



Good Grief
of Kansas, Inc

Good Grief NEWS

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

316-612-0700 August 2021
Email: info@goodgriefofkansas.org

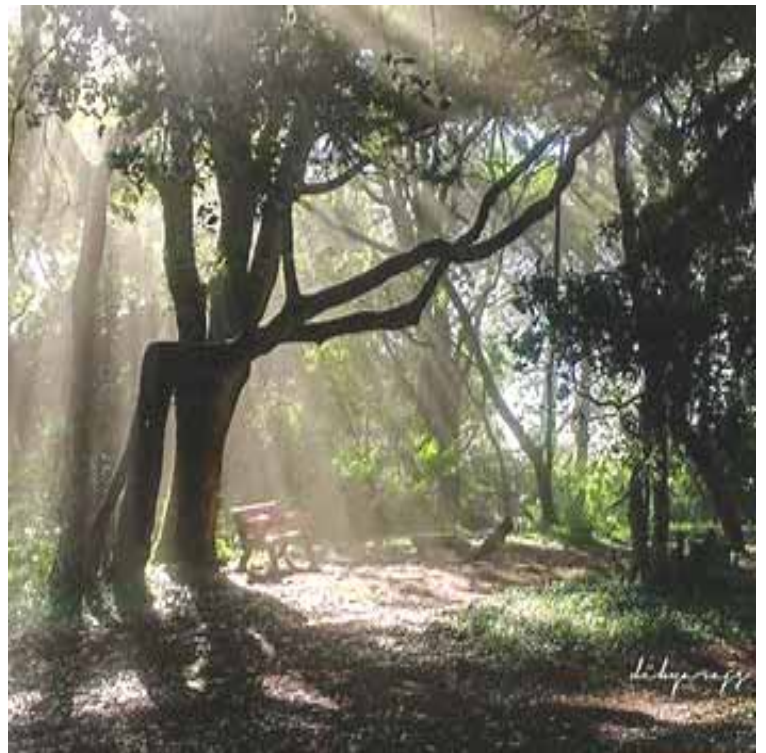
What I Know About Healing

by Sandra Gains

When I recently returned home after major surgery, I began to make notes about the healing process that was taking place within my body. As I was writing, I realized how similar healing from a physical wound is to healing from a grief wound.

- Healing is a process, it takes time, it happens in stages, it can be painful and it will leave scars.
- I need to heed the advice of experts in order to facilitate the healing and avoid relapses.
- If I am in good overall health going in, I will be stronger and more able to work my own recovery program. This is true whether the wound is physical, spiritual, or emotional.
- Healing takes energy. I am not surprised that I don't have much energy for other things.
- Healing is meant to happen from the inside out, so the visible signs of healing may not be noticed for quite awhile. However, occasionally things may appear to be healed on the outside, but are far from it on the inside.
- I take the experience of others with a grain of salt and try not to compare my pain and healing to that of others.
- It helps to engage in activities that "feel" like healing, even if they are not a part of the prescribed regimen, like getting a massage, watching a funny movie, surrounding myself with lit candles, good music and pets.

- I honor the messages my body sends me. I rest when I am tired, cry when I need to and laugh when I can.
- I am willing to tell people how I am feeling and what I need from them.
- At some point, I need to start engaging in normal activities again, testing the waters and my strength. However, I don't overdo it. I will know when I am ready to fully embrace life again.
- Finally, I recognize that changes have taken place within my body, mind and spirit and I'm ready to share with others who may walk on a similar path someday.



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

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)

August 2021

The best things in life are the people you love,
 the places you've seen, and the memories
 you've made along the way....



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



Give It Time

Give it time,
 Give it time,
 Give your lonely heart some time.
 In your deepest depths of sorrow
 When your soul cries out for mercy;
 In the grip of fear unyielding
 When the sun shines always black,
 Give it time.

In the ravages of chaos
 When you think that you will die,

Let your pain come screaming out,
 Let the world know you hurt,
 And give it time.

Give it time,
 Give it time,
 Give your lonely heart some time.
 As joy peeks from the darkness
 And your tears turn to a trickle;
 When you feel a touch of comfort
 And your heart begins to heal,
 You gave it time.



When your memories form a smile
 And your child's life is what you see;
 When joy comes into focus
 And laughter's in your soul,
 You gave it time.

So, if you think your heart's forever
 broken
 And hope a long lost friend,
 Give it time,
 Give it time,
 Give your lonely heart some time!

