



Good Grief
of Kansas, Inc

Good Grief NEWS

2622 W. Central - Suite 401B, Wichita, KS 67203
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Nov 2021

"A Different Kind of Gift"



Carlene Eneroth,
Bereavement Mag. , Nov/Dec 1999

The holidays ... they really are here, aren't they? I don't think there is any time we dread as much after a death as the approach of November and December. I often hear families say the first thing their children ask about is, "What will we do about Christmas without Mom?" "Who will carve the Thanksgiving turkey now that Dad isn't here?"

I'm not going to pretend that if you follow certain ideas or suggestions, your holidays will be perfect. You are too smart to believe that. But I have recently heard of a terrific idea I want to share with you. It can really bring something positive out of something so negative.

It's a tough time in December, when the thought hits us that we no longer have the privilege of buying a present for our special person. I remember walking through a department store and finding myself in the men's department. Suddenly the horrible realization dawned on me that I didn't have anybody now to buy men's things for! Greg wasn't here. I ran out of there as fast as I could.

One lady, whose husband had passed away in the last year, came up with this wonderful idea as a substitute. A few weeks before Christmas, she went out and bought an entire outfit that would have fit her husband; something he would have liked. Because he was a "country western" guy, she bought a new pair of jeans, belt, plaid shirt ... right down to the socks and underwear. She carefully folded up each item in a large box and tucked into the corners containers of his favorite chocolate chip cookies she had just made. Driving down to the local mission, she left off the box with this written on the top: "Enclosed will fit a man, size 34 ... complete outfit." The staff took down her name as they gave her a receipt and she went home feeling so good.

But the best part came after Christmas, and it was like a bonus to this new idea of giving. When the manager of

the mission called to thank her for the box, the lady asked if they had found someone who could use it. When the manager replied, "Oh, yes! A fellow named Larry came through here, and that box had just what he needed," our widow started to cry. Unbeknownst to the manager, the husband's name had been Larry, too!

As Larry's widow told this story to some of us, she said this "coincidence" had confirmed to her that this was the perfect way to constructively deal with those holiday blues!

I was amazed with her story and also with its implications. All of us who have lost a special person could try this. Those who have lost a baby or young child, could go pick out an outfit and include a toy or two, taking it to a family shelter or neighborhood center.

Bereaved parents of teenagers could pick out the latest fashion statement in clothes or sportswear or jogging outfit and box them up to share with a church youth group or home for displaced families.

Many cities have food drives and Toys for Tots campaigns during the holidays that are designed to help the less privileged. As new survivors, we are in a unique position. We are not longing for Christmas gifts this year. The only gift we want is unobtainable: the return of our loved one. Even though helping with these other drives is admirable, we often feel a special need to do something in honor of the one we love. Doesn't this idea then fit just perfectly?

Holidays always seem a bit easier to bear when we have a plan to get us through them. I hope this idea can bring a faint glow to your heavy heart as this holiday time. May we continue to learn that, even in grief, it really IS "more blessed to give than to receive."

Caring about how tough this time of year can be,

Love,
Carlene



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 to

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

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

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 Wednesday: 7:00—8:30 PM

W.A.Y. Widowed and Young (Ages 20's, 30's, 40's, 50's)

WICHITA

RiverWalk Church of Christ—(225 N Waco) SW Entrance, Fireside Room

Facilitators: Julie Montgomery & Fang Richards

CENTRAL

SURVIVORS OF SUICIDE LOSS

Mondays: 6:30 - 8:30 PM

CENTRAL WICHITA

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

This group is for those who have suffered the loss of a loved one through suicide.

Facilitator: Jim Yoder 316-727-0663

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.

Office Hours:

Mon / Wed / Fri 8 - 10 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

Livingston's - Webb & 21st

(Hosts: Cindy Swan, Mike Herzberg)

Thursdays: Lunch/Brunch at 10:00 AM

Country Breakfast Café - 2804 S Seneca St

(Hostess: Lois Pardee)

Saturdays: Breakfast at 10:00 AM

Spear's Restaurant - 4830 W Maple

(Hostess: Janet Cook)

November 2021

Believe you can and you're halfway there.....



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

On Memory - Frederick Buechner

When you remember me, it means that you 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.



Contributions for last month(s) totaled \$3048.57
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

November Birthdays

October Contributors:

- Carmen Suter*
- Janet Cunningham*
- Jay McNeil*
- James Gorsuch*
- Connie Westerfield*
- Ted McMurphy*
- Evelyn Reece*
- West Group*
- East Group*
- Les Shepherd*
- Al Kemmerer*
- Marge Glazier*
- Brenda Lowery*
- Dale Moore*
- James & Mary Whitfield*
- Dillons/Kroger*
- Lois Pardee*
- Jarree Miller*

Remember to send
 your donation to:
 2622 W Central



Memorial Gifts



In loving memory of
 Douglas M Tate
 by Michael Tate



In loving memory of
 Chris Traffas
 by your wife, Paulette
 and brother, Curt



Love Gifts

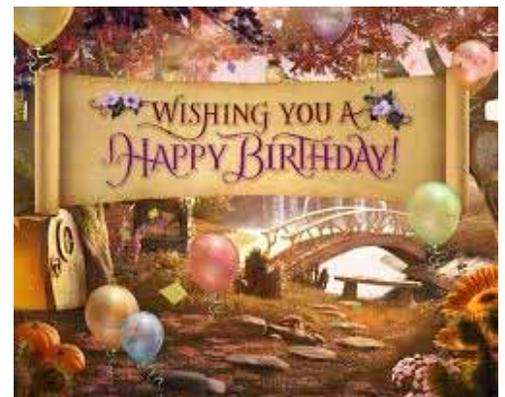
At this time there are no dues or fees to belong to Good Grief of Kansas. However, your gift is very important.

