



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)

May 2022

## *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 death 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, Kentucky,  
Bereavement Mag. Jan/Feb 1998*

## SCHEDULE OF GROUP MEETINGS FOR THE BEREAVED

### PLEASE NOTE:

**MASKS ARE NOW OPTIONAL FOR THOSE  
THAT HAVE BEEN VACCINATED**

**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: Melissa Warnken

**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 **Entance 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 WICHITA**

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

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

**Childcare available upon request. Please give 24 hour notice - call or text to 316-925-2234**

Facilitators: Julie Montgomery

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## SURVIVORS OF SUICIDE LOSS

**Mondays: 6:30 - 8:30 PM**

**CENTRAL WICHITA**

This support group meets at RiverWalk Church of Christ in downtown Wichita (225 N Waco) Note: **Go to the NW door #7 closest to the river.** If the door is locked, please knock loudly. The Monday night meetings begin at **6:30 p.m.** If you have questions or plan to attend this group, **please call the facilitator** prior to attending your 1st meeting so session handouts may be prepared for you.

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 and Fri 8 - 10:30 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**

**Livingstons** - Webb & 21st  
(Hosts: Cindy Swan, Mike Hertzler)

**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)

# May 2022

*May you always be the one who sees  
the light in the little things*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 SOSL Wichita 6:30 PM South Group 7:00 PM	3 Central Group 10 am West Group 6:00 pm Breakfast 9am Livingston's	4 W.A.Y. Group 7:00 PM	5 Brunch/Lunch 10 am Country Café <i>TLC MTG 5 PM</i>	6	7 Breakfast 10 am Spears Restaurant
8 	9 SOSL Wichita 6:30 PM East Group 7:15 pm South Group 7:00 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 6:30 PM South Group 7:00 PM	17 Central Group 10 am West Group 6:30 pm Breakfast 9am Livingston's	18 W.A.Y. Group 7:00 PM	19 Brunch/Lunch 10 am Country Café	20	21 Breakfast 10 am Spears Restaurant
22	23 SOSL Wichita 6:30 PM South Group 7:00 PM East Group 7:15 pm	24 Central Group 10 am Breakfast 9am Livingston's	25	26 Brunch/Lunch 10 am Country Café	27	28 Breakfast 10 am Spears Restaurant
29	30 SOSL Wichita 6:30 PM South Group 7:00 PM	31 				

## The Circle of Grieving

The small circle was composed of ten strangers,  
Drawing closer as the words and moments elapsed.  
Our pain-filled hearts opened up to each other,  
The time of aloneness had miraculously passed.

As we shared our tears and our fears together,  
What was, till then, just me, suddenly became "we."

Clumsily at first, the words tumbled out softly.  
We now felt compassion for others, not just for "me."

Realizing that our caring and our love did not die,  
We learned that others also suffer as we do.  
What a wonderful memorial to the ones we have lost.  
To reach out a caring hand to others in grief, too!

*By Mary Jane Cronin, Scottsdale, AZ;  
Bereavement Magazine May/June 1998*

Contributions for last month(s) totaled \$894.48  
 THANK YOU for your donation which makes it possible for  
 Good Grief of Kansas to continue to serve the bereaved.

# May Birthdays

Robbie Evans .....	2
Jerry A Boyd.....	4
Linda Doom.....	5
Jeanne A McMillen .....	7
Jarree Miller .....	9
Kiley Sandoval DeLao.....	10
Ray Moore.....	11
Sara Cowling.....	12
Theresa Pitzer .....	12
Carolyn Mollohan .....	13
Olivia Hall .....	14
Sharon Turner .....	15
Kaye Stevens .....	16
Scott Powell .....	17
Alice Shelton .....	17
Abel L Vasquez .....	17
Sheryl Jackson.....	19
Mary Piotrowski.....	19
JoAnn Reesman.....	20
Gina Craig.....	21
Bob McKay.....	24
Teresa Wasinger.....	24

## April Contributors:

- Janet Cunningham
- Carmen Suter
- Ted McMurphy
- Connie Westerfield
- West Group
- South Group
- East Group
- John Huebert
- Angela Jozefowicz
- Nikki Besse
- Kroger/Dillons
- Marge Glazier

*Rember to send your donation to:*

2622 W Central  
 Suite 401B  
 Wichita, KS 67203



## Memorial Gifts

In loving memory of  
 Maxine "Cricket" Haney  
 By The Tate's, Duque's  
 and Krehbiel's



## 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.

Donations can be sent to:

Good Grief of Kansas  
 2622 W Central Suite 401B  
 Wichita, Ks 67203



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



## Memorial Walk and Balloon Release

Remember loved ones and  
Support Good Grief of Kansas  
June 25, 2022 - 2:00 PM

RiverWalk Church of Christ Parking Lot  
(225 N. Waco - Wichita, KS)

You are welcome to walk along the Wichita River Walk.  
Access to the path is by the church.