By Rob Anderson

Contributions for last month(s) totaled \$765.00
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

July Contributors:

- Janet Cook
 - Connie Westerfield
 - South Group
 - Carmen Suter
 - East Group
 - Norma Nosker
 - Ted McMurphy
 - Mike Gillihan
 - Jarree Miller
 - Lois Pardee
 - Linda Young
 - Al Kemmerer
 - Marge Glazier
 - Les Shepherd
- Thank you Linda Young
 for your donation of envelopes!
- Remember to send
 your donation to:
- 2622 W Central
 Suite 401B
 Wichita, KS 67203
- 

Memorial Gifts

In loving memory of
 Steve Chance
 1/17/50 - 7/25/18
 by JoAnn Chance

In loving memory of
 Donna Rose Burris
 by Craig Burris

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.

August Birthdays

- Lori Bradley..... 1
- Randy Rowe 2
- Lois Siemers 2
- Anita Downey..... 3
- Dawn Easley..... 3
- Dewayne H McGuire..... 4
- Jeannie Webber..... 5
- Judy Ann Wells 7
- Linda Fortine..... 7
- Sara Judd 11
- Margie Gwinn..... 12
- Elaine Carney 12
- Carol Smith 12
- Barbara Schremmer 13
- Marilyn R Steinkamp..... 14
- Steve Holmes 16
- Beverly Whitman..... 18
- Alice Duncan..... 19
- Cynthia Escamilla 20
- Janet S Cook 23
- Velena Hamilton 29
- Donald Septer..... 30
- Cherri Alderson..... 30
- Kay Loomis..... 31
- Rexann Wood 31
- Beth Turner..... 31



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 _____

Hope

by Ronald Gries

I'm feeling a bit different today
and I wonder if I'm healing.

I've read about healing
from those who know grief.

But how many of them
have lost what I lost.

How many of them
still do not sleep, or eat or play
as they did before.

But today I heard the birds sing,
and wondered where they
had been hiding for so long.
Then it dawned on me that
I have been the one hiding.

My sorrow has imprisoned me.
Maybe it's time to escape,
time to rediscover the laughter
and replace some of the tears.
Maybe it's time to say yes
to life's opportunities.

I'm not sure that I can do this.
I still feel totally alone,
in the midst of family and friends.
I'm still scared when I think
of facing life's trials without her.

She had absolutely no fear
and showed me such courage.

I don't know if I'm up to it.

But if I can again enjoy
the song of my backyard birds,
maybe my life can return to me
if I work harder at it.

I think I might want to try.

Maybe the good sleep will return
And food can again taste good.
Maybe the days of aimlessness
can be replaced with purpose.
I think the bird's song was a sign.

It's time to say hello again
to who I was
and to who I can again be.



WHAT NOW?

by Nancy Wiman

You're gone, so what now,
I can't help but wonder,
Will I make many stupid mistakes,
or just one big blunder?
I relied and depended on you for so much,
you know,
Now I just look around me,
wondering which way to go.

We both took each other for granted
in so many ways,
Now nothing's normal,
and I'm in a confused daze.
Washing, cooking, cleaning, paying bills overdue;
At least a hundred times a day I really miss you!

So I begin to clean house,
and do away with your things;
Each one makes me cry
with the memory it brings.
It's hard, but I do feel better when it's done;
As if I've passed some kind of test, and won.

A step at a time,
I begin to make a new life for myself;
Not cringing at home,
sitting useless on a shelf.
I put myself back together,
one fragile piece at a time;
One more valley to cross,
one more hill to climb.

Comfort zone? That's gone,
left behind in the past,
These days I just wonder how long I can last.
Getting out of bed each morning is quite a feat;
Going to bed each night, I'm absolutely beat.

I feel so alone and out of touch
with those around me;
Like a caged prisoner who just wants to be free.
I want to stop crying and
wearing such a sad heart;
But I've lost my way,
and don't know where to start.

I'm the same me,
but different this time around;
My fears fade as my spirit begins to rebound.
Each day is now a gift
I no longer let pass me by;
I will cherish each moment
until it's my time to die.
As I begin to value it joyfully as my Divine Right;
The darkness recedes,
and I'm filled with light.
Life is indeed a precious gift
from somewhere above;
And I'm so grateful mine has been filled with love.





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Good Grief News

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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

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@goodgriefokansas.org and put "remove from mailing" in the subject line.

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

Marge Glazier



Real Estate for the Real World

Century 21 Grigsby

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Marge Glazier, Broker Associate