



Good Grief
of Kansas, Inc.

Good Grief NEWS

2622 W. Central - Suite 401B, Wichita, KS 67203
Website: www.goodgriefofkansas.org

316-612-0700 October 2020
Email: info@goodgriefofkansas.org

Bittersweet Wonder

There is an odd thing that happens in our grieving, and there is an odd thing that happens in our mending amid grief. The memories and emotions that emerge in our grieving - those memories and emotions that lead us into sorrow - lead us full-circle through the pain into a tender peace.

It is an odd gift that loss has left us. We find that the very memory of walking hand in hand with our loved one makes us cry in the absence of them and those moments, but that very remembrance of them and those moments open our hearts to a deep awe and gratitude as well. We miss them, but oh how sweet it was to have had them at all.

We have come across this bittersweetness throughout our lives. It is the sense we have when we realize that our own gifts are often our own curse; or the very wounds that we carry through our lives are the very place where we are able to touch others and bring deep healing. Pleasure and pain; at once a bittersweet wonder.

I remember holding Mary's hand as she went on and on about the gardens she and her husband had planted. Through her sobbing she told me of the gathering of plants and rocks from all of their many trips with their children. "This one is from Pennsylvania, and that one from China. It hurts so much to see them, but they are so beautiful and they remind me of all that we shared. When I think of the memories, it actually gives me the strength I felt when we were there, together, doing those things."

You have sensed the oddness of having your tears actually be your nourishment.

Ask me how it works; I do not know - but that it aids the mending, I do know that.

If there is no bittersweet wonder in our grief, then we are stuck, But if there is a bittersweetness to our healing, then we are mending.

If our grief is dry and arid, we probably just need to listen a bit more—listen to our minds and our hearts tell the thousand memories they hold of our loved ones. We need to look at pictures and cry. This bittersweetness is present in our perceptions of those who offer to help us mend. What people say

often alarms us and we feel its not the right think. And then we have the feeling that we are glad they cared enough to try.

Back and forth, up and down, around and around is the process of mending amid grief. Sometimes we laugh when we think of Uncle Harry's crazy hat collection, and then we sob because we don't get to watch him make those crazy faces anymore. We cry when we think about our mother having cared for us as children when we were sick with chicken pox, and we breathe a sigh of relief when we realize she is no longer suffering with her confusion and horrible labored breathing.

These memories and these emotions are both our bridge to the people we have lost and our bridge to our own healing. They enable us to arrive at a place where we may mend and do it slowly, tenderly and with grace.

All of the things that we have done together; all of the love and conflict and growth meld into one and give us pain in their absence, and strength to go on ahead. Try to figure out how the trees and roses can make you cry and laugh at the same time. I cannot. See if you can imagine how blue skies and white clouds can remind you of a loved one's death. I cannot; but they do. And somehow the colors of the rainbow and peoples' faces, and friends shaking hands, and babies crying all give us sadness and hope at the same time.

(Thank you, Louis Armstrong,
What a Wonderful World).

Bereavement Magazine July/August 2000
By Father Thomas Johnson-Medland
Cherry Hill, NJ



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

New meeting schedule effective July 1, 2020

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: 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

West Heights UMC - (745 N Westlink Avenue) Use North parking lot off Delano Street, Building Entrance A2 "CHAPEL". Look for brown double doors just west of A1 Entrance.

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

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

If you or someone you know is in need of help, be sure to contact the National Suicide Prevention Lifeline at (800) 273-8255.

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

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)

October 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <u>TLC mtg 5:00 PM</u>	2	3 Breakfast 10 am Spears Restaurant
4	5 SOSL Wichita 7:00pm South Group 7:00 pm	6 West Group 6:00 pm Clearwater 7:00 pm Breakfast 9am Livingston's	7	8 Brunch/Lunch 10 am Country Café	9	10 Breakfast 10 am Spears Restaurant
11	12 SOSL Wichita 7:00pm East Group 7:15 pm <u>Columbus Day</u>	13 Central Group 10 am Breakfast 9am Livingston's <u>GG Board Mtg 5PM</u>	14	15 Brunch/Lunch 10 am Country Café	16	17 Breakfast 10 am Spears Restaurant
18	19 SOSL Wichita 7:00pm South Group 7:00 pm	20 West Group 6:30 pm Clearwater 7:00 pm Breakfast 9am Livingston's	21	22 Brunch/Lunch 10 am Country Café	23	24 Breakfast 10 am Spears Restaurant
25	26 SOSL Wichita 7:00pm East Group 7:15 pm	27 Central Group 10 am Breakfast 9 am Livingston's	28	29 Brunch/Lunch 10 am Country Café	30	31 Breakfast 10 am Spears Restaurant 

