



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

Sept 2020

## 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 deaths 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, KY,  
Bereavement Mag. 1998*

## 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**

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**

**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**

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**

*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)



# September 2020



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

*If you carry one thing with you today, let it be  
this .....Your are Brave, You are Beautiful,  
You are Strong, You are Smart, You are Loved.*

Contributions for last month(s) totaled \$1460.25  
 THANK YOU for your donation which makes it possible for  
 Good Grief of Kansas to continue to serve the bereaved.

# August

## Contributors:

W H Ford

Lois Pardee

Jarree Miller

Ted McMurphy

Carmen Suter

Janet Cunningham

South Group

Al Kemmerer

Janet Cook

Anonymous

Craig Burris

Remember to send  
your donation to:

2622 W Central  
Suite 401B  
Wichita, KS 67203



## Memorial Gifts

In loving memory of  
 Don Craig Burris  
 by Craig Burris

\*\*\*\*\*



## 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.

# September Birthdays

Johnny Burns .....	1
Janis Powell .....	4
JoAnn Chance.....	5
Sid Sowers .....	7
Teri Norgren .....	11
Elizabeth Sommerhauser ....	15
Nancy Powell .....	15
Betty Kelley .....	16
David Miller .....	17
Ruby Lowderman .....	18
Michael P Goldsbury .....	18
Wanda Tevis .....	18
Kathy Thomas .....	18
Melissa Leslie.....	19
Sonia Slabe.....	19
Deona Madrigal.....	19
Jean Regan.....	19
Linda Gross.....	20
Carol Spurgeon .....	22
Becky Keen .....	22
Claudia Jernigan .....	24
Jeannie Cole .....	27
Charmaine Shonk.....	28
Billie S Tucker .....	28
Sherry Lamm.....	28
Teresa Schneider.....	29
Terry Beal.....	29
Bel Griffin .....	29





## WHAT DO WE NEED DURING GRIEF?

### Time

Time alone; and time with others whom you trust and who will listen when you need to talk. Months and years of time to feel and understand the feelings that go along with loss.

### Rest, Relaxation, Exercise, Nourishment, Diversion

You may need extra amounts of things you needed before. Hot baths, afternoon naps, a trip, a "cause" to work for to help others - any of these may give you a lift. Grief is an exhausting process emotionally. You need to replenish yourself. Follow what feels healing to you and what connects you to the people and things you love.

### Security

Try to reduce stress or find help for financial and other stresses in your life. Allow yourself to be close to those you trust. Getting back into a routine helps. You may need to replenish yourself to do things at your own pace.

### Hope

You may find hope and comfort from those who have experienced a similar loss. Knowing some things that helped them, and realizing that they have recovered and time does help may give you hope that sometime in the future your grief will be less raw and painful.

### Caring

Try to allow yourself to accept the expressions of caring from others.

### Goals

For a while, it will seem that much of life is without meaning. At times like these, small goals are helpful. Something to look forward to, like playing tennis with a friend next week, a movie tomorrow night, a trip next month helps you get through the time in the immediate future. Living one day at a time is the rule of thumb. At first, don't be surprised if your enjoyment of these things is not the same. This is normal. As time passes you may need to work on some longer-range goals to give some structure and direction to your life. You may need guidance or counseling to help with this.

### Small Pleasures

Do not underestimate the healing effects of small pleasures when you are ready. Sunsets, a walk in the woods, a favorite food - all are small steps towards regaining your pleasure in life itself.



### 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 Support Group — a place to heal

What to do when the pain comes —  
Pain so bad, it leaves you numb,  
You can't function, you can't speak  
It hurts so much, it leaves you weak.  
You long for it to just go away.  
How will you get through another day?  
The answer is here, reach out your hand  
Lend each other support, take a stand.  
Stand for truth, stand for love,  
Look for grace from the heavens above.  
Try not to compare the pain you feel,  
For each of you, it's so very real  
This pain is unique, like no other.  
Parent, spouse, child, sister or brother —  
Pain divides us and tries to set us apart.  
What's needed most, is a healing of our heart.  
When you look at each other,  
Try not to see just the face of those who have died,  
But look to the heart, see the pain inside,  
Offer a dose of compassion  
And heart-filled empathy  
And you might discover  
This has set your heart free.

*Love, Adele*



# HOW?

How do I go on when all the love  
and life I ever knew, or cared to  
know, is gone?

How am I supposed to look ahead  
When I can't see beyond the tears?

Nor do I care what happens now to  
what is left of me.

How do I move beyond the dreams  
that we had yet to finish,  
The hopes and plans we cherished  
so,  
The castles in the air — still there?

How do I live with disbelief that  
jams my heart,  
The pain that sears my very soul,  
Relentlessly reminding me  
That I am no longer whole?

Life goes on, I have been told,  
But how do I?  
How do I go on when all the love  
and life I ever knew,  
Or cared to know, is gone?

Life goes on and so do I,  
Though never sure of how or why.  
No longer are the yesterdays so  
wrapped in sorrows  
Coming back as my tomorrows;

The rage is gone, the pain is less,  
And I have cried all my tears.  
The unrelenting reality  
Has turned aside my disbelief,

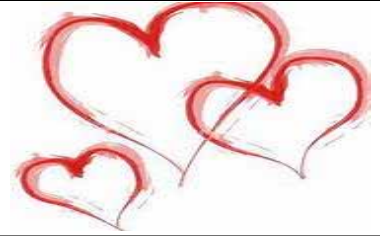
And my shattered thoughts  
Are healing now —  
As much as memories will allow —  
But still I know the weight of grief.

I search the shadows of my mind  
To seek a peace I cannot find;  
Each day is just another day,  
Without a purpose to mark my way,

And loneliness possesses me.  
Without my beloved,  
The brittle days and empty nights  
Are little more than an endless sigh .

But life goes on, and so do I.

*By Henry Stephen Dewhurst  
Falls Church, VA  
Bereavement Magazine Sept 1993*



## 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

*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 current and past attendees.*



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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

Linda Burris	Fang Richards
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**