



# Good Grief NEWS

Good Grief  
of Kansas, Inc.

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

316-612-0700 May 2020  
Email: [info@goodgriefokansas.org](mailto:info@goodgriefokansas.org)

## *What I Know About Healing*

*By Sandra Gains*

When I recently returned home after major surgery, I began to make notes about the healing process that was taking place within my body. As I was writing, I realized how similar healing from a physical wound is to healing from a grief wound.

- Healing is a process, it takes time, it happens in stages, it can be painful and it will leave scars.
- I need to heed the advice of experts in order to facilitate the healing and avoid relapses.
- If I am in good overall health going in, I will be stronger and more able to work my own recovery program. This is true whether the wound is physical, spiritual, or emotional.
- Healing takes energy. I am not surprised that I don't have much energy for other things.
- Healing is meant to happen from the inside out, so the visible signs of healing may not be noticed for quite awhile. However, occasionally things may appear to be healed on the outside, but are far from it on the inside.
- I take the experience of others with a grain of salt and try not to compare my pain and healing to that of others.
- It helps to engage in activities that "feel" like healing, even if they are not a part of the prescribed regimen, like getting a massage, watching a funny movie, surrounding myself with lit candles, good music and pets.
- I honor the messages my body sends me. I rest when I am tired, cry when I need to and laugh when I can.
- I am willing to tell people how I am feeling and what I need from them.
- At some point, I need to start engaging in normal activities again, testing the waters and my strength. However, I don't overdo it. I will know when I am ready to fully embrace life again.
- Finally, I recognize that changes have taken place within my body, mind and spirit and I'm ready to share with others who may walk on a similar path someday.



## 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

Go to separate building

Facilitators: Adrienne

**EAST WICHITA**

### **Tuesdays: 10:00 - 11:00 AM**

RiverWalk Church of Christ

Facilitators: Marjorie

**CENTRAL WICHITA**

Fireside Room

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

West Heights UMC -

Building Entrance A2

Facilitators: Evelyn R

**WEST WICHITA**

off Delano Street,

East of A1 Entrance.

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

Clearwater Church of Christ

Facilitators: Kathy T

**CLEARWATER**

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

W.A.Y. Widowed and

RiverWalk Church of Christ - (225 N Waco) Use SW entrance door, Fireside Room

Facilitators: Deana King, Jenny Mitchell, David Span

**CENTRAL WICHITA**

## **YOUR SAFTY IS MOST IMPORTANT**

**Due to COVID-19 all  
Meetings and Events  
are Currently  
on Hold Until  
Further Notice**

**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.**

## **SURVIVORS OF SUICIDE LOSS**

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

Suicide survivors group is currently meeting via ZOOM. 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.**

## **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)

# May 2020

*Life is tough my darling, But so are you*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 W.A.Y. Group	2 Breakfast 9 am IHOP	1	2 Breakfast 10 am Spears Restaurant
3	4					9 Breakfast 10 am Spears Restaurant
10 Mother's Day	1					16 Breakfast 10 am Spears Restaurant
17	1					23 Breakfast 10 am Spears Restaurant Natl Lucky Penny Day
24	2					30
31						

**YOUR SAFTY IS  
MOST IMPORTANT**

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**Due to COVID-19 all  
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## **\*\*NOTE\*\* New Meeting Schedule \*\*NOTE\*\***

The **NEW MEETING SCHEDULE** for regular grief groups will be **effective** starting **June 1st**. The meetings will be staggered so that a meeting is available each week, with the exception of any 5th week of the month. If you find you have questions, please contact your facilitator.

Please note the new schedule does not effect the SOS meetings.

Contributions for last month(s) totaled \$1655.00  
THANK YOU for your donation which makes it possible for  
Good Grief of Kansas to continue to serve the bereaved.

April

Contributors:

- SOSL Group
- Gail Davis
- Janet Cunningham
- Dale Tanner
- Barton Co Comm College
- Marjorie Watkins
- Nancy Vincent
- Mary Evans
- Sharon Kay Jefferson
- Alice Duncan
- Al Kemmerer
- Charlene Denton
- Ted McMurphy
- Lois Pardee
- Jarree Miller
- Jane Vaughn
- Fred Silver
- Sharon Dunning
- Cheri Gartin
- Marge Glazier



Memorial Gifts

- In memory of Leon K Evans  
by Mary Evans
- In memory of Sylvesta Morgan  
by Sharon Jefferson
- In memory of John Gartin  
by Cheri Gartin
- In memory of Shane Steinkamp  
by Marilyn Steinkamp
- In memory of MSgt Eric J Daly  
by Raine Daly
- In memory of Sylvesta Morgan  
by Sharon Kay Jefferson
- In memory of Jessie Silver  
by Fred Silver

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.

