



Good Grief  
of Kansas, Inc.

# Good Grief NEWS

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

316-612-0700 August 2020  
Email: [info@goodgriefofkansas.org](mailto:info@goodgriefofkansas.org)

## *Permission To Grieve*

I was ten years old the first time I was introduced to death. Both of my grandfathers and my dad's best friend died within weeks of each other. My memories surrounding their deaths were very clinical. It was treated simply as a part of life. No crying (at least not publicly), no grieving, no display of loss. They died, were buried and not mentioned again.

When I was twenty-two, my only brother was shot and killed, leaving behind a wife and five young children. I know my mother was grief stricken, but once the funeral was over, so were the tears. She very carefully hid her pain. Again, my brother was not talked about or his death discussed.

When I look back now, I realize I had quite a struggle with handling my grief. Although I didn't know I was grieving, it came out in erratic behavior. It finally resulted in a divorce from my first husband and a total division of our family.

At the age of forty-one, my nineteen-year old son committed suicide, and again I was faced with grief. This time there was no escaping it. I went immediately to my own mother, knowing she had to understand - after all, she had lost her only son. But, what I got was correction and scolding.

I had not even buried my son when I was told to, "Stop crying! You need to straighten up! You're only making yourself sick; you need to cut it out! This is what Richie wanted to do; you can't change it, so forget it!"

I think everyone around me wanted to act as if nothing happened and just go on with our lives. But this time, I couldn't. No one wanted me to cry. My husband would let me if I went into another room. My children could not handle being around me because I was too depressing.

The only member of our family that gave me "permission" was my eight-year-old son, Gene. He would not only talk about his big brother but would remind me at Easter to put colored eggs on the grave. When Richie's birthday came around that first

year after his death, Gene told me I had to make Richie a birthday cake. At Christmas, Gene reminded me to hang up Richie's stocking. Gene also felt the importance of "owning" his big brother's possessions.

Even now, five years later, Richie's sport trophies, baseball and Matchbox cars are proudly on display in Gene's room. Gene did not show his grief in sadness - he showed love in remembrance of his only brother. I grieved silently and alone for three years before I realized I needed help.

It was my counselor at the Christian Counseling Center that finally told me, "I'm giving you permission to grieve!"

- It's okay to cry in front of people - it still hurts.
- It's okay to miss my son - I loved him.
- It's okay to forgive myself - it wasn't my fault.
- It's okay to ask for help - we all need compassion.

Don't be sorry that others are uncomfortable with your grief. That's their problem. They don't understand because it has not happened to them. Be forgiving of others but most of all yourself.

"I'm giving you permission to grieve."

Go ahead and cry.

If the eye has no tear, the soul has no rainbow.

*By Carol Helmingler - Edgewater, Maryland  
Bereavement Magazine Jan/Feb 1998*



## 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)

# August 2020

*At the end of the day, I am thankful that my blessings are bigger than my problems....*



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

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

Contributions for last month(s) totaled \$795.45  
THANK YOU for your donation which makes it possible for  
Good Grief of Kansas to continue to serve the bereaved.

# August Birthdays

Lori Bradley .....	1
Randy Rowe .....	2
Krista Arnold .....	2
Lois Siemers .....	2
Anita Downey .....	3
Dawn Easley .....	3
Dewayne H McGuire .....	4
Jeannie Webber .....	5
Linda Fortine .....	7
Margie Gwinn .....	12
Elaine Carney .....	12
Marilyn R Steinkamp .....	14
Beverly Whitman .....	18
Alice Duncan .....	19
Cynthia Escamilla .....	20
Janet S Cook .....	23
Mary Strole .....	25
Velena Hamilton .....	29
Dondal C Septer .....	30
Cherri Alderson .....	30
Kay Loomis .....	31
Rexann Wood .....	31

## July

Contributors:



\$

W H Ford

Bonnie Workman

Janet Cunningham

Nancy Vincent

Lois Pardee

Jarree Miller

Janet Cook

Ted McMurphy

Al Kemmerer

Connie Westerfield

South Group

Marge Glazier

West Group

Rod & Lisa Wake

Jay McNeil

Evelyn Reece

Norma Nosker

Your donations are appreciated.

Make sure to look for the

'Extra change from my pocket boxes' at your meetings.

Every little bit helps!

