office 316-978-9200

Marge Glazier, Broker Associate