May Birthdays

- Robbie Evans.....2
- Jerry Boyd .....4
- Angelique Combs.....4
- Heather Logsdon.....4
- Pam Tucker.....4
- Linda Doom.....5
- Jeanne A McMillen.....7
- Mikayla Shane.....8
- Jarree Miller .....9
- Kiley Sandoval DeLao .....10
- Michelle Sheriff.....10
- Jacqueline Atherstone.....11
- Sara Cowling.....12
- Theresa Pitzer.....12
- Carolyn Mollohan .....13
- Olivia Hall .....14
- Kaye Stevens .....16
- Scott Powell .....17
- Alice Shelton .....17
- Abel Vasquez .....17
- Sheryl Jackson.....19
- Mary Piotrowski.....19
- JoAnn Reesman.....20
- Gina Craig.....21
- Teresa Wasinger.....24
- Kelly Blades .....27
- Matthew Calhoun .....28



**Memorial Balloon Release and Walk**  
**Remembering loved ones & supporting**  
**Good Grief of Kansas**

**ATTENTION!**  
**PLEASE NOTE!!**

Due to the current situation with the Coronavirus, it is with a sad heart we have to cancel the 2020 Memorial walk. This decision is a very difficult one but necessary in order to protect our participants.

The annual Balloon Release & Walk is one of our biggest fundraisers and we realize this could affect us tremendously. However, your safety is most important. If you had planned on donating during this fundraiser, we would ask that you please consider still doing so. We cannot do this without your donations.

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

For those who receive this in the mail, there is an envelope included for your convenience in donating .

***Thank you! We appreciate you!***

**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 \_\_\_\_\_





# Seasons of Grief.....Seasons of Change

by Ronald F. Coffin, Ph.D.

It is a truism that life is change. Change is everywhere. Even if we cannot see it, changes are going on continuously in our bodies, in our relationships and in our society. When a person we love dies, we face one of life's greatest changes. How do we respond to the gaping hole left in our life? How do we go on living in spite of the pain?

When language is inadequate to express our experience of change, we turn to metaphors. Metaphors help us find parallel meanings that shed light on our feelings and communicate them to others. Three metaphors that I have found helpful in communicating about traumatic change and grief are: the changing seasons, the journey or travel, and the transformative change of the caterpillar.

The changing of the season aides in expressing the gradual transformation that we experience in life. The hours, days, months and years that mark our existence in time offer us the ultimate cycle in nature. With the seasons, we see beginning and end, growth and decay and accept these opposites as normal.

In more agrarian societies, respect for the season and preparation based on the rhythms of planting and harvesting increase the chances of survival. In our industrialized world, we have lost that connection. Often, we are too busy to even notice a sunset or a moonrise. Our detached worldview impedes our acceptance of change by allowing us the illusion that we can control our environment and destiny. And yet, there are forces at work in our lives over which we have little or no control. We are part of the cycle of life that includes decline and death. Without death there can be no growth. In nature, decay allows for rebirth. The wise man wrote in Ecclesiastes, "There is a time for everything and a season for every activity under heaven..." Where are you in your personal "season of change?"

Travel is another helpful metaphor for change. The literature of every culture includes stories of great journeys. The anthropologist, Joseph Campbell, called this the "hero's journey." Like Ulysses in Homer's Iliad and Odyssey, we search for our way back home after a forced separation and move into the unknown only to discover that we have the "map" with us.

The journey metaphor includes three distinct phases. In the first phase, we feel separation and isolation. This is a testing time in which we look for a point of departure. We have a choice. We can either resist the change and "stand pat"—at least for awhile – or we can act on the invitation for change

and journey toward growth. In the next phase, we are initiated into the unfamiliar. We feel as if we are living in a foreign country, a twilight zone, out of touch with the demands of life. Then, finally, we reincorporate, we return to ourselves and our circle of support, changed by our journey in a way that no one can understand. These are times of transition in which we can validate our "rite of passage." Every change in life, positive or negative, means that we are embarking on a transition journey.

