



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

Feb 2021

Nature's Way

*By Margaret Brownley
Simi Valley, California*

Days, even weeks go by without any noticeable loss of weight. Almost every dieter hits a brick wall. It's enough to make you want to sink your teeth into the nearest candy bar.

Those of us in grief hit the same kind of wall. We reach a point where we seem to be struck in depression, and it looks like things are never going to improve. Whether we call this a brick wall or a plateau, it's nature's way.

Mountains don't grow gradually; they grow in spurts. A mountain range can rise as much as twenty feet or more during an earthquake. Then all is quiet-or so it seems. But miles beneath the ground the earth must adjust to the new landscape and this can take years.

Scientists once thought the human body grew gradually, but as any mother knows, children grow in spurts and, yes, even "shoot up" overnight. Following a growth spurt, adolescents are clumsy and accident-prone until the brain adjusts to the body's new dimensions.

The grief plateau or dieter's wall serves a useful purpose, for the slowing down allows the body to adjust to the many physical and emotional changes taking place. Whether a person shoots up a foot, loses ten pounds, or is traumatized by loss, the brain must make infinite adjustments to accommodate the changes.

Emotions are as taxing to the body as physical emotions. Grief changes how a person breathes, acts, and even is reflected in speech, movement, and outlook. The brain can't possibly process this all at once, and so we shut down. We become more reclusive to prevent outside stimuli from interfering with the work of the brain.

Depression keeps up from taking on more than we can handle. It feels like we are buried in a hole and, in many ways, we are, but rest assured, it's only temporary. Once the body adjusts, you will be ready to take the next step in the recovery process.

Stop and start. Stop and start. It's nature's way.

Celebrate the plateaus or brick walls in your life. Close your eyes and imagine your body fine-tuning itself to accommodate the new you. Pay attention to the areas of your life that no longer work-take care of the little things you've neglected, put off, or avoided altogether.

Create an outer environment for the body at work. Purchase new pillows or sheets. Toss out old underwear and replace it with new. Get a massage or facial-whatever feels good. By creating a sense of well-being, we help our bodies and souls prepare for the next "growth" spurt.



SCHEDULE OF GROUP MEETINGS FOR THE BEREAVED

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

Grace Baptist Church – (1414 W Pawnee)

Facilitators: Connie Westerfield

SOUTH WICHITA

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

This group is currently meeting by ZOOM.

Please call the Facilitator to receive the ZOOM number. 316-734-8905 leave message

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 & Jack Elder

CENTRAL WICHITA

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

This group is currently not meeting.

Facilitators: Evelyn Reece (316-722-3088), Marsha Huffman, Bonnie Workman

WEST WICHITA

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

Clearwater Church of Christ - (13900 N Diagonal Road) Use West Door

Facilitators: Kathy Thomas & Linda Burris

CLEARWATER

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) North entrance

Facilitators: Julie Montgomery & Fang Richards

CENTRAL WICHITA

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

SURVIVORS OF SUICIDE LOSS

Mondays: 7:00 - 8:30 PM

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.

CENTRAL WICHITA

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.

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)



February 2021



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

The Circle of Grieving

*The small circle was composed of ten strangers,
Drawing closer as the words and moments elapsed.*

*Our pain-filled hearts opened up to each other,
The time of aloneness had miraculously passed.*

*As we shared our tears and our fears together,
What was, till then, just me, suddenly became "we".*

*Clumsily at first, the words tumbled out softly.
We now felt compassion for others, not just for "me"*

*Realizing that our caring and our love did not die,
We learned that others also suffer as we do.*

What a wonderful memorial to the ones we have lost.

To reach out a caring hand to others in grief, too!



*By Mary Jane Cronin; Scottsdale, AZ
Bereavement Magazine May/June 1998*

Contributions for last month(s) totaled \$1207.00
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

January Contributors:

- Marjorie Watkins
- Carmen Suter
- Mary Evans
- Ted McMurphy
- South Group
- Marge Glazier
- Les Shepherd
- Al Kemmerer
- W H Ford
- Lois Pardee
- Jarree Miller
- Evelyn Reece

Remember to send your donation to:

