



Good Grief NEWS

Good Grief
of Kansas, Inc

2622 W. Central - Suite 401B, Wichita, KS 67203
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Jan 2022

“Stones or Diamonds”

Letters From Carlene

By Carlene Eneroth
Spokane, Washington

Recently I attended a Compassionate Friends meeting in our state. At the opening, each parent sitting around the circle said his or her child's name, when the child died and how the parent was surviving. It quickly became apparent that several were having a rotten day! You know those kind ... no matter what you do, it just isn't very good for awhile.

One mother, who had lost her only two children in separate accidents, made a comment that stuck with me and pretty much defined how everyone felt. "As I hear a lot of us talking tonight, I think it's like the old song that says: 'Some days are diamonds; Some days are stones; Some times the hard times, won't leave us alone.'"

How very true! That song has been replaying in my mind ever since, and I decided to see what other people would define as "stone days" and also what days may have a glimmer like that of a diamond.

Here are some examples of stone days:

- Sundays! Boy, they ARE long, and when it's such a family kind of day, it seems absolutely endless.
- When something in the house breaks down or when the car won't run, and he's not here to fix it - again.
- When the kids get sick and I'm the only one "on duty" and I have no back-up.

- When my mother-in-law remarks, "Oh, you're certainly looking older since Jody died!" (A thirty two-year old mom of five kids really needs to hear THAT!)
- When a co-worker remarks, "You're talking about your daughter (husband, etc.) too much! They're gone, so you better move on."
- Sometimes, I think people's comments are the hardest of all to bear because the words have stabbed our raw hearts anew and there's no quick reply we can make.
- So, what would define a "diamond day"? How about:
- When someone says, "Your dad was certainly a Godly man!"
- When a card arrives specifically mentioning a big memory day coming up for you.
- When you get the chance to talk and cry with friends with the liberty to discuss your special treasure.
- When someone who knows of you struggle to survive says with admiration, "You are really strong!" or "You are some kind of fighter!"
- When you go to the cemetery and find someone else has already left flowers.

- When you spend time with grandchildren and notice how "her" spirit and mannerisms are alive and well in them.
- When you attend a conference and win the flower arrangement door prize on what would have been your wedding anniversary.
- When someone not only asks, "How are you? But caringly follows up with, "But how are you REALLY?"

Each of these things have actually occurred, although we certainly wish that some of the stone day comments were just fiction! All of us will probably have many more stone days than diamond ones for a long time. In fact, when I asked one father about his diamond days, he said, "I don't think I've come to any diamonds yet. But I have started to notice some of my stone days end up having a particular gloss and shine to them that makes me feel content."

I liked that! But I am wondering what makes up YOUR stone and diamond days?

If you can't think of any diamond days so far, you're certainly not alone. In the beginning of grief, as we're sitting in a rockpile of stone days, it's nearly impossible to even imagine finding a jewel. But keep an eye peeled for a glimmer of hope that might qualify as a diamond. They are there, but sometimes we have to look a little harder and wait a little longer.

Here's hoping you strike diamonds soon in your journey through the minefields of grief.



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

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: Melissa Warnken

EAST WICHITA

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 **Entance 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**

Childcare available upon request. Please give 24 hour notice—call or text to 316-925-2234

Facilitators: Julie Montgomery & Fang Richards

CENTRAL WICHITA

SURVIVORS OF SUICIDE LOSS

Mondays: 6:30 - 8:30 PM

CENTRAL WICHITA

This support group meets at RiverWalk Church of Christ in downtown Wichita

(225 N Waco) Note: **Go to the NW door #7 closest to the river.** If the door is

locked, please knock loudly. The Monday night meetings begin at **6:30 p.m.**

If you have questions or plan to attend this group, **please call the facilitator** prior to attending your 1st meeting so session handouts may be prepared you.

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
White 11x17

Schedule of Regular Socials:

Tuesdays: Breakfast at 9:00 AM

Livingstons - Webb & 21st

(Hosts: Cindy Swan, Mike Hertzler)

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 2022

*May you always be the one who sees the light
in the little things*



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

The Blessings Truck

by Eloise Cole Scottsdale, Arizona

The process of mourning is such a long one. Often, looking ahead does not seem to bring hopeful images to mind.

Mired in pain, day to day, that first year it was often hard for me to function. Well-meaning friends would remind me that while I desperately missed our son, Mark, I had many blessings.

I knew I had many blessings. My husband and our children were safe.

We were paying bills and not losing our minds. Daily coping was our task at hand. It was hard to be in touch with our blessings.

What I needed was a "blessings truck." I needed to have UPS drive up to our house and unload a big box of blessings. I needed to take out "the blessings" and touch and feel them. I needed, that first year, to have a "Blessings Truck."



Eloise Cole - *The Blessings Truck*,
Jan/Feb 2001.
Bereavement Publications, Inc.

