



Good Grief
of Kansas, Inc.

Good Grief NEWS

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

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

Just Sit With Me

This article should be in the hands and hearts of everyone who want to be a grieving, healing partner for someone who has suffered a loss. It is for those who "get it" to the extent they can and for those who don't "get it," but still want to help. As we all know, a hug, a heartfelt handshake, a silent partner can do much for our healing and our hope.

In the end, we all grieve alone, but to have partners in healing can go a long ways towards helping us recapture our smiles and bring our loved one's lives back to us.

- Know that you have incredible power. Your support today, tomorrow, and forever will be paramount to our healing. Stick with us and you will see our smiles return.
- Understand that our grieving and healing will never end. We will never be over it or completely healed. We will grieve the death of our loved ones forever, but it doesn't mean we need to lead a grief-stricken life. That is where you can help.
- When we talk about our pain and our tears flow, don't try to make them go away. They are doing good things for us. Our tears are lie the steam valve on a pressure cooker. We need them as a way of releasing our suffering.
- We know we scare you at times, because we are so distraught, but don't look at us as a problem to be fixed so you will feel better. Don't make our healing about what is best for you: We know you want to help, but advice and "should dos" only invalidate our feelings and push us away.
- Don't try to change us. We will never be the person you once knew – too much has happened to us. Let us be who we are, a grieving, healing person who one day will be similar to that complete person you knew. We want to feel better, we are looking for answers where sometimes there are none. Be patient with us, we know we can be frustrating for you. You may think we are not trying, but we are, with all our might, all of the time.
- Be an empathetic listener. There is incredible power in saying nothing. Don't feel like you need to fill the silence with words. A gentle hug, a hand held, a simple not of the head says you care.

- We will never stop missing our loved one. We think about him just as often as you think about your loved ones who are alive. And that is the way it will always be. If you see us out to dinner or at the show, dancing and smiling, don't think we have healed and no longer need you. Those are our masks. Like any deep wound that scars over, the pain of that wound lives in us forever and stays with us.
- We love to talk about our loved ones. They still live. Not like they used to, but their spirit and life force live within us, and we love hearing their names spoken and your stories about their memories validate their lives. If we cry when you talk about them, you didn't cause our tears. Those are tears from a grateful heart, because you remembered our loved ones.
- Our loved one's birthdays and death dates are days we will never forget...ever. You can never remind us they died, but you can remind us they lived through your sharing. You have the power to help us heal by acknowledging those days with a card or a call. Whether it is our first year, your tenth or thirtieth year without our loved ones, when you contact us, you are remembering their lives and that is powerful to us.
- We know that you hurt, too. The loss of a loved one was a loss for you also. We can help each other heal by staying involved in each other's lives.
- If you are reluctant to call or come by, don't be afraid of us. When you show up, you show you care. Even if all you can do is cry in our arms or over the phone, it helps us to know your tears are for us. That helps us heal, and you, too.
- Finally, if you are a healing partner who can stay with us forever, we will never be able to put into words how grateful we are for your support. When we smile a genuinely happy smile as our lives heal, much of that joy will be because of you. You have that kind of power and we, and our loved ones, will be eternally thankful you had the courage, strength, and most of all, patience to wait for us to return.

by Rob Anderson



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)

Facilitators: Deana King, Jenny Mitchell, David Span

This group is currently not meeting

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

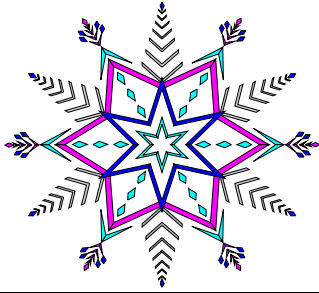
Country Breakfast Café - 2804 S Seneca St

(Hostess: Lois Pardee)

Saturdays: Breakfast at 10:00 AM

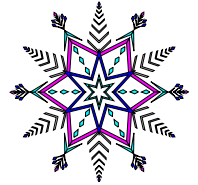
Spears Restaurant - 4830 W Maple


(Hostess: Janet Cook)



January 2021

*Always on my mind
Forever in my heart*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1 NEW YEARS DAY 	2 Breakfast 10 am Spears Restaurant
3	4 SOSL Wichita 7:00pm (by ZOOM) South Group 7:00 pm	5 West Group 6:00 pm Clearwater 7:00 pm Breakfast 9am Livingston's	6	7 Brunch/Lunch 10 am Country Café <u>TLC mtg 5:00 PM</u>	8	9 Breakfast 10 am Spears Restaurant
10	11 SOSL Wichita 7:00pm (by ZOOM) East Group 7:15 pm (by ZOOM)	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 7:00pm (by ZOOM) South Group 7:00 pm Martin Luther King Jr Day	19 West Group 6:30 pm Clearwater 7:00 pm Breakfast 9am Livingston's	20	21 Brunch/Lunch 10 am Country Café	22	23 Breakfast 10 am Spears Restaurant
24	25 SOSL Wichita 7:00pm (by ZOOM) East Group 7:15 pm (by ZOOM)	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	1	2	3	4	5	6

On Memory

When you remember me, it means that you have carried something of who I am with you, that I have left some mark of who I am on who you are.

It means that you can summon me back to your mind even though countless years and miles may stand between us.

It means that if we meet again, you will know me, and hear my voice and speak to me in your heart.