2622 W Central
 Suite 401B
 Wichita, KS 67203



Memorial Gifts

A J Belcher 12/30/09
 We still miss you so much
 Love Mary & Michelle Belcher

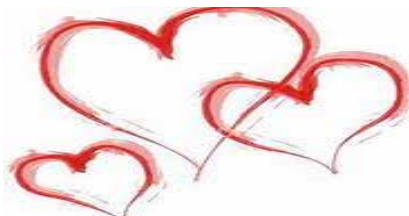
In loving memory of
 Loan Nguyen
 by Jennifer Nguyen

In loving memory of
 Otis Jefferson
 by Sharon Jefferson

In loving memory of
 Maxine Hilton
 by Larry & Brenda Peterson

In loving memory of my son
 Caleb Perkins
 by Sarah Carr Lytle

In loving memory of
 Fred Silver
 by Loretta Seidl



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.**

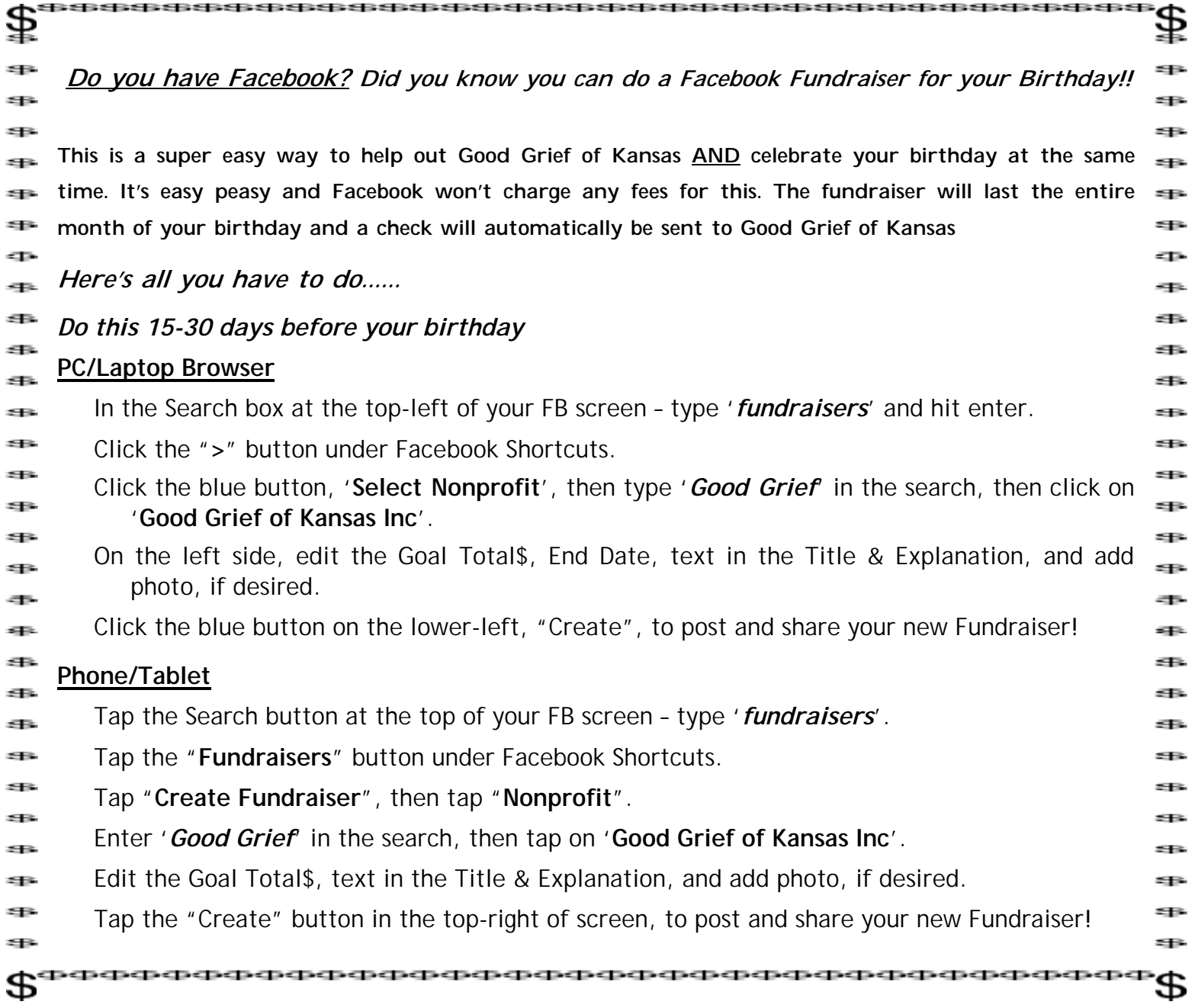
Please help make sure that others who need Good Grief will hear the message that we can and will help them through their grief. Gifts may be designated in honor or memory of a special individual or occasion. We also appreciate monetary gifts to help with the expense of producing and mailing this newsletter. **Memorial tributes and gifts**

