



Good Grief  
of Kansas, Inc.

# Good Grief NEWS

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June 2020

## *Grief and Unfinished Business*

By Kathleen Braza - Salt Lake City, Utah

If only I'd said 'I love you' before he died.

If only we had taken that trip to Hawaii.

If only Mother had received flowers when she was alive...

Do any of these expressions sound familiar to you? Have you heard these words of regret and frustration from others? All too often, these expressions of "unfinished business" can become major obstacles to healing a grief and mourning process.

Dr. Elisabeth Kubler-Ross defined "unfinished business" as "something that is incomplete in our lives that deprives us of a sense of peace." It is almost always about relationships and includes things said or unsaid. Done or not done. It is often reflected in statements preceded by the words "if only."

Bereaved individuals may share their unfinished business with comments such as "Why was I so concerned about being a perfect housekeeper? Why didn't I play more with my children instead?" Or, "Why didn't I just get him to the doctor for a complete physical?" and "Why didn't we go to Disneyland with the kids instead of re-carpeting the house this year?"

These expressions of guilt, remorse, and resentment often prolong or delay a healthy grief and mourning process. Often these individuals will appear "stuck" in their grief, as if holding on to their pain can help them somehow atone for what they feel is still incomplete or unfinished.

Unfinished business can continue long after a death and make healthy reconciliation of grief seem impossible. Many of us are familiar with individuals who after ten years cannot speak of the deceased without fresh grief and great pain.

We can also "collect" unfinished business in our daily interactions with others by not expressing our honest feelings when they are appropriate and timely. How many of us are carrying around old hurts and resentments from a colleague or family member who offended or disappointed us in some way? How many of us have hearts that are weary from holding on to hurt or fear? Perhaps the concept of "letting go," so often used in grief work, also relates to letting go of the pain of unfinished business that can wear heavy on our hearts and, perhaps, even our souls.

Some unfinished business is centered around painful physical and emotional trauma such as child abuse and incest. These issues usually require professional intervention to help in the healing process.



However, in many cases, we can take care of our unfinished business – even with someone who has died. One profound way is to write a letter (or many letters) to the deceased and express all that is in your heart, painful as well as wonderful.

Then write a letter from the deceased person back to you, and listen for the healing messages you need to hear. If your unfinished business is with someone who is still alive, write the letters, but don't send them. The goal in completing unfinished business is to clear our hearts of pain, not for revenge or the hope to change someone else.

Daily journaling, making a tape, or mentally putting the deceased in a chair across from you and just talking things out are also healing strategies for dealing with unfinished business. Take a walk and mentally have the individual you need to talk to join you. Share what is in your heart. The walk itself can also release the energy and anxiety that many build in the process.

Grief needs expression in healing ways. Grief unexpressed can lead to illness, substance abuse and lives of pain. You may have heard the expression "what we resist persists?" The more we resist our grief and the painful process of completing our unfinished business, the more it will persist in our lives, keeping us from living fully, loving completely, and experiencing peace.

Unfinished business can also keep us from opening our hearts to others who hurt. If someone else touches our old "wounds," we may shut down emotionally and have difficulty truly "being there" for another on a heart-to-heart level.

However, the most important aspect of finishing our unfinished business is not to collect it in the first place? Say, "I love you," today. Take that walk together in the hills, today. Send those flowers, today. Express your feelings, today.

In spending time with people who are dying, often what is shared are either regrets or special, loving moments that were shared with another or with nature, or memories of trips and tender times. What would you find most important to share with someone at the end of your life? If at the end of our lives, what we reflect upon most are regrets and moments, perhaps we need to take care of our regrets now and collect more meaningful moments. As Charles Hodge aptly put it, "When we come to die, we have nothing to do but die."

Stephen Levine in his book "Who Dies?" writes "Finishing business means I open my heart to you, that whatever blocks my heart with resentment or fear, that what I still want from you is let go of, and I just send love. I let go of what obstructs our deepest sharing."

**SCHEDULE OF GROUP MEETINGS FOR THE BEREAVED**  
**Be sure to check the website for any changes to meeting schedules.**

# *Your Safety Is Most Important*

**Due to COVID-19  
all Meetings and Events  
are currently on hold**

**Good Grief of Kansas  
Board of Directors  
is discussing restarting  
face to face Group meetings  
on July 6th.**

**Watch for updates in your  
July newsletter**

**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.*

**Specials:**

**Saturdays: Breakfast at 10:00 AM**  
Spears Restaurant - 4823 West Maple  
(Hostess: Janet Cook)

**Thursdays: Lunch/Brunch at**

**10:00 AM**

Country *breakfast* Café - 2804 S Seneca Street

# June 2020

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



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Contributions for last month(s) totaled \$1371.15  
 THANK YOU for your donation which makes it possible for  
 Good Grief of Kansas to continue to serve the bereaved.