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.

- Terry Seifert1
- Janet Bohl2
- Omer M Wiseman5
- David Eck.....5
- Bonnie Workman.....6
- Ruth Thompson.....9
- Rodney Wake.....10
- Kirk McConachie11
- Janet Cunningham15
- Sandra Walling.....16
- Bev McGee17
- Sue Griffin17
- Christine Tullis.....17
- Mary Conner18
- Dan Birr.....22



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!

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!



Thanksgiving and Christmas

And so, now it's Thanksgiving

And what shall we do?

Though we've tried and we've cried,

We are not over you.

And so, now it's Christmas

And what have we done?

It's so hard to do anything

When you're missing someone.

For many of you reading this, these words will have an all too familiar ring. They are just some of the thoughts and fears you have been grappling with, some for the first time, as you face these holidays, some again this year as you face another holiday and perhaps wonder if it will be easier than the one before.

For many of us, particularly in the first weeks and months after the death of a loved one, ordinary days are hard, every day is hard. How can we possibly be expected – to feel like celebrating? – like participating? – to act like we are happy? – to not notice the empty chair at the table? – that someone's stocking hangs empty this year?

In this season of giving, perhaps you feel as though you have nothing to give. In this season of giving thanks, perhaps you feel that everything good that you had left with your loved one who died.

Perhaps you are feeling empty, scared, lost, and alone. Perhaps you feel like a phony as you smile and pretend that everything is fine; all the while thinking: "If they only knew!"

This year, whether it is the first, the second, the third, or the tenth since our loved one died, WE, those who are to have grieved, have gifts to give to ourselves and to one another. Perhaps it is a hug or a hand on a shoulder. Perhaps it is listening without judgment or advice. Perhaps it is not expecting as much from ourselves or from others. Perhaps it is a message of hope or a word of encouragement. Perhaps it is letting yourself say or hear the words: "I love you" or "You did the best you could."

Let our gift this season be the willingness to give to others and allow others to give to you those things that money cannot buy. Perhaps your gift is allowing others to see your brokenness and to come alongside of you in your pain. Perhaps your gift is to come alongside of someone in their brokenness and pain. Perhaps...it is both.

"For it is in giving that you receive..."

by Deb Kosmer, Oshkosh, Wisconsin - Bereavement Magazine



"Ten Ways to Cope with Holiday Grief"

By L.B. Schultz - Carmel, Indiana

1. **Plan ahead** as to where and how you will spend your time during the holidays. Let yourself scale back on activities if you want to. Redefine your holiday expectations. This can be a transition year to begin new traditions and let others go.

2. **Select a candle** in your loved one's favorite color and scent. Place it in a special area of your home and light it at significant times throughout the holidays, signifying the light of the love that lives on in your heart.

3. **Give yourself permission to express your feelings.** If you feel an urge to cry, let the tears flow. They are healing. Scientists have discovered that certain brain chemicals in our tears are natural pain relievers.

4. **Shakespeare once said, "Give sorrow words..."** Write an "un-sent letter" to your loved one expressing what you are honestly feeling toward him or her at this moment. After you compose the letter, you may decide to place it in a book, album or drawer in your home, leave it at the memorial site, throw it away, or even burn it and let the ashes rise symbolically.

5. **When you are especially missing your loved one,** call family members or dear friends and share your feelings. If they knew her/him, consider asking them to share some memories of times they shared.

6. **If you live within driving distance of the cemetery,** decorate the memorial site with a holiday theme. This could include flowers, garlands, ribbons, bows, evergreen branches, packages, pine cones or a miniature Christmas tree. Decorating the site yourself can be helpful in remembering and celebrating your loved one's life during the holidays. I find when I take time during the holiday season to remember my father's memorial place, my heart feels freer to cherish the precious present holiday with my remaining family.

7. **Play music that is comforting and meaningful to you.** Take a few moments to close your eyes and feel the music within the center of your being.

8. **Give money you would have spent** for gifts for your absent loved one to a charity in your family member's name. Consider donating money to the public library to buy a particular book. Have the book dedicated to your loved one's memory. Buy a present for a child who would not otherwise have a gift during the holiday season.

9. **Read a book or article on grief.** Some suggestions: *Don't Take My Grief Away From Me* by Doug Manning; *The Comfort Book For Those Who Mourn*, compiled by Anna Trimiew, and *A Grief Observed*, by C.S. Lewis.

Remember the reality that the anticipation of the holidays without your family member is often harder than the actual holidays themselves.





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Good Grief News

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Lois Pardee	Connie Westerfield
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

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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

Marge Glazier



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