



Good Grief
of Kansas, Inc

Good Grief NEWS

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

316-612-0700
Email: info@goodgriefokansas.org

Sept 2021

Donations needed - September Fundraiser

The Downtown Senior Center 200 S Walnut (Seneca & Douglas) will be hosting an Indoor Flea Market on Friday September 10th from 8:00 am - 3 pm

Good Grief will be there!! *If you have items that you would like to donate* please contact the office at 316-612-0700 by Wed Sept 8th.

Come join us on Sept 10th and help represent Good Grief !!!



The Leak



It happened again, Denny.

There I was, sputtering and muttering like some mad-as-a-hatter widow as I struggled to temporarily fix a leaky pipe in the basement. This is your job, I thought. I had successfully squeezed into the narrow space between the laundry room wall and the fiberglass shower. Climbing up onto a large, overturned pail, I wrapped a strip of rubber around the offending copper pipe and slowly tightened two hose clamps. My arms and shoulders ached as I reached high above my head to turn my handy-dandy screwdriver. Several all-too-familiar cobwebs cheered me on from the rafters, and clothes dryer lint drifted down on my head like confetti. But I wasn't in a partying mood

"Why aren't you here?" I asked for the umpteenth time, I was answered by silence. I twisted the damp screw one last time and tried not to be angry.

Angry because you aren't here to help take care of the house (You used to fix things before I knew they were broken.)

Angry because I had to raise two small children by myself. Angry because you were a superb pilot who should have died of old age.

Angry because there wasn't any mortgage insurance and not much life insurance.

Angry because you won't be at your son's wedding this summer or at your daughter's next spring.

Angry that your as of yet unborn grandchildren will know you only in their dreams. Angry that we'll grow old together only in my dreams.

As I crawled down from the pail and wiggled my way out from beside the shower, I turned the water back on and retraced my steps to check on my handiwork. I quickly discovered that my work was anything but handy. The rubber tourniquet I had so confidently applied was oozing water at a slow but steady pace. I had fared miserably as a plumber. But at least I had tried. As future plumbing crises arise (and they will!), I'll keep on trying. You've been gone a long time now. When you died, it was like I had this deep, excruciatingly painful, gaping wound. Time and love and faith and friends helped heal the hurt, but the "new" skin wasn't the same as the old. Even today, almost fifteen years later, it's still fragile and sensitive. When that old wound gets bumped, it oozes like a leaky pipe, dripping anger and regret and guilt all over the place.

Although the memory of your love continues to sustain me, I sometimes fail miserably at being a courageous, joy-filled, positive-minded widow. But at least I try. And I'll keep on trying.

By Leanne Lippincott

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 meeting schedules.

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

SOUTH WICHITA

Grace Baptist Church – (1414 W Pawnee)

Facilitators: Connie Westerfield, Deona Madrigal

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

EAST WICHITA

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

Go to separate building north of playground

Facilitators: Adrienne Massey, Melissa Warnken,

2nd and 4th Tuesdays: 10:00 - 11:30 AM

CENTRAL WICHITA

RiverWalk Church of Christ - (225 N Waco)

Use South Office Entrance, Fireside Room

Facilitators: Marjorie Watkins, Donald Septer

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

WEST WICHITA

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

1st and 3rd Wednesday: 7:00—8:30 PM

CENTRAL

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

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

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)

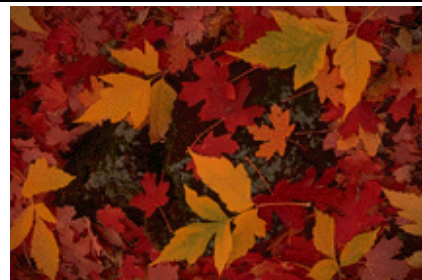
Saturdays: Breakfast at 10:00 AM

Spears Restaurant - 4830 W Maple

(Hostess: Janet Cook)

