



# Good Grief NEWS

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

Website: [www.goodgriefokansas.org](http://www.goodgriefokansas.org)

316-612-0700

Email: [info@goodgriefokansas.org](mailto:info@goodgriefokansas.org)

March 2020

## Healing the Family, Healing the Heart

Margaret Brownley Simi Valley, California

Bereavement Publications Jan/Feb 2005

**P**eople who hurt often hurt others. Cracks in a building allow sun and air to enter. Broken hearts, shattered spirits and hurtful family relationships can open us to God's healing presence.

- Accept the fact that not everyone grieves in the same way or in the same time frame. The family member you think is thoughtless or uncaring might be reacting out of fear or shock.
- Learn to recognize denial in others. Some family members protect themselves from grief by overworking or concentrating on things that might seem inappropriate, such as money or estate matters.
- Be aware that you are at your most vulnerable, and are probably overly sensitive to what others say or do. Give others—and yourself—lots of leeway.
- Grief complicated by family problems can be especially draining. Sometimes it helps to take time out. Postpone decisions that do not have to be made right away.
- Plan a family grief evening. Check out a video on grief from your library. Watch the video together and discuss it afterward. Plan a family-project day: Work on a memorial garden or scrapbook. Cut squares of fabric and let each family member decorate one with a fabric pin in memory of your loved one.
- If decisions must be made, and no agreement can be reached, ask a family friend to arbitrate.
- Ask what's really going on here? A family member, who lashes out in anger or hatred, is probably acting out of fear.
- If you are not on speaking terms with a family member, write a letter to that person. Don't mail it—just write what you feel. This will help you put things in perspective and identify the source of your anger.
- Seek family counseling, if necessary. If family members won't go with you, go alone.

- Try humor. People connect best when they laugh together.
- Plan a fun outing, or share a funny family memory. Greet family members wearing a silly disguise. One woman got her sister to speak to her after she sat on the front lawn waving a white flag.
- Don't become discouraged or hurt if other family members pull away, or otherwise seem distant. Turning inward is a normal part of grief.
- Be patient. When friends or family members do or say something hurtful, trust is lost and rebuilding that trust takes time—sometimes lots of time—but it can be done if hearts are willing.
- Discuss the following question with family members: What do we want our loved one's legacy to be: family strife or family unity?
- Finally, ask yourself this question: How is God working in our family today?

### *Rules for Family Healing*

- It's okay to talk about feelings, even bad feelings. Talking will help the pain go away.
- Feeling guilty or angry is normal. We all do or say things we later regret, but none of us are to blame for \_\_\_\_\_ death.
- It's okay to cry or feel sad or lonely. Tears help us to heal and feel better. We all miss \_\_\_\_\_ very much.
- It's okay to laugh. This doesn't mean we love \_\_\_\_\_ any less. Laughter is God's way of helping us to connect to each other.
- It's okay to share a memory and mention \_\_\_\_\_ name, even if it brings tears, for memories are gifts that are meant to be opened and shared with each other.
- Most important: Don't forget to ask for extra hugs whenever you are feeling sad, lonely, or confused (and be prepared to give lots of hugs back.)

## SCHEDULE OF GROUP MEETINGS FOR THE BEREAVED

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

### **Mondays: 7:00 - 8:30 PM**

Grace Baptist Church – (1414 W Pawnee)  
Facilitators: Bob & Connie Westerfield

### **SOUTH WICHITA**

### **Mondays: 7:15 - 8:30 PM**

East Point Church of Christ - (747 N 127th Street E)  
**Go to separate building north of playground**  
Facilitators: Adrienne Massey, 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 & Jack Elder

### **CENTRAL WICHITA**

### **Tuesdays: 6:30 - 8:00 PM**

West Heights UMC - (745 N Westlink Avenue) Use North parking lot off Delano Street, Building Entrance A2 "CHAPEL". Look for brown double doors just west of A1 Entrance.  
Facilitators: Evelyn Reece, Marsha Huffman, Bonnie Workman

### **WEST WICHITA**

### **Tuesdays: 7:00 - 8:30 PM**

Clearwater Church of Christ - (13900 N Diagonal Road) Use West Door  
Facilitators: Kathy Thomas & Linda Burris

### **CLEARWATER**

### **Wednesdays: 7:00 - 8:00 PM**

W.A.Y. Widowed and Young (Ages 20's, 30's, 40's, 50's)  
RiverWalk Church of Christ - (225 N Waco) Use SW entrance door, Fireside Room  
Facilitators: Deana King, Jenny Mitchell, David Span

### **CENTRAL WICHITA**

---

## **SURVIVORS OF SUICIDE LOSS**

### **Mondays: 7:00 - 8:00 PM**

RiverWalk Church of Christ - (225 N Waco) Use NW entrance door. This door is usually locked, knock loudly - Room 106. Please call the Facilitator before attending, to ensure materials are available. This group is for those who have suffered the loss of a loved one through suicide.  
Facilitator: Jim Yoder 316-727-0663

### **CENTRAL WICHITA**

***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**

No group meetings  
will be held:

### **Wichita:**

If the Emergency Accident  
Reporting Plan is in effect.

