



Good Grief NEWS

Good Grief
of Kansas, Inc

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

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

Understanding Sorrow

SORROW (Resistance)

Sorrow is the tears you cry, and the ones you hide so that no one knows you are hurting inside.

Sorrow is the memory of life and regret of death.

Sorrow is the guilt and the self-condemnation for what was and what might have been.

Sorrow is the plans, expectations, and dreams shattered into little pieces.

Sorrow is the loneliness you feel inside even though you are surrounded by well-meaning friends.

Sorrow is the anger at our Creator for taking away someone so special.

Sorrow is the inner voice fighting with reality, trying desperately, even if in fantasy to return to yesterday.

Sorrow is the automatic habits, triggers, and sights heightening our senses, bringing with it the feeling of desperation.

Sorrow is confusion mixed with responsibility to make arrangements, stay in control, and let the loved one go; but continue with your own vacant life.

Sorrow is the doubt that life is worth all the pain and suffering.

Sorrow is the end of hope, the brick wall, the road to nowhere, the end of the line.

Or so we think, for beyond this valley is the road to understanding and acceptance.



UNDERSTANDING (Acceptance)

Understanding that the only thing that you can count on in life is change.

Understanding that each moment is precious and is not to be wasted.

Understanding that loved ones are "loaned" to us and are not to be possessed; and when the time comes, in the physical life (as in divorce) or the life beyond (as in death), we must let them go to their own individual destiny.

Understanding that there is life after death, and death after life, in an unending cycle, since the beginning of time.

Understanding that love transcends all time and space, keeping those dear to us connected from within.

Understanding that sorrow is medicine upon the wounded heart, calling forth natural antibodies of life to combat the infection of negativity and disease.

Understanding that how you feel about death is based on your present "perception" of it. This perception can be changed by acceptance of new beliefs.

Understanding that death is not "bad," but yet a new birth into something wondrous. The death of a caterpillar is the birth of a butterfly; the death of a seed is the birth of a flower; and the death of a loved one means only that the form has changed, but the life goes on to something different.

Be joyous in your own way for this new beginning. Let the memory nourish life and not death; let the love and energy derived from this relationship open your faith, not fear.

The Lord moves in mysterious ways, sometimes beyond our present comprehension. Out of the rubble comes order, and out of sorrow will come understanding and acceptance. Be grateful for that which you did have and not bitter for which you did not.

- Suzan Lindstrom, *Understanding Sorrow*, September 1989.
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888-604-4673. www.livingwithloss.com

SCHEDULE OF GROUP MEETINGS FOR THE BEREAVED

PLEASE NOTE: MASKS ARE REQUIRED AT ALL MEETINGS

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.

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

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

SOUTH WICHITA

Grace Baptist Church – (1414 W Pawnee)
Facilitators: Connie Westerfield, Deona Madrigal

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

EAST WICHITA

East Point Church of Christ—(747 N 127th St E)
Go to separate building north of playground
Facilitators: Adrienne Massey, Melissa Warnken,

2nd and 4th Tuesdays: 10:00 - 11:30 AM

CENTRAL WICHITA

RiverWalk Church of Christ - (225 N Waco) Use South Office Entrance, Fireside Room
Facilitators: Marjorie Watkins , Donald Septer

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

WEST WICHITA

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

1st and 3rd Wednesday: 7:00—8:30 PM

CENTRAL WICHITA

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

2nd and 4th Thursday:

SOUTH WICHITA

Veterans
VFW (1560 S Topeka) *****This group is currently not meeting*****
Facilitator: Tonya Ross

SURVIVORS OF SUICIDE LOSS

Mondays: 7:00 - 8:30 PM

CENTRAL WICHITA

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.

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)

June 2021

*May your day be filled with Love, Hope, Health,
Happiness and Delightful Surprises*



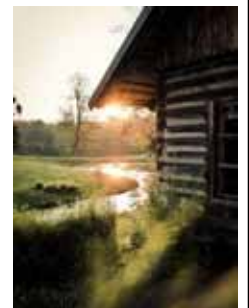
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 West Group 6:30 pm Breakfast 9am Livingston's	2 W.A.Y. Group 7:00 PM	3 Brunch/Lunch 10 am Country Café *TLC mtg 5:00 PM	4	5 Breakfast 10 am Spears Restaurant
6	7 SOSL Wichita 7:00pm (by ZOOM) South Group 7:00 PM	8 Central Group 10 am Breakfast 9am Livingston's Board Mtg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

Sweet Summer Memories

Summer has arrived,
With memories from the past.
When we once thought that summer days
Would forever last.
Holding hands on the boardwalk,
Walking barefoot along the beach.
Drinking margaritas —
Nothing seemed out of reach.
Hard to believe how quickly
Those warm days faded away.