Contributions for last month(s) totaled \$1947.90
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

December Contributors:

Network for Good

Anonymous

South Group

AT&T

Al Kemmerer

Walmart - Store 4321

Virginia Lytle

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Lois Pardee

Arla Fowler

Michael Bayouth

Beverly Whitman

Marge Glazier

*Remember to send
your donation to:*

2622 W Central
Suite 401B
Wichita, KS 67203



Memorial Gifts

In memory of Caleb Perkins
Happy Birthday Son (12/7)
By Sarah A Lytle

In loving memory of Otis
Jefferson on your Birthday
By Sharon K Jefferson

Remembering you on your
Birthday Roland Reece (1/15)
By Evelyn Reece



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.

January Birthdays

Norma Nosker.....	2
Charles Brown	3
Jon Burk.....	5
Laura Young	5
Jeremy Arnold.....	8
Chasni Gifford.....	11
Linda Young.....	11
Vivianne Bowyer	12
Jan Ross.....	12
Janet F Cook	13
Clair Duggan.....	14
Don Hess.....	14
Larry Gustin	16
Adrienne Massey	16
Ginny Charles	17
Rayanne Church.....	18
Kermit Oppriecht.....	18
Mika Satake	18
Marjorie Watkins	18
Deanna Booth.....	19
Lois M Pardee.....	21
Ellen Moore.....	23
Verda L Eichelberger	24
Margaret Looper	24
Carlos Cervantes	25
Carol Cole.....	26
Kenneth Howell.....	26
Dave Bloir	27
Karen Gooch.....	27
Suzanne Birch	28
Beverly Ann Holder.....	31



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 _____

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!



Little White Blanket

By Deborah Antinori
Basking Ridge, New Jersey

Little white blanket...first snow on the grave since you left. How can it be? Just yesterday you were here. You left in summer's humid heat. Cicadas sang your eulogy over fresh-turned soil. Now snow's first appearance covers your smooth, flawless sleeping ground.

Little white blanket covers and cares for you when I no longer can. I care for you now with prayers and memories and by framing photographs of times gone by. Photos of you and me. When I look at us, I can still feel you sitting next to me, breathing, smiling, living your life with me.

Then I feel you gone from here, from me. I never knew before how to feel what's not there. Feeling the aching void where many times you sat. Feeling the not-me-ness of me, without you.

Little white blanket, tuck in my loved one. Cover her gently, make her comfortable, send her my love. When spring comes, and little white blanket disappears, let the crocuses I planted bloom their first blooms, counting every *first* since you left.

First morning without you, first week alone, first month bereft, first Halloween, Thanks-giving and Christmas, first New Year....a strange year without you. With the passing of time, I fear I'll forget you, so I hold onto you.

Little white blanket, first snow on the grave assure me she's cared for, that she won't forget me, that we are still us, that I am still *me*, that somewhere in spirit she is still *her*.

First snow, Nature's wise surround for my departed, little white blanket, teach me how to mend the hole ripped in the fabric of my life, christen the ground, baptize me in understanding the cycles of life...living, loving and letting go.

Antinori, Deborah, *Little White Blanket*,
January/February 1999 Bereavement Publications, Inc.





Adrienne Darlene Massey

January 6, 1955 - December 8, 2021

Adrienne began her journey with Good Grief in 2012 after the loss of her husband, Stanley. She became a facilitator in 2016.

Adrienne was a joy to be around and forever had that amazing smile on her face. She was always willing to help when needed. She helped others through their grief by facilitating at the East Good Grief group.

Adrienne will be deeply missed by all that had the pleasure of knowing her. Memorial contributions in her name may be directed to the Bradford Memorial Library in El Dorado.



Come Walk Among the Stars

*By Winston O. Abbott
Bereavement Magazine March/April 1999*

There are no shadows on the world at noon - There are no shadows on the heart when love is near - And yet, and yet as daylight fades toward the dusk - The shadows often lengthen - and sometimes sadness comes stealing up from the place of remembering - for sadness is but a shadow - a shadow that is fashioned from love's bright sunlight upon a treasured memory.

How varied are the shadows that rest against the earth - soft and hazy in the summer's warmth - gray and sharply defined upon the autumn hillside - stark and coldly blue against the winter's snow - gentle and ever so softly blurred with the eternal promise of spring's returning.

And sadness too is varied as it lies against the heart - tinged with a wistfulness for one who is missed - acute with anguish where the need is deep and constant - bearable in the brightness of the sunshine - crushing the spirit in the lonely hours before the dawn -

And in remembering that there could be no shadows if there had not been light - I ask myself, "Could spring's fresh beauty lift your heart so high had not dark branches etched the winter sky?"





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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

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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.

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

- Memorials, Gifts & Donations

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info@goodgriefofkansas.org.

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