



Good Grief
of Kansas, Inc

Good Grief NEWS

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

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

March 2021

Hope

I'm feeling a bit different today
and I wonder if I'm healing.

I've read about healing
from those who know grief.

But how many of them
have lost what I lost.

How many of them
still do not sleep,
or eat
or play
as they did before.

But today I heard the birds sing,
and wondered where they
had been hiding for so long.

Then it dawned on me that
I have been the one hiding.
My sorrow has imprisoned me.
Maybe it's time to escape,
time to rediscover the laughter
and replace some of the tears.



Maybe it's time to say yes
to life's opportunities.

I'm not sure that I can do this.

I still feel totally alone,
in the midst of family and friends.

I'm still scared when I think
of facing life's trials without her.

She had absolutely no fear
and showed me such courage.

I don't know if I'm up to it.

But if I can again enjoy
the song of my backyard birds,
maybe my life can return to me
if I work harder at it.

I think I might want to try.
Maybe the good sleep will return
and food can again taste good.
Maybe the days of aimlessness
can be replaced with purpose.

I think the bird's song was a sign.
It's time to say hello again to who
I was and to who I can again be.

by Ronald Gries



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

Facilitator: Marjorie Watkins

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

Facilitator: Kathy Thomas

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)

RiverWalk Church of Christ - (225 N Waco) South entrance Fireside Room

Facilitators: Julie Montgomery & Fang Richards

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

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

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)

March 2021

*Stay positive and keep believing....
Better things are ahead*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 SOSL Wichita 7:00pm (by ZOOM) South Group 7:00 pm	2 West Group 6:00 pm Clearwater 7:00 pm Breakfast 9am Livingston's	3 W.A.Y. Group 7:00 PM	4 Brunch/Lunch 10 am Country Café <u>*TLC mtg 5:00 PM</u>	5	6 Breakfast 10 am Spears Restaurant
7	8 SOSL Wichita 7:00pm (by ZOOM) East Group 7:15 pm (by ZOOM)	9 Central Group 10 am Breakfast 9am Livingston's	10	11 Brunch/Lunch 10 am Country Café	12	13 Breakfast 10 am Spears Restaurant
14  Daylight Savings Time Begins	15 SOSL Wichita 7:00pm (by ZOOM) South Group 7:00 pm	16 West Group 6:30 pm Clearwater 7:00 pm Breakfast 9am Livingston's	17 W.A.Y. Group 7:00 PM St Patrick's Day 	18 Brunch/Lunch 10 am Country Café	19	20 Breakfast 10 am Spears Restaurant
21	22 SOSL Wichita 7:00pm (by ZOOM) East Group 7:15 pm (by ZOOM)	23 Central Group 10 am Breakfast 9am Livingston's	24	25 Brunch/Lunch 10 am Country Café	26	27 Breakfast 10 am Spears Restaurant
28 	29 SOSL Wichita 7:00pm (by ZOOM)	30 Breakfast 9am Livingston's	31			

Capsized

by Jayne Belancio Metairie, Louisiana

Picture a family onboard a boat and, when a loved one dies, the boat capsizes. Each family member is stunned, but they begin to swim to shore the best way they know how. Some swim with long strokes, others float or dog paddle while hoping the others are coming along okay. It seems to take all of one's energy, leaving no reserve.

They want to stay together but need to have room apart to navigate through the waves. Some comfort is found in that they are not alone, and yet, are on their own to find the method to shore that works for them.

Successfully reaching shore has more rewards than realized. In looking back, subtle signs of encouragement were almost overlooked, and that love and support still lingers on in the heart - healing - along with a newly found confidence in inner strength.

A new relationship is born enabling each family member to carry forth a treasure of personal memories, honoring the loved one who has gone ahead to a shoreline we have yet to see.

The journey through grief is designed to build strength, to honor our differences, and to encourage others for a lifetime.