....and sometimes, life is just hard, and some days are just rough....and sometimes you just gotta cry before you can move forward....(and all of that is ok)

Contributions for last month(s) totaled \$894.00
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

September Contributors:

- Merri Reed
- West Group
- Lois Pardee
- Jarree Miller
- Ted McMurphy
- Janet Cook
- Rodney W Chandler
- Ray E Staats
- Carmen Suter
- Al Kemmerer
- Anita Downery
- Marge Glazier
- Janet Cunningham
- W H Ford
- Carmen Suter

Remember to send
your donation to:

2622 W Central
Suite 401B
Wichita, KS 67203



Memorial Gifts

- In loving memory of
Dale Powell
by Nancy Powell

- In loving memory of
Joan Sowers
by Sid Sowers

- In loving memory of
Vincent Connery
by Mary Norris

- In memory of
Bill Bobbitt
by John McBride



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.

October Birthdays

Denise Bolden	2
Norman Ritter	3
Janell Floyd.....	4
Laurie Martin.....	4
Amber Charbonneau	4
Kenneth Collins.....	5
Ali English	9
Marilee Haney.....	10
Deb Peterson.....	12
Zack Russell	12
Jan Butterfield.....	13
Pam Miner	14
Lorraine Boyd	15
John McBride.....	16
Diane Newcome	16
Cindy Swan.....	16
Jay McNeil	18
Karen Mellington.....	18
Josh Becker	18
Margaret Ball	20
Ted Swan.....	21
Dan Perry.....	21
Carmen Suter	22
Marsha Huffman	22
Marcia Koster-Carter	22
Rodney Chandler.....	23
Evelyn Reece.....	24
Brenda Lowery.....	24
Keya Holt	25
Melanie Trahan.....	27
Roberta Whetzel	29



With Open Hands



By Margaret Brownley, Simi Valley, CA, Bereavement Mag. May/June 200

Have you looked at your hands lately? What do they say about you and your state of mind? What do they reveal about your soul?

Hands mirror our emotions. No secret is safe. One glance at our hands and even strangers know if we're nervous or angry, outgoing or shy.

We hold our hands open in friendship, and clap them together in excitement or joy. We open our hands when bearing gifts, and close them when we feel discouraged, disheartened or even lonely.

A young mother receives her newborn child with open hands; a new bride spreads her fingers to show off her new ring. A baseball player hits a home run and is greeted by teammates with a "high-five." We say goodbye by waving, palm outward, as if trying to stay connected to a departing friend or family member for as long as possible.

We wring our hands in despair and confusion. When we grieve, we ball our hands on our laps or clutch them to our chest. Mourners at a funeral hold their hands very differently than guests at a wedding. In sign language, the word for grief is shown by two closed hands palm to palm, twisting next to the heart.

In Henri Nouwen's inspiring book on prayer, *With Open Hands*, we are urged to release our tightly clenched fists and open our hearts to God.

Hold your hands open as if you are bearing gifts. Lift your open hands in prayer and reach outward to hug a friend, pet an animal or encourage a child. Lay an open palm on a photo of your loved one and let all the love you feel for that person pour through your fingertips. Instead of striking out in anger, reach out in compassion, love and understanding.

When we close our hands, we close our hearts. You can't open one without opening the other.



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 _____

Riding the Grief: A Roller Coaster of Emotions

By Michael Domingos, McKinney, Texas
Bereavement Magazine Jan/Feb 2004



The gate opens and we board the ride. The bar clicks as I pull it over my head and fasten the seatbelt. I look between the seats in front of me and see the track climbing to the first drop. Nausea starts to set in as the cart starts moving.