### **Outside Wichita:**

Check with your facilitator.

*Never put yourself at risk.*

*If you think the streets are  
too dangerous to drive on,  
do not attend the meeting.*

---

## **Schedule of Regular Socials:**

### **Thursdays: Breakfast at 9:00 AM**

IHOP - 11855 E Kellogg Drive  
(Hosts: Cindy Swan, John McBride)

### **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  
(Hostess: Lois Pardee)

# March 2020

....there are no unimportant act of kindness



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	3 Central Group 10 am West Group 6:00 pm Clearwater 7:00 pm	4 W.A.Y. Group 7:00	5 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café  <u>TLC Mtg 5 PM</u>	6	7  Breakfast 10 am Spears Restaurant
8  DAYLIGHT SAVING TIME BEGINS	9 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	10 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm  <u>GG Board Mtg 5 PM</u>	11 W.A.Y. Group 7:00 pm	12 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	13	14  Breakfast 10 am Spears Restaurant
15	16 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	17 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm  ST PATRICK'S DAY 	18 W.A.Y. Group 7:00 pm	19 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café   FIRST DAY OF SPRING	20	21  Breakfast 10 am Spears Restaurant
22	23 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	24 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	25 W.A.Y. Group 7:00 pm	26 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	27	28  Breakfast 10 am Spears Restaurant
29	30 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	31 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	W.A.Y. Group 7:00 pm	Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café		

Grief never ends...but it changes,  
It's a passage...not a place to stay,  
Grief is not a sign of weakness,  
Nor a lack of faith....  
It is the price of Love.



Contributions for last month totaled \$ 952.00  
THANK YOU for your donation which makes it possible for  
Good Grief of Kansas to continue to serve the bereaved.

February  
Contributors:

- Nancy Vincent
- Ted McMurphy
- Cheri Gartin
- Anonymous
- W H Ford
- South Group
- Lois Pardee
- Jarree Miller
- Carmen Suter
- Mike Gillihan
- Bonnie Workman
- Marge Glazier
- Red Banquet
- Janet Cunningham



Memorial Gifts



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.

March  
Birthdays

- Esther Granados ..... 2
- Al Kemmerer ..... 2
- Pat Stockham ..... 3
- Jim Yoder..... 6
- Alyssa Anderson..... 12
- Maralene Balthazor ..... 14
- Kenneth Bradford ..... 14
- Kim Brier ..... 15
- Terika Chambers ..... 18
- Hazel Darrow..... 19
- Angie Kryston ..... 24
- Larry Lewis ..... 25
- Elaine Marcotte ..... 25
- Phyllis Nichols ..... 26
- Richard Sifford..... 26
- Ray Staats ..... 30





# *Music of the Soul*

*By Margaret Brownley  
Southern California*

As a child, I took piano lessons from an animated German man, named Mr. Frantz. Nothing got him more incensed than my failure to hold a rest for its full count. “Don’t you understand,” he bellowed more times than I care to remember, “there’s music in the silence.”

I never questioned his wisdom until I lost my son. Family, friends, and co-workers are the chords from which we compose the symphony of our lives, the instruments through which we make our music heard. When we lose a loved one, we lose part of our orchestra, and the silence that remains can be devastating.

Eventually, the music of life flows again. The sound is different, so is the rhythm, and we may find ourselves stumbling over unfamiliar notes, but with practice comes skill.

If you have yet to find music in silence, improvise. Hang wind chimes in the yard, so as to catch the sounds of the slightest breeze. Put up a bird feeder and rejoice in the happy sounds of nature. Place a water fountain on your desk and let the sounds of running water soothe your soul. Make each room of your house sing with its own music.

The loss of a loved one creates a silence in our lives, a pause in the rhythm, but those who wish to sing will always find a song. The song composed by grief, though deeper and more haunting than earlier songs, can still be beautiful, perhaps even more beautiful and meaningful than before.

All you have to do is want to sing.