September 2021

“Courage is being afraid
but going on anyhow.” ~Dan Rather



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 W.A.Y. Group 7:00 PM	2 Brunch/Lunch 10 am Country Café *TLC mtg 5:00 PM	3	4 Breakfast 10 am Spears Restaurant
5	6 SOSL Wichita 6:30 PM No South Group Mtg LABOR DAY	7 West Group 6:00 pm Breakfast 9am Livingston's	8	9 Brunch/Lunch 10 am Country Café	10 Flea Market Downtown Sr Center 8 am - 3 pm 	11 Breakfast 10 am Spears Restaurant
12	13 SOSL Wichita 6:30 PM East Group 7:15 pm	14 Central Group 10 am Breakfast 9am Livingston's	15 W.A.Y. Group 7:00 PM	16 Brunch/Lunch 10 am Country Café	17	18 Breakfast 10 am Spears Restaurant
19	20 SOSL Wichita 6:30 PM South Group 7:00 PM	21 West Group 6:30 pm Breakfast 9am Livingston's	22	23 Brunch/Lunch 10 am Country Café	24	25 Breakfast 10 am Spears Restaurant
26	27 SOSL Wichita 6:30 PM East Group 7:15 pm	28 Central Group 10 am Breakfast 9am Livingston's	29	30 Brunch/Lunch 10 am Country Café		

So often, one attempts to face the whole future at once. But we will not live that period all at once, only day by day. Don't try to face twenty years. Face today. When that has been achieved, face tomorrow. You will find more and more ways in which you can cope. The Chinese have a saying that a journey of a thousand miles starts with a single step.

There is no way you can take the fifteenth, or the two hundred seventh step, before you have taken the first.

Michael A. Simpson



Contributions for last month(s) totaled \$1200.09
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

September

Birthdays

August Contributors:

Dillons/Kroger

Carmen Suter

Merri Reed

Ted McMurphy

Connie Westerfield

Evelyn Reece

West Group

South Group

Delores Roehrman

Janet Cunningham

Barbara Beugelsdyk

Rod & Lisa Wake

Mike Gillihan

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
 Kay Gorsuch
 By James Gorsuch

In loving memory of
 David Sommerhauser
 1992—2010

We will never forget the help we
 received through Good Grief
 after David's death
 By Gary & Elizabeth
 Sommerhauser



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.

Janis Powell	4
JoAnn Chance.....	5
Sid Sowers	7
Sharla Michael	11
Terri Norgren.....	11
Dale Moore.....	13
Annette Schmidt.....	14
Elizabeth Sommerhauser	15
Nancy Powell	15
Betty Kelley	16
David Miller	17
Ruby Lowderman	18
Wanda Tevis	18
Kathy Thomas	18
Melissa Leslie.....	19
Sonia Slabe.....	19
Deona Madrigal.....	19
Jean Regan.....	19
Carol Spurgeon	22
Becky Keen	22
Amber Smith	25
Jeannie Cole	27
Billie S Tucker	28
Sherry Lamm.....	28
Bel Griffin	29



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 _____

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've Learned...*Compiled by Nancy Ludt*