## May

Contributors:

*W H Ford*

*Lois Pardee*

*Jarree Miller*

*Ted McMurphy*

*Deborah Kipple*

*Nancy Vincent*

*Al Kemmerer*

*Janet Cunningham*

*Verda Eichelberger*

*Kroger / Dillons*

*Margaret Noller*

*Carmen Suter*

*David Eck*

*Theresa Pitzer*

*Alice Shelton*

*Evelyn Reece*

*Network for Good*

## Memorial Gifts

In loving memory of  
 Candace LV Eck  
 by David Eck

\*\*\*\*\*

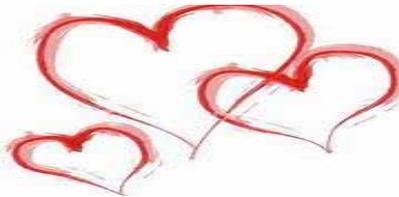
In loving memory of  
 Robert 'Bob' Pitzer  
 by Theresa Pitzer

\*\*\*\*\*

In loving memory of  
 Jack Shelton  
 By Alice Shelton

\*\*\*\*\*

Remembering you on  
 our anniversary  
 Roland Reece  
 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.

Memorial tributes and gifts  
always welcome.

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

# June Birthdays

Judy Wherritt.....	1
Dawn Lindow.....	2
Connie Uphaus.....	2
Odean Moore.....	4
Karma Heckard.....	5
Rosa Lee Sarachek.....	6
Michael Bayouth.....	8
Stephanie Patterson.....	8
Royal Owens.....	10
Douglas Cravens.....	11
Lois McClelland.....	13
Carolyn Hennessy.....	14
Mary Lou Norris.....	14
John Bigley.....	16
Sherry Roeser.....	16
Shannon Campbell.....	19
Kelley Chesney.....	19
Anna Johnson.....	19
Evelyn Brown.....	23
Lisa Kelly-Wake.....	24
Marsha Volz.....	25
Amber Ewertz.....	27
Eldon Sholtess.....	27
Kristy Canterbury.....	30
Betty D Kelly.....	30
Steven Page.....	30
David Span.....	30



# To Reach Out – Like “The Daring Young Man on the Flying Trapeze”

As a child, I loved the song. Do you recall these words written by George Leybourne in 1868 in ¾ time:

*“He flies through the air with the greatest of ease,  
This darling young man on the flying trapeze,  
His movements are graceful, all girls he doth please,  
And my life he’s purloined away.”*

At that time of my youth, I did not fully understand some of the language (like “purloined”) nor its meaning. Recently I delved into it origin. It contains a profound message for those in grief and seeking solace and wisdom.

Jules Leotard, a Frenchman, was the original “daring young man.” At the Cirque Napoleon in Paris in 1859 while swinging onto a trapeze bar, he floated through the air for about fifteen feet. Then he reached out and grabbed onto another trapeze bar, swinging toward him. History was made. No one had ever released a hold from one bar before, grabbing onto the second, fifteen feet away.

It was one hundred twenty-three years later that seventeen-year-old Miguel Vasquez completed the first quadruple somersault. This amazing feat was accomplished with the invaluable assistance of his brother, Juan, who grabbed onto Miguel and pulled him out of the spin. Only by reaching out was Miguel saved from certain death. Here is how Juan described the vent: “Hanging upside down, I am swinging toward him as he is hurling toward me at seventy-five miles per hour. Now I am reaching for him; my hands are locked and holding!”

Isn’t the death of a beloved like “hanging upside down”? We don’t think we can bear the aching paid another minute. At that moment, we are torn apart, powerless, helpless, unprotected.

Juan suggests a way of deliverance: “My hands are straining toward his, his hands are straining toward mine.” As grievers, we too must gradually let go, grab on, and REACH OUT.

This is the time to reach out to family and friends. We can’t expect them to “catch us” unless we express to them our lacerating terror. If we keep saying: “I’m fine,” how will they comprehend our panic. We need to gradually let go of the past, grab on, and REACH OUT.

This is the time to REACH OUT to support groups. They have had similar moments of dread and can understand what we are going through. As someone said: “I know that they have been through heartache and survived.” By gradually letting go, grabbing on and reaching out, we create lasting friendships as together we rebuild our shattered existence.