Contributions for last month(s) totaled \$728.20
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

February Contributors:

- Janet Cunningham
 - Al Kemmerer
 - W H Ford
 - Norma Nosker
 - South Group
 - Lois Pardee
 - Jarree Miller
 - Ted McMurphy
 - Kroger/Dillons
 - Janet Cook
 - Ray Staats
 - Mike Gillihan
 - Evelyn Reece
- Remember to send
your donation to:
- 2622 W Central
Suite 401B
Wichita, KS 67203
- 

Memorial Gifts

In loving memory of
MSGT Eric J Daly
by Raine Daly

In loving memory of
James Sprowl
by Steven Overstreet

In loving memory of
Lois Rice
by Bonnie Workman



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

- Maralene Balthazor2
- Richard Sifford2
- Joyce Olson6
- Terika Chambers.....6
- Esther Granados12
- Charlene Denton13
- Elaine Marcotte14
- Jim Yoder14
- Al Kemmerer15
- Jerry Brewer.....16
- Kenneth Bradford.....18
- Phyllis Nichols24
- Ray E Staats25
- Kim Brier25
- Larry Lewis.....26
- Angie Kryston.....26



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 _____



Turning Words to Water

By Timothy Nickel

Elizabethtown, Pennsylvania

Sept/Oct 2001, Bereavement Publications, Inc

The more profound the grief, the more profuse the tears. For most, but not for everyone, the grief for a beloved will manifest itself in tears. To cry is to be human, just as to laugh is to be human. To laugh heartily is to live fully. As we age into maturity, we may experience moments of paradox when we realize that joy and sorrow can exist simultaneously. We may find ourselves laughing even as we are crying, our tears being symbols of both our sadness and our gladness.

Crying allows us to express the deepest parts of ourselves in a way that far exceeds the capability of the spoken word. We are not all poets, and the deep love felt for the one from whom we are now separated may be best expressed through tears. In the world of grief, words are often inadequate. Tears help us bridge the gap between where we are in our grief today and where we need to move toward tomorrow. Tears are a reminder that we have not forgotten our loved one. Tears connect us at a deeper level to the suffering that we are feeling. Our tears remind us that we are suffering and that part of who we are had been torn apart. We need to honor the tears that run down our cheeks for they are drops of wisdom from inside of us.

This innate wisdom turns our words into water when our sobs are too great for words. Our tears are reminders to grieve boldly and courageously in the manner that each of us needs to do as an individual testament to our love.

Often a sense of embarrassment is associated with crying, a feeling of being out of control. An original meaning of the word "embarrass" was, "to hinder the freedom of movement." When our tears embarrass us, we become prisoners to our emotions. We become locked up or bound down by our feelings. We are unable to express our feelings freely as we need to. Whether grief is one day old or one year old, or whether grief is timeless, grief by its very nature gives permission to cry. Do not allow your freedom to cry to be hindered by anyone. And most importantly, do not hinder yourself from crying the tears that still need to be shed.



**Tears and laughter
cleanse the heart.**

- Jonathan Lockwood Huie

Bearing a false smile
can say more about our grief
than an honest tear.

haiku by Diantha Ain



We are saddened to learn of the passing of Jack Elder, 77 on February 15, 2021. Jack co-facilitated our Tuesday morning group at RiverWalk Church of Christ with Marjorie Watkins. He began attending Good Grief in 2008 after the loss of his wife and later joined our team of facilitators in 2015.

Jack was a pleasure to be around and always had a smile for you. He was a devoted supporter of Good Grief and loved helping others through their grief. Jack will be greatly missed. Our thoughts and prayers go out to his family.

A memorial has been established with Hope Church, 1701 N Main, Hutchinson, KS 67502

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!



Shoutout to everyone making progress that no one recognized because you never let anyone see your darkest moments.

You've been silently battling, winning and transforming yourself.

Be proud of every little step you're making in the right direction.

Keep going

You got this!



Office Supply Needs

Envelopes:

#6 Security

#10 Standard

(Dollar Tree envelopes are fine)

Office Hours

316-612-0700

Please note, Office Hours have Changed:

Monday 8 - 10

Wednesday 8 - 10

Thursday 8 - 10



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Good Grief News

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Fang Richards	

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:

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