



Good Grief
of Kansas, Inc

Good Grief NEWS

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

316-612-0700

May 2021

Website: www.goodgriefofkansas.org

Email: info@goodgriefofkansas.org

Memories of Loved Ones

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 death 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."



By Roy P. Peterson, Ph.D., Lexington, Kentucky
Bereavement Mag. Jan/Feb 1998

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

Grace Baptist Church – (1414 W Pawnee)

Facilitators: Connie Westerfield, Deona Madrigal

SOUTH WICHITA

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

***** RESUMING IN PERSON MEETINGS *****

East Point Church of Christ—(747 N 127th St E)

Go to separate building north of playground

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

Facilitators: Marjorie Watkins, Donald Septer

CENTRAL WICHITA

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

***** RESUMING IN PERSON MEETINGS *****

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

WEST WICHITA

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

***** This group is currently not meeting *****

Clearwater Church of Christ - (13900 N Diagonal Road) Use West Door

Facilitators: 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) SW Entrance, Fireside Room

Facilitators: Julie Montgomery & Fang Richards

CENTRAL WICHITA

2nd and 4th Thursday: 4:30—6:00 PM

Veterans

VFW (1560 S Topeka)

Facilitator: Tonya Ross

***** NEW GROUP *****

SOUTH WICHITA

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

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)

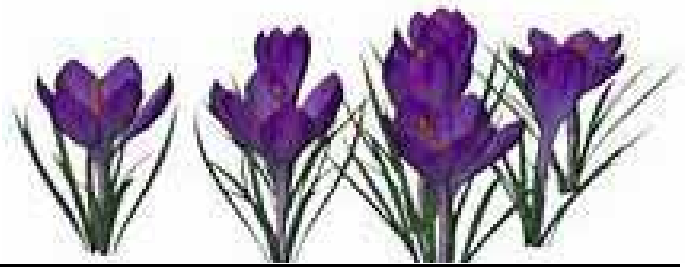
Saturdays: Breakfast at 10:00 AM

Spears Restaurant - 4830 W Maple

(Hostess: Janet Cook)

May 2021

..... Start each day with a grateful heart



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

One day you'll wake up and all of a sudden the weight of the last few weeks, months or even years will be lifted off your shoulders. You can't control when that day comes, all you can do is stay strong and trust that it is coming.



Contributions for last month(s) totaled \$1140.00
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

April Contributors:

- Connie Westerfield
- South Group
- Carmen Suter
- Janet Cook
- Janet Cunningham
- Ted McMurphy
- Nancy Powell
- West Group
- Amy Hunt
- Ron Zafuta
- Mike Gillihan
- Carol Van Houten
- Rod & Lisa Wake
- Jay McNeil
- Evelyn Reece
- West Group

Remember to send your donation to:

2622 W Central
 Suite 401B
 Wichita, KS 67203



Memorial Gifts

In loving memory of
 Willis Miller
 by Marsha Huffman

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.

May Birthdays

- Robbie Evans2
- Jerry A Boyd.....4
- Pam Tucker4
- Linda Doom5
- Jeanne A McMillen7
- Mikayla Shane8
- Jarree Miller.....9
- Michelle Sheriff.....10
- Kiley Sandoval DeLao10
- Jacqueline Atherstone.....11
- Theresa Pitzer12
- Sara Cowling12
- Carolyn Mollohan13
- Olivia Hall14
- Kaye Stevens16
- Abel Vasquez17
- Alice Shelton17
- Scott Powell.....17
- Sheryl Jackson19
- Mary Piotrowski19
- JoAnn Reesman.....20
- Gina Craig21
- Teresa Wasinger24
- Kelly Blades.....27
- Matthew Calhoun28



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 !!! Each month we will have new items to bid on.

If you would like to donate anything to be sold at the auction please notify the office at 316-612-0700. Share this with your friends! The more people, the more fun!!

Here's how it works.... Items will be posted in the newsletter.

You will have three weeks to place your bids.

Items will 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 and sign the bid sheet.*

Office hours are Monday, Wednesday and Friday 8 - 10 AM

Below are your first two items.....Bidding starts NOW



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

RANDOM THOUGHTS

*There's a grief that can't
be spoken*

*There's a pain goes on and on
Empty chairs at empty tables*

Now my friends

Have come and gone

---les miserables

Do you know what you have taught me? Do you know what I have learned? Do you know how you have changed me? Do you know how I do on?

There are incredible voids in life. There comes an overwhelming sadness. There are the tremendous gifts of love and of sharing; there are the deepest pains of loss and suffering.

I have learned that I see more with open eyes, and it is when I feel like I have hit the bottom, that I find the roots and foundations that hold me together. When I am too tired to go further, somehow I am guided to a new beginning, and the distance between the flames of a bonfire and the stars that dance among the pine trees is nothing.

The God I thought I knew is not the one whom I have come to know. More can be accomplished in remaining still than in all the movement I might try. A moment can seem an eternity, and a lifetime is never long enough.

Love does more than endure, love becomes the strength that keeps me alive. I can love beyond the physical and feel comfortable by love that is no longer spoken. I hear clearly words that are unspoken and am guided by wisdom from beyond. When I think I am ready, I find that I have more to learn.

Tears will never stop, and memories are never forgotten; laughter can happen; peace can reign. Darkness provides illumination, and light can be blinding. Passion never leaves us, it merely changes forms.

Friends can mean well and hurt deeply, and strangers understand that they don't know. When I open my arms for a hug, and no one steps in, then I must remember how to love myself, and I am capable of doing so.

I cannot take away another's pain, I can only allow myself to be present with the pain. I cannot create the healing, I can only encourage the desire to do so. I cannot convince another that it will be better, only that it will be different. The most difficult thing to do is to do nothing...more is spoken with silence than with words.

I still get angry and annoyed, but I know now the worst that can happen - until the next time - and so I try to let the "little things" slide away. I am more patient and more

kind, less tolerant of ignorance, but more willing to understand.

I know that I cannot change the world, but I can change the world of an individual who is lost. What I was so sure of is no longer, and things that I thought I forgot now come back to me as truths. True reality is not tangible and often not logical. When I least want to participate in life, life presents me with the most beautiful gifts. There are gifts that I give that I never knew I possessed, and gifts I receive come unexpectedly and without ribbons or bows.

Pain strengthens, love heals, life is, sharing helps, the source of peace is in turmoil, joys surprise us, there is more, there is different, there is the legacy that nurtures, there is hope.

There are the random thoughts of a griever, a lover, a helper, a teacher, a student, and a friend.

By Cecilia Perciballi-Clayton -Newton, NJ
Jan/Feb 2001 Bereavement Publications





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NEW FUNDRAISER !!

JOIN THE FUN !!

CHECK OUT PAGE 6

www.goodgriefofkansas.org

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Good Grief News

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Jim Yoder

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Phyllis L Gadaire-Sauer

Office Manager

Marsha Huffman

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Lois Pardee	Marjorie Watkins
Mary Piotrowski	Connie Westerfield
Evelyn Reece	Bonnie Workman
Fang Richards	Jim Yoder
Tonya Ross	Deona Madrigal

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



Real Estate for the Real World

Century 21 Grigsby

Cell 316-648-7415

Office 316-978-9200

Marge Glazier, Broker Associate