Perhaps the most beautiful and reassuring metaphor for death-transitions is metamorphosis or the transformative change we witness in nature. The butterfly, for example, communicates universal meaning about death and what – in most cultures – people believe lies beyond. But we would miss the mystery of transformation if we were to overlook the butterfly's meaning for our lives. The butterfly begins life as a small egg that develops into a caterpillar. What surprises us is that nothing in the form of a lowly, fuzzy creature munching on leaves predicts the cocoon bursting into the colorful and graceful freedom of flight. We long for this kind of change and see it reflected in children's stories such as Cinderella. But we can't wait for the wave of the wand to magically transform. This is the good news in the metaphor. We don't need a fairy Godmother. We possess the seeds of our own transformation.

The first requirement for the caterpillar-like transformation is to release the old forms and habits and allow change to begin. This requires a period of "letting go" or hibernation in the cocoon. From this darkness eventually emerges a transformed being. But, until we are willing to experience such a transformation in our thinking and attitudes, we cannot emerge from the darkness.

As you begin this journey through the seasons, I invite you to expand your view of what is possible and create the right conditions that will permit new insights to germinate within you. Then, in the extremity of change, you can focus on the things that really matter, remain open to the world around you and feel more alive. This is your heroic journey and the final and culminating tribute to your loved one's memory.



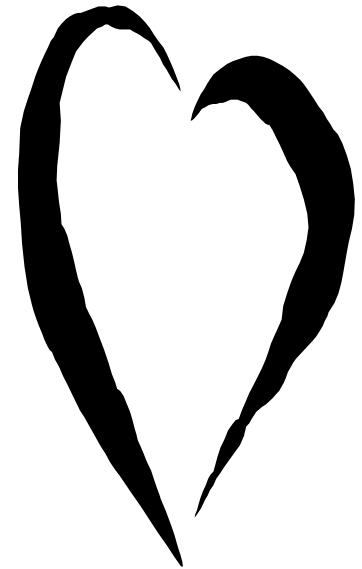
Our teacher asked what my favorite animal was, and I said, "Fried chicken."

She said I wasn't funny, but she couldn't have been right, because everyone else laughed. My parents told me to always tell the truth. I did. Fried chicken is my favorite animal. I told my dad what happened, and he said my teacher was probably a member of PETA. He said they love animals very much. I do, too. Especially chicken, pork and beef. Anyway, my teacher sent me to the principal's office. I told him what happened and he laughed too. Then he told me not to do it again.

The next day in class my teacher asked me what my favorite live animal was. I told her it was chicken. She asked me why, so I told her it was because you could make them into fried chicken. She sent me back to the principal's office. He laughed and told me not to do it again.

I don't understand. My parents taught me to be hones, but my teacher doesn't like it when I am. Today, my teacher asked me to tell her what famous person I admired most.

I told her, "Colonel Sanders." Guess where I am now....



### **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!

***WHEN LIFE GIVES YOU A HUNDRED REASONS TO BREAK  
DOWN AND CRY, SHOW LIFE THAT YOU HAVE A  
THOUSAND REASONS TO SMILE AND LAUGH.***

***STAY STRONG***



#### **Office Supply Needs**

##### **Envelopes:**

#6 Security

#10 Standard

(Dollar Tree envelopes are fine)

##### **Colored Paper:**

Pastel - Cream

8 1/2 x 11, 24 lb

#### **Office Hours**

**Monday 9 - 4**

**Wednesday 8 - 10**

**Thursday 8 - 10**





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Good Grief News

#### Executive Board

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Kelly Blades, Secretary  
Mary Evans, Treasurer

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Merri Reed  
Ted Swan  
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#### Office Manager

Marsha Huffman

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Kathy Thomas  
Marjorie Watkins  
Melissa Warnken  
Bob Westerfield  
Connie Westerfield  
Bonnie Workman  
Jim Yoder

#### 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

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call 316-612-0700 *or*  
email your name and address as  
it appears on your mailing label  
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and put "remove from mailing"  
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funded by:

- Memorials, Gifts & Donations

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sexual orientation, sex, age or disability. If you feel  
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the right to file a complaint with Good Grief of  
Kansas, Inc. by mail or to

## Marge Glazier



Real Estate for the Real World

### Century 21 Grigsby

Cell 316-648-7415

Office 316-978-9200

Marge Glazier, Broker Associate

**Mission Statement:**  
Good Grief of Kansas provides grief  
support for persons who have lost a  
loved one through death.