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

February Birthdays

Eddie Glenn.....	1
Kelsey Vinopal.....	1
Ed Reed	3
Shirley Rayl	3
Gail Davis	4
Randy Pianga.....	4
Lindsay Cornish.....	4
Mike Gillihan.....	8
Jack Elder.....	8
Diana Kramer	10
Jan Young	10
Rosie Hacker.....	12
Connie Ohler	13
Deana King.....	13
Peggy Grell.....	16
Clarence Nickelson	16
Carla Bell.....	20
David Laws.....	20
Betty McAnulty.....	23
Barbara Phillips	23
Tami Spain	25
Lori Byrd.....	29





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

Here's all you have to do.....

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!

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 _____

A Space for Love

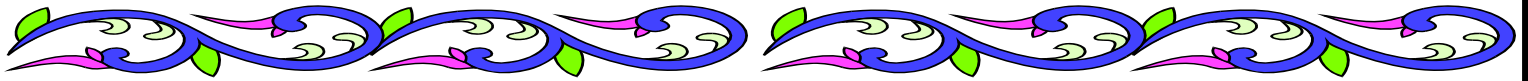
by Paula Schultz

We don't realize it is happening. We can't pinpoint the exact moment it began. But, somehow, love quietly creeps into our hearts and gently nestles comfortably in our soul.

Like a bird, love builds a nest, selecting the perfect strand for each corner of its home . . . some strands for strength, some for beauty, some for comfort.

Intricately woven, it is inextricably entwined within the fabric of our heart.

When the bird leaves, the seemingly empty nest remains. But, upon closer examination, we find the nest still filled with strands of love, each a unique memory of the one who is gone . . . a playful laugh, a tender hug, a welcoming smile, a mischievous wink behind sparkling eyes. The essence of the builder remains in that home-within-our-heart. Far from being empty, that space is now brimming with memories and the eternal legacy of love that it holds.



Beatitudes For Those Who Comfort

By Jackie Deems

Blessed are those who do not use tears to measure the true feelings of the bereaved.

Blessed are those who do not always have a quick "comforting" answer.

Blessed are those who do not make judgments on the bereaved's closeness to God by their reaction to the loss of their loved one.

Blessed are those who hear with their hearts and not with their minds.

Blessed are those who allow the bereaved enough time to heal.

Blessed are those who admit their uncomfortableness and put it aside to help the bereaved.

Blessed are those who do not give unwanted advice.

Blessed are those who continue to call, visit, and reach out when the crowd has dwindled and the wounded are left standing alone.

Blessed are those who know the worth of each person as a unique individual and do not pretend that they can be replaced or forgotten.

Blessed are those who realize the fragility of bereavement and handle it with an understanding shoulder and a loving heart.

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!



***Take a shower,
wash off the day.**

***Drink a glass of water.**

***Make a room dark.**

***Lie down and
close your eyes.**

***Notice the silence**

***Notice your heart.
Still beating.
Still fighting.**

**You made it, after all.
You made it,
another day.
And you can make
it one more.**

You're doing just fine.



Office Supply Needs

Envelopes:

#6 Security

#10 Standard

(Dollar Tree envelopes are fine)



Office Hours

316-612-0700

*Please note,
Office Hours
have Changed*

Monday 8 - 10

Wednesday 8 - 10

Thursday 8 - 10



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Good Grief News

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Mary Evans, Treasurer

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Merri Reed Jim Yoder

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Janet Cook

Founder

Phyllis L. Gadaire-Sauer

Office Manager

Marsha Huffman

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Jenny Mitchell	Melissa Warnken
Julie Montgomery	Connie Westerfield
Lois Pardee	Bonnie Workman
Mary Piotrowski	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 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

Cell 316-648-7415

Office 316-978-9200

Marge Glazier, Broker Associate