This is the time to REACH OUT for possible professional help. Of course, counseling is not a substitute for friends or family or faith. It does not mean that we are weak or mentally ill. It is our sign of courage that with a trained “listening ear,” we are letting go of the past, reaching out and grabbing on for vital and viable support through our lonely and frightening pilgrimage.

This is the time to REACH OUT to faith. Lament is the Biblical language for personal sorrow and even protest. In the darkness of our despair, we reach out to the One who may help us to accept the unacceptable with a sense of belonging, solace and peace. We are no longer completely alone.

“Hanging upside down” is unbearable suffering. Yet by REACHING OUT will the space between the grief pangs begin to lessen and the intolerable hurt becomes less intense. We must let go of what can no longer be attainable, grab on, and reach out. An open hand holds better than a closed one and may be crucial in pulling us out of our spin when we are “hanging upside down.”

- by Rabbi Earl A. Grollman, DHL, DD

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

# Getting Back on Track

When grief has become part of our lives, we wonder when (if ever) we'll be back on track again. Seems like we accomplish very little except, as the joke goes, breathe, breathe, breathe.

But I have found that a one-year (or two- or three-year) anniversary of when our lives were forever changed is a good time to look back at ourselves and our circumstances. Naturally, it's also a time for tons of memories and it isn't long before tears come as well.

However, I had another train of thought in mind. My own family train has been on a siding for quite some time. We barely survived the head-on collision with that train called Grief, and now, as the tracks are being cleared to put us back in circulation, I thought it would be a good time to see what I've accomplished while "under repair".

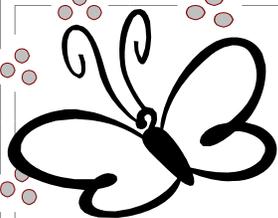
Personally, I was rather stunned as I started to make a list of things I did during one year of grief. I was so convinced I'd mostly spent the time sitting, crying, waiting and pondering that at first I thought the list would only fill up one little sticky note. I was amazed to discover that I had so much to write about; it would fill a notebook page! Take a peek over my shoulder at what I discovered:

- I kept the lawn watered for the summer. Usually that's a "guy" job, plus having the hottest summer on record, it was a daily job that really kept me busy.
- I painted the living room and hall - with tons of trim to do as well - and even a bedroom (three coats, no less!). The bedroom turned out so well, I made it an office.
- I actually felt okay making a creative decision like picking out wallpaper border for that new office and then putting it up okay, too!
- I helped in tearing down a very old backyard fence and then stirred twenty-five bags of concrete, moved rocks for post holes, held fence boards to a plum line and painted them, too. This came at one of my toughest months, and yet I see now that all that physical labor was just what I needed to sleep better, get my mind on something else and to feel pride with a visual accomplishment.
- I got the bills paid on time. For any woman alone, that is a big deal, especially if you remember to sign the checks and to stamp the envelope or just plain remember to write them in the first place!
- I began walking two miles every day with a neighbor that I hardly knew. She wanted to get out of the house for a brief time as her husband has both terminal cancer and Alzheimer's. Each of us felt better physically and became friends as a bonus. I felt kind of proud to have started this routine that we still continue today.

Whew! So how about you? Your list of accomplishments in one year probably will exceed mine. But may I encourage you to actually get out paper and write them all down? To help jog your memory on the year, get out your old checkbook register. I have found that just noting where and when I wrote checks often reminds me of events over the past months that I would otherwise have forgotten. Additional memory joggers can be found in a diary, if you keep one.

Then take time to toast yourself in recognition of the past 365 tough days when you really did get something done under the most severe, adverse conditions anyone can imagine. That is something to be proud of, and if you felt a hand on your back just then, it's only me giving you a well-deserved pat!





## I MADE IT HOME

I just wanted to let you know  
that I made it home.

Everything is so pretty here,  
so white, so fresh, so new.  
I wish that you could close your eyes  
so you could see it too.

Please try not to be sad for me.  
Try to understand.  
God is taking care of me....  
I'm in the shelter of His hands.

Here there is no sadness,  
and no sorrow, and no pain.  
Here there is no crying,  
and I'll never hurt again.

Here it is so peaceful,  
when all the angels sing.  
I really have to go for now....  
I've just got to try my wings.

PS... I'll be the first face you see  
when you get here!

## 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 work just fine)

#### Colored Paper:

Pastel - Cream  
8½ x 11, 24 lb



### Office Hours

Mon.	9:00 - 4:00
Wed.	8:00 - 10:00
Thurs.	8:00 - 10:00



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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

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

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

## Marge Glazier



Real Estate for the Real World

### **Century 21 Grigsby**

Cell 316-648-7415  
Office 316-978-9200

Marge Glazier, Broker Associate