



Good Grief  
of Kansas, Inc

# Good Grief NEWS

2622 W. Central - Suite 401B, Wichita, KS 67203  
Website: [www.goodgriefofkansas.org](http://www.goodgriefofkansas.org)

316-612-0700  
Email: [info@goodgriefofkansas.org](mailto:info@goodgriefofkansas.org)

March 2022

## ***15 Things I Wish I'd Known About Grief*** *By Teryn O'Brien*

*After a year of grief, I've learned a lot. I've also made some mistakes along the way. Today, I jotted down 15 things I wish I'd known about grief when I started my own process. I pass this onto anyone on the journey.*

1. You will feel like the world has ended. I promise, it hasn't. Life will go on, slowly. A new normal will come, slowly.
2. No matter how bad a day feels, it is only a day. When you go to sleep crying, you will wake up to a new day.
3. Grief comes in waves. You might be okay one hour, not okay the next. Okay one day, not okay the next day. Okay one month, not okay the next. Learn to go with the flow of what your heart and mind are feeling.
4. It's okay to cry. Do it often. But it's okay to laugh, too. Don't feel guilty for feeling positive emotions even when dealing with loss.
5. Take Care of yourself, even if you don't feel like it. Eat healthily. Work out. Do the things you love. Remember that you are still living.
6. Don't shut people out. Don't cut yourself off from relationships. You will hurt yourself and others.
7. No one will respond perfectly to your grief. People - even people you love - will let you down. Friends you thought would be there won't be there, and people you hardly know will reach out. Be prepared to give others grace. Be prepared to work through hurt and forgiveness at others' reactions.
8. God will be there for you perfectly. He will never, ever let you down. He will let you scream, cry, and question. Throw all your emotions at Him. He is near to the broken-hearted.
9. Take time to truly remember the person you lost. Write about him or her, go back to all your memories with them, truly soak in all the good times you had with that person. It will help.
10. Facing the grief is better than running. Don't hide from the pain. If you do, it will fester and grow and consume you.
11. You will ask "Why?" more times than you thought possible, but you may never get an answer. What helps is asking, "How? How can I embrace others, how can I change and grow because of this?"
12. You will try to escape grief by getting busy, busy, busy. You will think that if you don't think about it, it'll go away. This isn't really true. Take time to process and heal.
13. Liquor, sex, drugs, hobbies, work, relationships, etc., will not take the pain away. If you are using anything to try to numb the pain, it will make things worse in the long run. Seek help if you're dealing with the sorrow in unhealthy ways.
14. It's okay to ask for help. It's okay to need people. It's okay, it's okay, it's okay.
15. Grief can be beautiful and deep and profound. Don't be afraid of it. Walk alongside it. You may be surprised at what grief can teach you.



**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**

**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**

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**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.  
*Facilitator:* Jim Yoder 316-727-0663

**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 and Fri 8 - 10 :30 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)

# March 2022

*You are Braver than you believe,  
Stronger than you seem, and  
Smarter than you think.....*



| Sun  | Mon   | Tue  | Wed                        | Thu  | Fri | Sat  |
|--|---|--|----------------------------|--|-----|--|
|  |   | 1<br>Central Group 10 am<br>West Group 6:00 pm<br>Breakfast 9am<br>Livingston's  | 2<br>W.A.Y. Group 7:00 PM  | 3<br>Brunch/Lunch<br>10 am Country Café<br><u>TLC MTG 5 PM</u>   | 4   | 5<br>Breakfast 10 am<br>Spears Restaurant  |
| 6  | 7<br>SOSL Wichita<br>6:30 PM<br>South Group 7:00    | 8<br>Central Group 10am<br>Breakfast 9am<br>Livingston's                         | 9                          | 10<br>Brunch/Lunch<br>10 am Country Café   | 11  | 12<br>Breakfast 10 am<br>Spears Restaurant |
| 13<br><br>Don't forget to set all<br>of your clocks one<br>hour ahead! | 14<br>SOSL Wichita<br>6:30 PM<br>East Group 7:15 pm | 15<br>Central Group 10 am<br>West Group 6:30 pm<br>Breakfast 9am<br>Livingston's | 16<br>W.A.Y. Group 7:00 PM | 17<br>Brunch/Lunch<br>10 am Country Café<br> | 18  | 19<br>Breakfast 10 am<br>Spears Restaurant |
| 20   | 21<br>SOSL Wichita 6:30 PM<br>South Group 7:00 PM   | 22<br>Central Group 10 am<br>Breakfast 9am<br>Livingston's                       | 23                         | 24<br>Brunch/Lunch<br>10 am Country Café   | 25  | 26<br>Breakfast 10 am<br>Spears Restaurant |
| 27<br>   | 28<br>SOSL Wichita 6:30 PM<br>East Group 7:15 pm    | 29<br>Breakfast 9am<br>Livingston's  | 30                         | 31<br>Brunch/Lunch<br>10 am Country Café   |     |  |

## On Memory

When you remember me, it means that you have carried something of who I am with you, that I have left some mark of who I am on who you are.

It means that you can summon me back to your mind even though countless years and miles may stand between us.

It means that if we meet again, you will know me, and hear my

voice and speak to me in your heart.

For as long as you remember me, I am never entirely lost.

*by Frederick Buechner*

Contributions for last month(s) totaled \$622.67  
 THANK YOU for your donation which makes it possible for  
 Good Grief of Kansas to continue to serve the bereaved.