Remember to send your donation to:

2622 W Central  
Suite 401B  
Wichita, KS 67203

\$

## Memorial Gifts

In loving memory of  
Robert 'Bob' Pitzer  
By Teresa Pitzer

\*\*\*\*\*



## Love Gifts

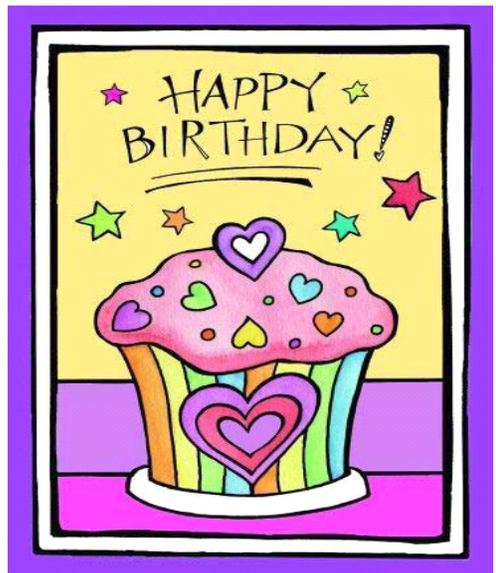
At this time there are no dues or fees to belong to Good Grief of Kansas. However, your gift is very important.

**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.

**Memorial tributes and gifts always welcome.**

Note: For memorials with a special remembrance date, submit information one month early for timely publication.



# Please Be Gentle An After-loss Creed

Please be gentle with me for  
 I am grieving. The sea I swim in is a  
 lonely one, and the shore seems miles  
 away. Waves of despair numb my soul  
 as I struggle through each day.  
 My heart is heavy with sorrow.  
 I want to shout and scream and  
 repeatedly ask, "Why?"  
 At times, my grief overwhelms me,  
 and I weep bitterly, so great is my loss.  
 Please don't turn away or tell me  
 to move on with my life.  
 I must embrace my pain before  
 I can begin to heal.  
 Companion me through my tears  
 and sit with me in loving silence.  
 Honor where I am in my journey,  
 not where you think I should be.  
 Listen patiently to my story.

I may need to tell it over and over  
 again. It's how I begin to grasp the  
 enormity of my loss. Nurture me  
 through the weeks and months ahead.  
 Forgive me when I seem distant and  
 inconsolable. A small flame still burns  
 within my heart, and shared memories  
 may trigger both laughter and tears.  
 I need your support and understanding.  
 There is no right or wrong way to grieve.  
 I must find my own path.  
 Please, will you walk beside me?

*By Jill Englar, Westminster, MD  
 Bereavement Mag. July/Aug. 1999*



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

# *Forever Changed*

Can you see the change in me? It may not be so obvious to you.

I participate in family activities. I attend family reunions.

I help plan holiday meals. You tell me you're glad to see that I don't cry any more.

But I do cry. When everyone has gone -- when it is safe -- the tears fall.

I cry in privacy so my family won't worry.

I cry until I am exhausted and can finally fall asleep. I'm active in my church. I sing hymns.

I listen to the sermon. You tell me you admire my strength and my positive attitude.

But I'm not strong. I feel that I have lost control, and I panic  
when I think about tomorrow...next week...next month...next year.

I go about the routines of my job. I complete my assigned tasks. I drink coffee and smile.

You tell me you're glad to see I'm "over" the death of my loved one.

But I'm not "over it." If I get over it, I will be the same as before my loved one died.

I will never be the same.

At times I think I am beginning to heal, but the pain of losing someone I loved  
so much has left a permanent scar on my heart. I visit my neighbors.

You tell me you're glad to see I'm holding up so well.

But I'm not holding up so well. Sometimes I want to lock my door and hide from the world.

I spend time with friends. I appear calm and collected.

I smile when appropriate. You may tell me it's good to see me back to my "old self."

But I will never be back to my "old self."

Death and grief have touched my life, and I am forever changed.

*By Rhonda Wilson*  
Asheboro, North Carolina



*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](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 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](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 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

### Executive Board

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

### Board Members

Marilyn Nichols Ted Swan  
Merri Reed Jim Yoder

### Program Director

Janet Cook

### Founder

Phyllis L. Gadaire-Sauer

### Office Manager

Marsha Huffman

### Trainers, Facilitators & Substitutes

Linda Burris	Fang Richards
Janet Cook	David Span
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Marsha Huffman	Kathy Thomas
Deana King	Marjorie Watkins
Adrienne Massey	Melissa Warnken
Jenny Mitchell	Bob Westerfield
Lois Pardee	Connie Westerfield
Mary Piotrowski	Bonnie Workman
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

### 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](mailto:info@goodgriefofkansas.org) and put "remove from mailing" in the subject line.

Newsletters may be viewed on-line by going to [www.goodgriefofkansas.org](http://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](mailto:info@goodgriefofkansas.org)

## Marge Glazier



Real Estate for the Real World

### Century 21 Grigsby

Cell 316-648-7415

Office 316-978-9200

Marge Glazier, Broker Associate