



Good Grief NEWS

Good Grief
of Kansas, Inc

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

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

Oct 2021

Moving With the *Seasons of Grief*



"Moving on" is a phrase I heard often in the first year after my husband was killed by a drunk driver. Sometimes it was direct, as in, "It's time to move on. You can't change what happened." Other times, there were specific action steps suggested to begin the distancing: change the voice mail, clean out the closet, sell the house. Although I was appreciative of the love of friends and family and their sincere desire to help me navigate out of the shock fog, for me it was not about moving 'on,' but, rather, moving 'with.' Moving on implied leaving it behind, which was simply not possible. Some would call this unresolved or complicated grief. Perhaps it was both, because grief left me with more questions than answers, and what had once been straight-forward became complex.

I did not stay frozen in that dark place of seven years ago. There was my job, there were bills, children to support and new ways of living to figure out. There are ways I have grown, and grown up, that were unimaginable before the event. However, moving 'with' still resonates with me, particularly when other losses and difficult challenges arise. Grief travels with me like the seasons. Like those seasons, some feelings go underground to reappear later, and others that have been underground, come to the surface. There are also emotional hurricanes and tsunamis to confront.

Seasons of grief can also be analogous with other life-altering situations, I had dinner with a friend one night, whose husband had left her abruptly after a 24-year marriage. She sank far down, rose up, and spent three years putting her life back together. She had been in a relationship which went well for six months, then ended. We went out to dinner shortly after the break-up, and she was beside herself. One of her work colleagues had commented that she was more upset than when her husband left her. "And, how could that be?" she wondered, "six months as compared to a 24-year marriage?" It was not about the time or about which situation was worse - it was the surfacing of another loss in her life, acute loneliness and all that comes with the collective nature of grief.

I wondered if I was always to have a thin veil over my eyes, through which I would see the world, since life continues to have losses, challenges, and reminders of what was, but cannot be again. At one time, it seemed as if difficult experiences would be permanently colored by the event. But, rather than the veil, I chose the seasons. I think of grief like a tree. When my husband was killed, the tree became suddenly bare of leaves. Winter set in. The weight of snow and ice was not sufficient to break the branches, but it did put them to the test. As I regained my footing, the leaves grew again and there have been periods when they have been in full bloom. When a loss or serious challenge presented itself, the tree would go into late fall or winter mode, I learned to understand that this was impermanent and that life's possibilities were simply in hibernation.

In these past several years, I have sometimes come to my own mid-October, a peak time of growth. My tree is at it most brilliant, after a warm summer of preparing for the changes in colors. I know that there is a distinct possibility that the winter grief may set in, but I am ready. Eventually, the leaves will begin to reappear and new possibilities will arise in the spring.



by Gretchen Ayoub,
Bereavement Publications 2013

SCHEDULE OF GROUP MEETINGS FOR THE BEREAVED

PLEASE NOTE:

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

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
Facilitators: Julie Montgomery & Fang Richards

SURVIVORS OF SUICIDE LOSS

Mondays: 6:30 - 8:30 PM CENTRAL WICHITA
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.

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 (\$Tree envelopes are fine)

Copy Paper: White 8.5x11

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)

October 2021



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

ANGEL PENNIES

I found a penny today
Just lying on the ground.
But it's not just a penny,
This little coin I've found.



Found pennies come from heaven,
That's what my Grandpa told me.
He said Angels toss them down.
Oh, how I loved that story.
He said when an Angel misses you,
They toss a penny down.
Sometimes just to cheer you up,

To make a smile out of a frown.
So, don't pass by that penny,
When you're
feeling blue.
It may be a penny
from heaven,
That an Angel's
tossed to you.



Contributions for last month(s) totaled \$1153.00
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

OCTOBER Birthdays

September Contributors:

- Al Kemmerer
- Janet Cook
- Carmen Suter
- East Group
- Donald Septer
- Connie Westerfield
- Ted McMurphy
- Al Kemmerer
- Lois Pardee
- Jaree Miller
- James Harris
- Mike Gillihan
- Les Shepherd
- Alice Shelton
- West Group
- Marge Glazier
- Jim Gorsuch
- Sue Henderson
- Evelyn Reece
- Bonnie Workman

Thank you to all that donated to the
 Flea Market...
 total raised was \$196.00

Thank you Jim Gorsuch for your
 donation of envelopes
 and copy paper

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



Memorial Gifts

In loving memory of
 Joan Sowers
 by Sidney Sowers

In loving memory of
 S Kay Gorsuch
 by Jim Gorsuch

In loving memory of
 Bob Pitzer
 By Theresa Pitzer



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.