***Balloon Release will be at 3 :00 PM ~ FRIENDS AND FAMILY WELCOME***  
***Arrive early enough to get your balloon***

- ⇒ Write a message to your loved one on the balloon to be released or write a note to put inside the balloon. Balloons will be provided. Donations accepted
- ⇒ Use the **Pledge sheet (found on page 7 of this newsletter)** to collect tax-deductible donations for Good Grief of Kansas. If a receipt is requested, they will be available that day
- ⇒ Make a tax-deductible donation in memory of your loved one.
- ⇒ Bring a picture of your loved one to display
- ⇒ Hamburgers and Hot Dogs will be served
- ⇒ Bring your lawn chairs

*Additional information please call Good Grief of Kansas office (316) 612-0700 or email: [info@goodgriefokansas.org](mailto:info@goodgriefokansas.org)*



## Dear Survivor: A Letter to You

It is said that death is a part of life; that it is the other side of birth. I believe that death can also give meaning to life, a meaning that may escape you now while your grief is raw, but which may someday bring a special quality of peace to your spirit. As terrible as your loss seems now, you will survive it even though that may seem unbelievable right now. Once that happens, you will have touched upon a new and incredible inner strength.

But for now you may be a mixture of thoughts and feelings. Despair, longing, anger, guilt, frustration, questions, and even understanding, tumble over each other, striving for but not quite reaching comprehensible sense and shape. You seek relief—you need to heal. It is a journey, and you must work on it.

And so, **Cry**. The pain is real, but the tears are healing. Often we must struggle through an emotion to find the relief beyond.

And so, **Talk**. Talk to each other about your loss and pain. Don't hide or deny real feelings. Tell others that you need them. The more you deny something or address it in silence, the more destructive power it can claim over it.

And so, **Search**. Over and over, you will ask "Why?" It is a question you must ask. Though you may never find an answer, realize that it is still important to wrestle with the "why" question for a time. Eventually, you will be content to give up the search. When you can willingly let go of the need to question "why?" it will lose its hold over you, but it will take time.

And so, **Speak**. Speak as often and freely of your loved one as you need to. He or she will always be a part of you. Not to speak of the deceased denies his or her existence. To speak of the deceased affirms his or her life. Believe that in time, the pain of loss fades and is replaced by precious memories to be shared.

And so, **Grieve**. This time of sorrow can be used to draw a family together—or pull it apart. You may be one who needs to feel and express guilt so that eventually you will gain a more balanced view of your actual degree of responsibility. You may need to give yourself permission to feel and express anger even though you think it is inappropriate.

And so, **Grow**. We know we cannot control all that happens to us, but we can control how we chose to respond. We can choose to be destroyed by an experience or we can choose to overcome and survive it. When we choose to grieve constructively and creatively, we come to value life with a new awareness.

And so, **Become**. Become the most you can be. Enter into a new dimension of self-identity and self-dependence as you come to love others more fully and unconditionally. In letting go of love, we give it freedom to return to us. Become all that your loved one's death has freed you to become.

And so, **Accept**. Accept that in some strange way, his or her death may enable you to reach out with a new understanding, offering a new dimension of love to others.

*I believe in a loving God who is with us, offering strength, guidance, and solace as we struggle with our anguish. I believe that as we regain balance and meaning in our shattered lives, we can come to see that death can indeed bring a new meaning to life. This is my prayer for all of us.*



*by Eleanora Ross  
Bereavement Magazine July/August 2000*



Monies are to be collected and turned in the day of the Walk.  
 Receipts for donations are available the day of the Walk.

Riverwalk Church of Christ  
 225 N Waco, Wichita, KS  
 June 25, 2022 2:00 PM

Please sponsor \_\_\_\_\_ in the Good Grief Memorial Walk

Walker's name

Sponsor Name	Address	In memory of	Amount	Pd
Total Pledge			\$	

**Make tax-deductible donation payable to Good Grief of Kansas, Inc.**  
 Hamburgers and Hot Dogs will be served  
 Balloon Release and Walk start at 3:00 PM

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 (316) 612-0700 [www.goodgriefofkansas.org](http://www.goodgriefofkansas.org)

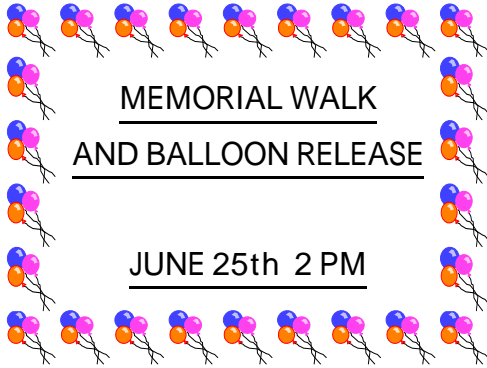


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## MEMORIAL WALK AND BALLOON RELEASE

JUNE 25th 2 PM

[www.goodgriefofkansas.org](http://www.goodgriefofkansas.org)

316-612-0700

Good Grief News

### Executive Board

Rick Cline, President  
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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
Deona Madrigal	Cindy Swan
Julie Montgomery	Melissa Warnken
Lois Pardee	Marjorie Watkins
Evelyn Reece	Connie Westerfield
	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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- Memorials, Gifts & Donations

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## Marge Glazier



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