For as long as you remember me, I am never entirely lost.

by Frederick Buechner



Contributions for last month(s) totaled \$1197.00
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

December Contributors:

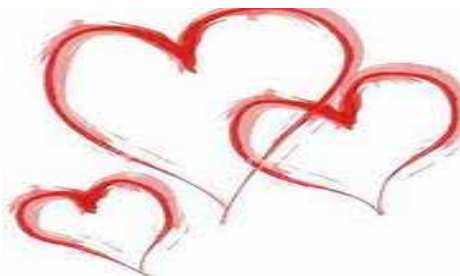
- Evelyn Reece*
W H Ford
Janet Cook
Janet Cunningham
Ted McMurphy
South Group
AT&T
Cheri Gartin
Al Kemmerer
Michael Bayouth
Delores Roehrman
Ted Swan
Carmen Suter
Network for Good
Jarree Miller
Lois Pardee
Mike Gillihan
- Remember to send
 your donation to:
- 2622 W Central
 Suite 401B
 Wichita, KS 67203
- 

Memorial Gifts

In loving memory of
 Shirley Howe
 who departed Dec 23, 2017.
 I miss you more every day. Our
 world has changed forever.
 by Jerry Boyd

In loving memory of
 Robert Stanek
 Merry Christmas—Happy Birthday
 Love and miss you
 by Carolyn Stanek

In loving memory of
 Candace Eck
 by David Eck



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.

Januray Birthdays

Norma Nosker.....	2
Charles Brown	3
Laura Young	5
Jon Burk.....	5
Tamara Kelley.....	5
Brie Dieker	5
Jeremy Arnold.....	8
Chasni Gifford.....	11
Jan Ross	12
Vivianne Bowyer	12
Janet F Cook.....	13
Chris Horning.....	13
Don Hess	14
Clair Duggan.....	14
Larry Gustin	16
Adrienne Massey	16
Ginny Charles	17
Kermit Oppriecht.....	18
Marjorie Watkins	18
Rayanne Church.....	18
Mika Satake	18
Deanna Booth.....	19
Lois M Parkee.....	21
Benny Zuniga.....	21
Jenny Mitchell	21
Ellen Moore.....	23
Verda Eichelberger	24
Judy Berg.....	24
Carol Cole	26
Fred Silver.....	27
Dave Bloir	27
Karen Gooch.....	27
Nancy Vincent.....	29
Janet Phelps	30
Beverly Ann Holder.....	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*

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 _____

Stretching My Wings

*Tightly wrapped in a small cocoon,
Unmoving,
The world going on around me,
Seemingly without me.*

*No one aware that inside this shell I am changing,
Becoming something new,
Getting ready to fly.*

*Soon, I begin to work,
To struggle against my tiny confines.
My head pokes through first,
The rest of me soon follows.*

*At last, free, I stretch my wings,
Look upward,
And, fore the first time,
I fly!*

By Margie Casteel, Littleton, CO -- Bereavement Magazine Sept/Oct 2001



Reclaiming Our Joy

Shortly after my son's suicide in 1993, a wise counselor told me not to let death take away my joy. At the time, those words fell on deaf ears. But, as the days passed and healing began, that guidance became my mission to somehow reclaim my joy after experiencing the incomprehensible suicide death of my child.

The powerful and overwhelming emotions that embody the grieving process tend to be magnified during the holidays - a time when memories of our missing loved ones are especially painful. Family gatherings are wearying reminders of the stark reality of our own loss. Here are some steps that we can take together to endeavor to recover our God-given joy during a difficult holiday season.

Plan ahead for the pitfalls of holiday bereavement. Educate yourself in the fine art of surviving the holidays and equip yourself for the season.

Beware of the expectations of others and choose to get through the holidays your way!

Give yourself permission to grieve during the holidays instead of denying your emotions. Resist the urge to "shut down" emotionally until next year. Trust me, the feelings will still be on that shelf on January first, and they may be even more powerful and destructive than they were in December.

Choose to be around safe, supportive people during the holidays - people who will let you have your grief. Make a conscious decision to stay connected to God and His people at a time when you may prefer isolation. We serve a loving, comforting God, and there is great healing in His community. Reach out and take the light and love that others offer during the holidays, and in turn, give whatever you can to those who reach out to you.

By Linda Flatt, Henderson, NV, Bereavement Mag. Nov/Dec 2000



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 do not seek to understand
so that I can believe,
but I believe so that I may
understand;
and what is more,
I believe that unless
I do believe,
I shall not understand.

— Saint Ansel

What we have once enjoyed
and deeply loved
we can never lose,
for all that we love deeply
becomes a part of us.

— Helen Keller

Death is not putting
out the light.
It is only extinguishing
a lamp
because the day has come.

— Rabindranath Tagore

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

316-612-0700

Monday 9 - 4

Wednesday 8 - 10

Thursday 8 - 10





Good Grief News

Good Grief of Kansas, Inc.
2622 W Central - Suite 401B
Wichita KS 67203

Good Grief
of Kansas, Inc.

NON-PROFIT
ORG.
U.S. Postage
PAID
WICHITA, KS
Permit No. 426

RETURN SERVICE REQUESTED

www.goodgriefofkansas.org

316-612-0700

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
Jack Elder	Cindy Swan
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 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