



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 Nov 2020  
Email: [info@goodgriefofkansas.org](mailto:info@goodgriefofkansas.org)

## ***THOUGHTS FOR THE HOLIDAYS***

*By Joannetta Hendel, Carmel, Indiana  
Bereavement Magazine Nov/Dec 1989*

### **PLAN AHEAD**

Bereaved individuals who experience the most difficulty with the holiday season are those who have given little thought to the challenges they will encounter. Consider ahead of time what may be expected of you, both socially and emotionally, as well as your own preferences.

### **ACCEPT YOUR LIMITATIONS**

Grief consumes most of your available energy, no matter what the season. The holidays place additional demands on your time and emotions. Plan to lower your expectations to accommodate current needs.

### **MAKE CHANGES**

Your circumstances have changed. Expect to make necessary alterations in holiday plans to accommodate those changes. Consider changing your surroundings, rituals and/or traditions to diminish stress. Serve notice on family and friends that this year things may be somewhat different.

### **TRIM DOWN TO ESSENTIALS**

Limit social and family commitments to suit your available energy. Shop early or use catalog sales. Re-evaluate priorities and forego unnecessary activities and obligations.

### **ASK FOR AND ACCEPT HELP**

Accept offers for assistance with holiday shopping, decorating, cleaning, cooking, etc. Chances are loved ones are looking for ways to lessen your burden at this time of year. Allow those who care about you to offer their support in concrete ways.

### **INFORM OTHERS OF YOUR NEEDS**

Give family and friends the tools they need to help you through the holidays. Be specific with them about your preferences and desires, and keep them up-to-date when those needs change.

### **BUILD IN FLEXIBILITY**

Learn to "play it by ear." There is no concrete formula for learning to deal with loss. You are the foremost authority on what is best for you, and your needs may legitimately change from day to day. Accept the fluctuations that must occur when walking in unknown territory, and learn to take each moment as it comes.

### **GIVE YOURSELF PERMISSION "TO BE"**

Allow breathing space and expect fluctuations in mood and perspective. The bereaved work overtime. Not only is life more complicated, but all energy is siphoned into mental and emotional resolution. Grieving is nature's way of healing the mind and heart from the greatest injury of all. Allow yourself the privilege of limping till your wounds have healed and you can learn to run again.



## 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:* Bob & Connie Westerfield

**SOUTH WICHITA**

**2nd and 4th 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**

**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 & Jack Elder

**CENTRAL WICHITA**

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

\*\*Due to circumstances beyond our control, our usual meeting place is unavailable.

**If you plan to attend this meeting please call Evelyn Reece at 316-722-3088 or the Good Grief office at 316-612-0700 for location details. Be sure to leave a message with your information if there is no answer.** We apologize for this inconvenience.

*Facilitators:* Evelyn Reece, 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

*Facilitators:* Kathy Thomas & Linda Burris

**CLEARWATER**

**New meeting schedule effective July 1, 2020**

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

### **SURVIVORS OF SUICIDE LOSS**

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

RiverWalk Church of Christ (225 N Waco) Use NW entrance door. This door is usually locked, knock loudly. This group is for those who have suffered the loss of a loved one through suicide.

**Please call the Facilitator before attending to ensure materials are available.**

*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 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.***

## **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)

# November 2020

*We begin to remember not just that you died, but that you lived.  
And that your life gave us memories too beautiful to forget.*



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

## Among the Leaves

I stood among the leaves and cried.  
the November wind, an organ  
To my sorrowful hymns.  
He had walked here a hundred times.  
Strong, tall. Stern  
He must have seen the leaves,  
And known the stillness of this place.

My tears would end, and the  
Leaves would be gone.  
Covered with the white of winter.  
But, he would stay in my mind forever.  
And every year I will stand  
Among the leaves and cry.  
I know no other way.

*By W.J. Walsh*

Contributions for last month(s) totaled \$1744.00.00  
THANK YOU for your donation which makes it possible for  
Good Grief of Kansas to continue to serve the bereaved.

# November Birthdays

Terry Seifert.....	1
Janet Bohl.....	2
Omer M Wiseman.....	5
David Eck .....	5
Bonnie Workman .....	6
Ruth Thompson .....	9
Lisa Wake.....	10
Kirk McConachie .....	11
Janet Cunningham .....	15
Sandra Walling .....	16
Bev McGee.....	17
Sue Griffin.....	17
Patricia Bird .....	17
Mary Conner.....	18
Dan Birr .....	22
Connie Seigler .....	22
Dawn M Kail .....	23
Richard Escareno .....	24
Ron Safuta.....	26
KaLeena Martinez .....	26