As thunderstorms rolled in
And blue skies turned to gray.
Still, a soft whisper on the wind
Can always remind me so
Of those sweet, long days of summer
Before you had to go.
I wrap those memories around me
When the long nights turn too cold.
They warm me and restore me
Until a new morning begins to unfold.



By Kathie Winkler

Contributions for last month(s) totaled \$2050.60
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

May Contributors:

- John McBride*
- Delores Roehrman*
- Carmen Suter*
- Marge Glazier*
- Anonymous*
- East Group*
- Julie Montgomery*
- Connie Westerfield*
- South Group*
- Janet Cook*
- Janet Cunningham*
- Ted McMurphy*
- Al Kemmerer*
- West Group*

Remember to send your donation to:

2622 W Central
 Suite 401B
 Wichita, KS 67203

Thank You



Memorial Gifts

Remembering you on our
 Anniversary * June 7th
 Roland Reece
 by Evelyn Reece

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.

June Birthdays

Judy Wherritt.....	1
Connie Uphaus	2
Dawn Lindow	2
Odean Moore	4
Michael Bayouth.....	8
Stephanie Patterson.....	8
Royal Owens.....	10
Doug Cravens	11
Jim Flory	12
Lois McClelland.....	13
Carolyn Hennessy.....	14
Sarah Carr Lytle.....	14
Sherry Roeser.....	16
John Bigley	16
Kelley Chesney	19
Shannon Campbell.....	19
Evelyn Brown	23
Amber Ewertz.....	27
Betty D Kelly.....	30
Steven Page	30
Kristy Canterbury	30
David Span	30



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 _____

FUNDRAISER !!!

Silent Auction !!!

Share with your friends and family! The more people, the more fun!!

Here's how it works.... You have three weeks to place your bids. Items also be available to view at the Good Grief office. Bids can be submitted three ways:



- 1) phone the office at 316-612-0700
- 2) email your bid to info@goodgriefofkansas.org
- 3) stop by the office at 2622 W Central Suite 401B
(Mon, Wed or Fri between 10-2) to sign the bid sheet.

If you would like to donate anything to be sold at the auction
please notify the office at 316-612-0700.



Personal Pan Pizza Stone

Mini Nylon Spatula
Pizza Crust Mix
Pizza seasoning
Valued at \$35



Great Basket of Surprises!!

Including but not limited to:
Beautiful Shawl
Pillow, Bracelet
Hand lotion & Soap Set
And lots of misc goodies
Valued at \$100



We Would Love to Hear From You

Ten years ago when I lost my father and my husband three months apart, I found Good Grief. What a blessing! Attending my first few meetings I could do nothing but cry.

As I continued to attend I learned that everyone there had gone through the same thing I was experiencing. What a blessing to have others telling me...it's normal, you'll get through it and you'll find your new normal. I have grown to love this organization to the extent that I am now a full time facilitator. I love giving back to Good Grief by helping others through the journey none of us want to experience. Marsha Huffman

When Phyllis Gadair-Sauer founded Good Grief in 1993 after the loss of her husband her desire was to support others during their loss. Therefore, we would love to hear from you and to know what Good Grief has done for you, what Good Grief means to you. Sign your name or don't sign your name... it doesn't matter. We look forward to hearing about all the blessings in your lives.

Mail your submissions to:

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

Email to: info@goodgriefokansas.org

Or you can include it with your donation in the envelope provided in this newsletter.

We continue to honor Phyllis' legacy by providing support to those who are struggling through this journey.



To Risk



- To laugh is to risk appearing the fool.
- To weep is to risk appearing sentimental.
- To reach out for another is to risk involvement.
- To expose feelings is to risk exposing your true self.
- To place your ideas, your dreams before the crowd is to risk their loss.
- To love is to risk not being loved in return.
- To live is to risk dying.
- To hope is to risk despair.
- To try is to risk failure.

But risks must be taken because the greatest hazard in life is to risk nothing.

The person who risks nothing does nothing, has nothing, is nothing.

He may avoid suffering, and sorrow, but he simply cannot learn, feel, change, grow, love, live . . .

Chained by his certitudes, he is a slave, he forfeits freedom.

Only a person who risks is free.



author unknown



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Good Grief News

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Julie Montgomery	Melissa Warnken
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Evelyn Reece	Connie Westerfield
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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 & 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



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