I have always enjoyed roller coasters, but I knew I was in trouble the first time I rode the Batman roller coaster at Six Flags over Texas. The Joker was Batman's nemesis and this ride was mine. It is unique in that the seats are hanging from the cart and you are thrust through a series of corkscrew spins. For those of you who are visual, imagine being a lone sock in a dryer and you would have the same effect.

We charged down the track and then climbed upwards entering the first of the corkscrew spins. I dug my fingernails into the padded seat as I felt my stomach falling. I was ill-prepared for the gravitational pull of my insides being clued to the seat. Fear overcame me; I doubted whether I could make it through the next few minutes without throwing up or blacking out. I closed my eyes and waited anxiously for the ride to end. I did not even notice the cart slowing down because my stomach was still moving. With my hands on the walls, I staggered through the exit tunnel and collapsed on the nearest bench. The world was still spinning, but I wasn't. It felt as though I was tumbling in all directions waiting to regain my balance. I am a visual person and this is how I would also describe my perspective after the death of my wife.

The corkscrew twists represented the waves of grief that would throw me off balance. I would come out of one spin only to be thrown again with the next memory, anniversary, etc. Life was moving, but I wasn't. However, with time comes experience and it helped to change my perspective.

A year passed. Once again, I was standing in front of the Batman Ride at Six Flags. I had ridden everything else but this one still haunted me. As we hurtled through the series of twists, I felt the familiar rush of nausea, but this time my eyes were open. I could see the approaching turns and brace myself for their effect. I could see the expressions of others in the cart and realized I wasn't the only one about to be sick. Exiting the ride, I headed for that same bench again. As I looked at the other people sitting on the bench, I recognized the pale and grimaced faces.

Support groups represent those people sitting on the bench with us. They understand the emotional and physical effects of being hurled in all directions while grieving. Having heard the stages of grief as defined by Dr. Elisabeth Kubler-Ross, support group participants can relate to the dramatic shifts between these stages. Sharing our experiences helps us to maintain our balance and regain our sense of direction. Support groups can also give us a new perspective.

I recently returned to Six Flags and yet again faced my foe. As the cart spun through the usual twists, I drew strength from the friends around me. We would yell triumphantly as we passed each turn. Although a bit wobbly, I walked away without stopping at the bench. As I think about this roller coaster today, I am reminded of a quote from the movie *Parenthood* which says, "It is interesting that a ride could make me so frightened, so scared, so sick, so excited, and so thrilled all together!" Yes, my attitude towards the Batman roller coaster has changed, and so has my perspective on grief.

It has been five years since the death of my wife. The waves of grief still sneak up from time to time but they no longer throw me into a tailspin. Acceptance is often perceived as accepting the loss, but I disagree. I believe that acceptance means accepting the life we are living because of our loss. I have made many good friends through the grief support groups and we've ridden the roller coaster of grief together.



This Too Shall Pass

When death and despair knocked at my door
I was filled with much grief and pain.
Wondering how I could cope with the loss
With no sunshine, just dark clouds and rain.

Tears blurred my eyes as my heart was breaking.
I stumbled my way into bed
And like in a dream, I envisioned my mother
And the words of encouragement she said.

*This too shall pass in time, my dear,
As nothing lasts forever,
Tomorrow's joys will heal your soul
And the shadowing ties will sever.*

My outlook on life was changed that day
I began to breathe sweet, fresh air.
The weight of the world on my heart was lifted,
Like an answer from God, to my prayer.

So now, if dark thoughts try to enter my mind,
I'll remember the words Momma said,
*This too shall pass in time, my dear,
Don't look back, there's a new life ahead.*

*By Elaine Caldwell, Detroit, Michigan
Bereavement Magazine May/June 2005*

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. Ask your friends & family to select us too!

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 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

Should you find the support groups and activities of benefit, we would be honored to receive any monetary donation you see fit.

We operate solely through the generous donations of our



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Good Grief News

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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.

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Good Grief of Kansas is a TAX EXEMPT non-profit 501(c)(3) organization funded by:

- Memorials, Gifts & Donations

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