- To take one day at a time.
- Not to say, "if only," "I should have," etc.
- To appreciate what I've got and not moan about what I "don't got."
- To appreciate life and not take it for granted.
- If today is bleak, tomorrow can be better.
- To appreciate the moments when I can laugh.
- That without my support group, I would be lost.
- How very much I need my "new" friends.
- Not to take my health for granted.
- What is trivial.
- That if my energy level is low, I don't push myself.
- The importance of exercise.
- That grief is not time-bound.
- That no one grieves like me; everybody grieves differently.
- That the pain never goes away, but it does get "softer."
- That no one can comfort me the way Jesus can.
- To allow the grief, pain and loss to become a part of me.
- That there is a reason to keep on living (and loving).
- That joy does return...only in a different way.
- To turn "it" over to the Lord.
- That someday we will be together again.
- Not to let Satan steal my happiness.
- To ride "the wave" of denial, anger, depression and acceptance.
- To accept that I may never know why.
- It's okay to say, "No."
- Not to blame people when they don't understand.
- The ability to face adversity (courage).
- To be strong and resolute.
- The importance of support and encouragement.
- That there is friendship and family, OR, family and friendship!
- That I need others who have been there to help me through this journey.
- That love never dies.
- That time is an ally.
- That every moment really matters.
- That eventually you do want to go on and live again.
- That I must create a "new normal" for myself.
- That I Must re-invest the energy I gave to my child into something/ someone else.
- That over time, I have more control over my grief.
- That I will always have tears on my heart.
- That only in the articulation of grief does it diminish.
- That making new traditions helps.
- That over time, the cemetery brings peace and solitude...not just tears.
- How the pain and grief I feel one day isn't necessarily the way I will feel the next day.
- That I can laugh again and not feel guilty.
- That also with all the pain and despair, joy and happiness have found a place in my life again.
- Our society is deficient in death education and really doesn't know how to respond to the grieving person.
- Some people want to see and be around "happy" people and only have so much to give for those who are grieving.
- Everyone grieves differently, and there is no "right" or "wrong" way to grieve.
- There is no time frame for "getting on with your life" after the death of your loved one.
- Strangers can give more than some relatives.
- You don't always have until tomorrow.
- You don't have to have money to be rich.
- A broken heart will mend...almost.
- We are all connected and need each other in such a special way.
- Many times we are touching lives and helping each other in time and space that we don't even realize.
- The support of family and friends is invaluable.
- That "normalizing" the sense of being totally insane is helpful.
- There may be difficulty when people say we are "coping so well."
- It may help to focus on the very small things, because you will not be able to make sense of the larger picture.
- To attempt to feel comfort in the warmth or scent of a cup of hot tea in my hands, the smell of a flower, the proximity of someone who cared.
- The daily searing pain gets less raw, and sometimes I can have moments of joy.
- To watch the sunset every day.
- I can smile when I remember him.
- I had to go with my feelings and trust in our love.
- It takes years of baby-stepping and falling.
- To be humble, grateful and a little more selfish, aware, honest and looking forward to my life, rather than living my loved one's death.
- What I would give for just ONE more day!
- It feels awfully good typing this into the computer.



The Ugly Old Board and the Violin



For several hours a day, the old man held the ugly old board in his hands. Carefully, and ever so gently, making precise cuts and gouges, he chipped away at it, bit by bit, piece by piece.

Several times while the board was being whittled, the board would ask, "Why do I have to endure this pain?" and "Why me?" The whittler answered, "Because if I don't do this, you will remain an ugly old board." His plan was to continue to shape and form the board so that it would someday be a violin, a beautiful piece of wood, bringing music into the world.

Are we like that ugly board? Are we being whittled? When times of pain and suffering come into our lives, we may also feel like that board, wanting to ask God, "Why do I have to endure this pain?" and "Why me?"

Without enduring pain and suffering, we also would remain "an ugly old board." Experiences, such as the death of a loved one, shape us and define for us what is important in life.

The emotions, the feelings, the heart-ache of our painful experiences can fine-tune us into being more compassionate and caring toward others. To our surprise, we discover that the simple things in life — the hugs, the frequent expression of "I love you," the colorful sunrises, the gorgeous but quickly fading sunset, good health, loyal friends and caring family — are far more important than accumulating money and things in life.

It is then that we become more like the violin, a beautiful piece of wood, bringing music into the world.

Are you the ugly board or a violin in the hands of the Master?

*By Peg Reuther, Mandan, North Dakota
Bereavement Magazine, Spring 2006*





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Donations needed

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Good Grief News

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Mary Evans, Treasurer

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Jim Yoder

Program Director

Janet Cook

Founder

Phyllis L. Gadaire-Sauer

Office Manager

Marsha Huffman

Current Facilitators

Janet Cook	Fang Richards
Marsha Huffman	Donald Septer
Adrienne Massey	Cindy Swan
Deona Madrigal	Melissa Warnken
John McBride	Marjorie Watkins
Julie Montgomery	Connie Westerfield
Lois Pardee	Jim Yoder
Evelyn Reece	

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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- Memorials, Gifts & Donations

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Marge Glazier



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