- Kay Williams.....1
- Denise Bolden.....2
- Norman Ritter.....3
- Jennifer Lasiter.....4
- Delores Roehrman.....4
- Janell Floyd.....4
- Laurie Martin.....4
- Amber Charbonneau.....4
- Kenneth Collins.....5
- Ali English.....9
- Marilee Haney.....10
- Ashley Crego.....11
- Deb Peterson.....12
- Jan Butterfield.....13
- Kathy Stucky.....14
- Pam Miner.....14
- John McBride.....16
- Diane Newcome.....16
- Cindy Swan.....16
- Jay McNeil.....18
- Karen Mellington.....18
- Josh Becker.....18
- Margaret Ball.....20
- Ted Swan.....21
- Dan Perry.....21
- Carmen Suter.....22
- Marsha Huffman.....22
- Marcia Koster-Carter.....22
- Evelyn Reece.....24
- Brenda Lowery.....24
- Lavona Larson.....24
- Keya Holt.....25
- Melanie Trahan.....27
- Roberta Whetzel.....29



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

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!**

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!



With Open Hands



Have you looked at your hands lately? What do they say about you and your state of mind? What do they reveal about your soul?

Hands mirror our emotions. No secret is safe. One glance at our hands and even strangers know if we're nervous or angry, outgoing or shy.

We hold our hands open in friendship, and clap them together in excitement or joy. We open our hands when bearing gifts, and close them when we feel discouraged, disheartened or even lonely.

A young mother receives her newborn child with open hands; a new bride spreads her fingers to show off her new ring. A baseball player hits a home run and is greeted by teammates with a "high-five." We say goodbye by waving, palm outward, as if trying to stay connected to a departing friend or family member for as long as possible.

We wring our hands in despair and confusion. When we grieve, we ball our hands on our laps or clutch them to our chest. Mourners at a funeral hold their hands very differently than guests at a wedding. In sign language, the word for grief is shown by two closed hands palm to palm, twisting next to the heart.

In Henri Nouwen's inspiring book on prayer, *With Open Hands*, we are urged to release our tightly clenched fists and open our hearts to God.

Hold your hands open as if you are bearing gifts. Lift your open hands in prayer and reach outward to hug a friend, pet an animal or encourage a child. Lay an open palm on a photo of your loved one and let all the love you feel for that person pour through your fingertips. Instead of striking out in anger, reach out in compassion, love and understanding.

When we close our hands, we close our hearts. You can't open one without opening the other.

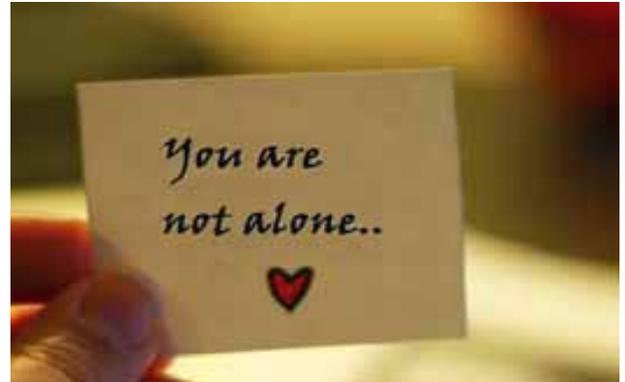
*By Margaret Brownley, Simi Valley, CA
Bereavement Magazine May/June 2000*



What Do We Need During Grief?

Time

Time alone; and time with others whom you trust and who will listen when you need to talk. Months and years of time to feel and understand the feelings that go along with loss.



Rest, Relaxation, Exercise, Nourishment, Diversion

You may need extra amounts of things you needed before. Hot baths, afternoon naps, a trip, a "cause" to work for to help others - any of these may give you a lift. Grief is an exhausting process emotionally. You need to replenish yourself. Follow what feels healing to you and what connects you to the people and things you love.

Security

Try to reduce stress or find help for financial and other stresses in your life. Allow yourself to be close to those you trust. Getting back into a routine helps. You may need to replenish yourself to do things at your own pace.

Hope

You may find hope and comfort from those who have experienced a similar loss. Knowing some things that helped them, and realizing that they have recovered and time does help may give you hope that sometime in the future your grief will be less raw and painful.

Caring

Try to allow yourself to accept the expressions of caring from others.

Goals

For a while, it will seem that much of life is without meaning. At times like these, small goals are helpful. Something to look forward to, like playing tennis with a friend next week, a movie tomorrow night, a trip next month helps you get through the time in the immediate future. Living one day at a time is the rule of thumb. At first, don't be surprised if your enjoyment of these things is not the same. This is normal. As time passes you may need to work on some longer range goals to give some structure and direction to your life. You may need guidance or counseling to help with this.

Small Pleasures

Do not underestimate the healing effect of small pleasures when you are ready. Sunsets, a walk in the woods, a favorite food - all are small steps towards regaining your pleasure in life itself.



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Good Grief News

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

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

To be REMOVED from this mailing

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

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

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

- Memorials, Gifts & Donations

Good Grief of Kansas, Inc. does not discriminate on the basis of race, religion, color, national origin, sexual orientation, sex, age or disability. If you feel that you have been discriminated against, you have the right to file a complaint with Good Grief of Kansas, Inc. by mail or to :

info@goodgriefofkansas.org.

Marge Glazier



Real Estate for the Real World

Century 21 Grigsby

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Marge Glazier, Broker Associate