## October

### Contributors:

- East Group
- W H Ford
- Al Kemmerer
- South Group
- Richard Young
- Lois Pardee
- Jarree Miller
- Alice Duncan
- Cheri Gartin
- Gary & Elizabeth Sommerhauser
- Alice Shelton
- Theresa Pitzer
- DeVaughn James And KAKE/10
- Janet Cunningham
- Ted McMurphy
- Janet Cook
- Network for Good
- West Group
- Evelyn Reece
- Bonnie Workman
- Marilyn Sharp
- Alice Miller
- Jack Skelton
- Carmen Suter

## Memorial Gifts

In loving memory of  
John Gartin by Cheri Gartin

\*\*\*\*\*

In loving memory of  
David Sommerhauser  
by Gary and Elizabeth

Sommerhauser

\*\*\*\*\*

In loving memory of  
Roy Rhodd by Alice Shelton

\*\*\*\*\*

In loving memory of  
Bob Pitzer by Theresa Pitzer

\*\*\*\*\*

In loving memory of  
Ginger McMillen  
by Theresa Pitzer

### 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.

Remember to send your donation to:

2622 W Central  
Suite 401B  
Wichita, KS 67203



# Thank you to KAKE /10 and DeVaughn James for supporting Good Grief of Kansas with the \$500 Wins for Kansas Grant. We appreciate you!!

A short time back Evelyn Reece (facilitator for our West Side Good Greif Group) submitted an nomination to KAKE /10 requesting Good Grief be considered for their *Wins for Kansas Grant* provided by DeVaughn James. How amazing! We were accepted and during the October 11th, 10 PM newscast on KAKE/10 Good Grief of Kansas was awarded the \$500 Grant.



We want to thank Evelyn for nominating Good Grief and to KAKE /10 and DeVaughn James for choosing us to receive the grant.

This grant will help our organization to continue our work with the bereaved.

Director Janet Cook with Evelyn Reece accepting the check from DeVaughn James. The interview can be viewed by going to [www.KAKE.com](http://www.KAKE.com) You will click on Features, then Wins for Kansas.



### 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 \_\_\_\_\_

## *A Holiday Prayer*

Thank you for life. For its good times and bad.

Thank you for love, even when I can't feel it.

Thank you for the love that I used to share,

For the arms that held me tight.

Thank you for my family

In faraway places, in different times.

Thank you for the songs we sang,

For the dreams we saved,

For the smiles we shared.

Thank you for the strength that eludes me just now.

Thank you for the weakness that sends me to my knees.

Thank you for the searching, the reaching, the hoping.

Thank you for the bonds of memory that hold me in place,

Even when I don't believe in it anymore,

Or...forget what it is all about.

Thank you, most of all,

For having been blessed with the love I have known,

Even now when I fear I will forget it.

Thank you for memory and

For filling it full measure for me.

It wasn't nearly long enough, but it will have to do.

Thanks for the moments we danced.

Thanks for the little while...

Darcie Sims, *A Holiday Prayer*, Nov/Dec1999

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“Letter From Heaven”

When tomorrow starts without me, And I'm not there to see; If the sun should rise and find your eyes all filled with tears for me; I wish so much you wouldn't cry the way you did today, while thinking of the many things, we didn't get to say.

I know how much you love me, as much as I love you, and each time that you think of me, I know you'll miss me too; But when tomorrow starts without me, please try to understand, that an angel came and called my name, and took me by the hand, and said my place was ready, in heaven far above, and that I'd have to leave behind all those I dearly love.

But as I turn to walk away, a tear fell from my eye, for all my life, I'd always thought, I didn't want to die. I had so much to live for, so much yet to do, it seemed almost impossible, that I was leaving you.

I thought of all the yesterdays, the good ones and the bad, I thought of all the love we shared, and all the fun we had.

If I could relive yesterday, just even for a while, I'd say good-bye and kiss you and maybe see you smile. But then I fully realized, that this could never be, for emptiness and memories, would take the place of me.

And when I thought of worldly things, I might miss come tomorrow, I thought of you, and when I did, my heart was filled with sorrow.

But when I walked through heaven's gates, I felt so much at home. When God looked down and smiled at me, from His great golden throne, he said "This is eternity, and all I've promised you." Today for life on earth is past, but here it starts anew. I promise no tomorrow, but today will always last, and since each day's the same way there's no longer for the past.

But you have been so faithful, so trusting and so true. Though there were times you did some things, you knew you shouldn't do. But you have been forgiven and now at last you're free. So won't you take my hand and share my life with me?

So when tomorrow starts without me, don't think we're far apart, for every time you think of me, I'm right here, in your heart.



Sign up today!

**Every time you use your Dillons card your total \$\$ will be credited to Good Grief of Kansas !!**

**What an easy way to give back to Good Grief!**

**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!**

**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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316-612-0700

Good Grief News

### Executive Board

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

### Board Members

Marilyn Nichols    Ted Swan  
Merri Reed        Jim Yoder

### Program Director

Janet Cook

### Founder

Phyllis L. Gadaire-Sauer

### Office Manager

Marsha Huffman

### Trainers, Facilitators & Substitutes

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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