# How Are You Coping?

By Sue Grant – Bavaria, Germany  
Bereavement Magazine July/August 2003

I am going to be quite honest with you here. The word “coping” falls into my personal category of most disliked bereavement vocabulary together with expressions like “closure,” “over it” and “are you sure you don’t need a psychiatrist?” In my experience, it has an insidious habit of cropping up routinely during the first flush of debilitating grief in exchanges such as: “Now, dear, how are you coping?” which only too often seems to expect the response, “Oh, I’m fine, thanks.” Any other reply – “I’m cracking up” which springs to mind – is likely to result in raised eyebrows and exhortations to be brave and remember that there are other people much worse off.

Nor do matters improve much further along the road. Within weeks, friends are inclined to decide that if you don’t talk about your loss anymore (or not more than once a fortnight), then you are coping well, and if you still burst into tears every now and then, well, then clearly, you are not coping.

We, of course, are equally muddle-headed when we talk about coping. To our most intimate confidants we might whisper guiltily: “I’m not coping well,” as though we had failed miserably in the kind of exam that normally everyone sails through. On the other hand, there are times when the pain seems to have diminished, giving us breathing space and encouraging us to announce gaily that we are coping well. And then there are those gray mornings after those endless, dark nights when the words “I just can’t cope” twist and knife through your heads and hearts and leave us physically gasping for breath.

“Coping,” it would seem, means different things to different people at different times in different places. Accordingly, it can elicit different – and sometimes conflicting – responses. Pouring out my grief at the death of my son to my British country folk generally ended with a pat on the shoulder and a rejoinder to “keep a stiff upper lip.” The same conversation in my German environment led to a firm handshake and the advice to “keep your ears stiff.” Trying to adhere to the coping mechanisms of both cultures led – inevitably – to chronic facial neuralgia.

Even within one set of cultural rules, however, the word “cope” may be an unconscious attempt on the caregiver’s side to hide his or her own sense of helplessness. It suggests that there is a way to get through this, possibly in clearly marked stages that can be neatly ticked off. It is certainly an easier question to ask of a distressed person than the more helpful but emotionally challenging: “How do you feel?”

The latter could open a floodgate of emotions with which the comforter might prefer not to be confronted.

In the same way, we, the bereaved, can use the expression as a blanket term to smother those painful, underlying details of grief. What exactly can’t we cope with? Is it a general feeling of not being able to carry on? Is it the fear of facing up to a concrete situation, such as revisiting places soaked in shared memories or an anniversary or what to do with personal possessions? Or is it a physical sensation arising from that strange iron band squeezing our chests, the sudden sharp jabs of pain searing through our hearts, or the unbelievable fatigue that makes us wonder how we will ever get one foot in front of the other?

Two points are important here. First, relax. It is normal and perfectly okay not to be able to cope – whatever that might mean – all the time or even part of the time. Very few people develop symptoms, which in the long-term would be considered pathological. So give yourself a break from the coping rat race.

Instead, and in your own time, invest your residual energy in trying to break the problem down into smaller and more manageable bits. If, on reflection, you realize that it is the physical side of mourning that is making you feel as though you can’t function or cope, well then, put your feet up, take a stroll in the park, go to the sauna – whatever works for you.

If it’s the thought of reliving old memories, tell yourself you don’t have to if you don’t want to. Perhaps it’s too early yet. Maybe you can do it at a later stage. Perhaps others think you should face up to it, but only you can know what is right for you at any given moment. If it is the silence, sense of isolation and not being understood by others that overwhelms you, confide your thoughts to paper (which is always patient). Above all, be patient with yourself.

Because the strange thing is, if we allow ourselves not to “cope,” the chances are that we probably will!





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**

### **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**

Monday 9:00 - 4:00

Wednesday 8:00 - 10:00

Thursday 8:00 - 10:00

## **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 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. 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 Dillons card, your total \$\$'s will be credited to Good Grief of Kansas. Ask your 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 \_\_\_\_\_



# 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

DAYLIGHT  
SAVING  
TIME BEGINS  
MARCH 8TH

[www.goodgriefofkansas.org](http://www.goodgriefofkansas.org)

316-612-0700

Good Grief News

#### Executive Board

Rick Cline, President  
Kelly Blades, Secretary  
Mary Evans, Treasurer

#### Board Members

Marilyn Nichols  
Janet Cook  
Merri Reed  
Ted Swan  
Jim Yoder

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

Newsletters may be viewed  
on-line by going to  
[www.goodgriefofkansas.org](http://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](mailto: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