# March

# Birthdays

## February Contributors:

*West Group*

*Evelyn Reece*

*South Group*

*Conie Westerfield*

*Kroger/Dillons*

*Carol Van Houten*

*Cynthia Reves*

*Ted mcMurphy*

*Tuesday Morning Group*

*Al Kemmerer*

*Janet Cunningham*

*Marge Glazier*

*Remember to send  
your donation to:*

2622 W Central

Suite 401B

Wichita, KS 67203

## Memorial Gifts

In loving memory of  
Adrienne Massey  
By Judith Johnson



### 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, please submit information one month early for timely publication.

- Richard Sifford..... 2
- Connie Westerfield ..... 3
- Joyce Olson..... 6
- Esther Granados ..... 12
- Jim Yoder ..... 14
- Al Kemmerer ..... 15
- Jerry Brewer ..... 16
- Kenneth Bradford ..... 18
- Cherri Murray ..... 22
- Phyllis Nichols ..... 24
- Ray E Staats ..... 25
- Becky Skiles ..... 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 \$ \_\_\_\_\_

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 \_\_\_\_\_

## 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!**



In an effort to control costs and make sure all who need our newsletter receive it... We ask for your help.

If you would like to be REMOVED from this mailing please ...

**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.

As a convenience newsletters may also be viewed on-line by going to [www.goodgriefokansas.org](http://www.goodgriefokansas.org)

## 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!

# Memories of Loved Ones

*by Roy P. Peterson, Ph.D., Lexington, KY, Bereavement Mag. 1998*

Absolutely nothing can be as painful as the death of a loved one, and our journeys through the valley of the shadow of death leave us little room to do anything other than mourn.

However, somehow we do reach that plateau, that point, that place in time where we resolve to renew our lives, to seek to put everything into perspective. Marlo Thomas (when remembering her father, Danny) said, "It's just not enough to survive - you have to thrive! It doesn't matter whether you are freshly bereaved or whether it happened years ago and you are just coming to terms with the death."

Memories are part of our awesome job of survival and of healing and restoring ourselves. Our loved ones have died and our lives have been changed - in ways we hardly ever imagined as possible. "Why?" people ask! "Why do you bring back painful memories? For what purpose? Wouldn't it be better to avoid confusion and forego any need to understand why?"

Am I never again to acknowledge the life and death of someone so precious, so much a part of my waking and working and laughing and sleeping life? How could I not remember? And even though remembering is disruptive, a loss without memories cannot be possible.

Each month, each week and each day bring us the chance to put that loss in perspective. We need to grab each chance to build memories to help relieve the pain, or at least to change its level of intensity. Members of The Compassionate Friends believe that whatever pain they bring to their gatherings is pain they share, just as they share with each other their love for their children. Memorial services are such emotional and satisfying activities because they allow us to face and remember our losses; even bittersweet memories can help us to reorder our lives. The healing that occurs is an important aspect of the restoration of our inner selves.

Eventually it is possible to realize that our loved ones were normal. They were good, indifferent, full of mischief, ambitious, or on the road to success or failure. In realizing that they were normal, we start down memory lane. We discover memories lost in the fog of our grief. We unearth long buried treasures.

How awful it must be to be robbed of memories! To not recall our loved ones as they were would be life's worst blow. Somehow we must reach a place where our love and memories are liberated from the painful emotions linked with the deaths of our loved ones. It is in that liberation that we find an awakening to new possibilities, to new understandings and to growth. As we acknowledge that healing and restoration are occurring, a path out of the depths of despair opens. It is then that we can say "even though our loved ones died - our love for and memories of them will never go away."





## Beth Ockenfels Holdeman

November 30, 1932—December 24, 2021

We are saddened to learn of the passing of Beth Ockenfels Holdeman on December 24, 2021. Beth first came to Good Grief in 1997 after the loss of her husband, Jack Ockenfels. She later married Chuck Holdeman and together they facilitated our South Group and were regular attendees of Saturday morning breakfast at Spears. Beth was a joy to be around, always with a smile on her face and willing to lend a hand with anything. Beth will truly be missed.

# *Please Be Gentle*

## *An Afterloss Creed*

By Jill Englar

Westminister, Maryland

*Please be gentle with me for I am grieving. The sea I swim in is a lonely one, and the shore seems miles away. Waves of despair numb my soul as I struggle through each day.*

*My heart is heavy with sorrow. I want to shout and scream and repeatedly ask, "Why?" At times, my grief overwhelms me, and I weep bitterly, so great is my loss.*

*Please don't turn away or tell me to move on with my life. I must embrace my pain before I can begin to heal. Companion me through my tears and sit with me in loving silence.*

*Honor where I am in my journey, not where you think I should be.*

*Listen patiently to my story. I may need to tell it over and over again. It's how I begin to grasp the enormity of my loss. Nurture me through the weeks and months ahead.*

*Forgive me when I seem distant and inconsolable. A small flame still burns within my heart, and shared memories may trigger both laughter and tears.*

*I need your support and understanding. There is no right or wrong way to grieve. I must find my own path.*

*Please, will you walk with me?*





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Good Grief News

### Executive Board

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

### Board Members

Merri Reed  
Jim Yoder

### Program Director

Janet Cook

### Founder

Phyllis L. Gadaire-Sauer

### Office Manager

Marsha Huffman

### Current Facilitators

|                  |                    |
|------------------|--------------------|
| Janet Cook       | Fang Richards      |
| Marsha Huffman   | Donald Septer      |
| Deona Madrigal   | Cindy Swan         |
| Julie Montgomery | Melissa Warnken    |
| Lois Pardee      | Marjorie Watkins   |
| Evelyn Reece     | Connie Westerfield |
|                  | 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

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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## Marge Glazier



Real Estate for the Real World

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Cell 316-648-7415

Office 316-978-9200

Marge Glazier, Broker Associate