



Good Grief NEWS

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

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

June 2022

Little Things Mean A Lot

*By Margaret Brownlee
Simi Valley, California*



Recently, my husband and I drove up the California coast, reaching Moonshadow Beach just before sunset. Much to our amazement, throngs of people stood along the side of the road watching nature's grand finale, and we pulled over to join them. A distant fog bank distorted the sun, making it appear to change shapes during its final descent. One moment the sun took on the shape of a giant hourglass, the next, it looked like a pirate's treasure chest.

The instant the sun disappeared, the crowd applauded. I am ashamed to say it was the first time I had ever clapped for the sun. We clap for fireworks, actors, rock stars, and athletes. Why not clap for God's handiwork? My little granddaughter claps for butterflies. Every time she spots one in the garden, she squeals in delight and claps her hands.

Noted playwright, Oliver Haley, died while friends and family gathered around his deathbed in a standing ovation. What a wonderful tribute to a gifted man who spent a lifetime writing for the stage.

Hand clapping is indigenous to every culture in the world. In third century Japan, people greeted superiors by clapping their hands. Today, the tradition continues in Shinto shrines as worshippers clap to greet the gods. The placing of the hands together symbolizes the meeting of yin and yang.

Research has proven that attending concerts and plays increases the life span. Is it only coincidence that activities encouraging applause are beneficial to our health?

As we learn to identify and accept the lasting gifts left behind by our loved ones, we gain a new appreciation for things we once took for granted. Though we are filled with sadness and loneliness and wonder if we are ever going to smile again, we also have more reasons to clap our hands in appreciation and gratitude. One day, we'll even clap our hands in joy.

*"At my piano
when I play your favorites
I hear your applause."*



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.

If you would be interested in training to be a facilitator for one of our groups please contact Janet Cook at 316-900-1340 or the Good Grief office at 316-612-0700

Mondays: 7:00 - 8:30 PM **SOUTH WICHITA**

Grace Baptist Church – (1414 W Pawnee)
Facilitators: Connie Westerfield, Deona Madrigal

This group is currently not meeting **EAST WICHITA**

**If you attended this group in the past we invite you to join the South, Central or West group

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

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 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)

June 2022

Always make time for yourself.

You are just as important as your to do list



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 W.A.Y. Group 7:00 PM	2 Brunch/Lunch 10 am Country Café <u>TLC MTG 5 PM</u>	3	4 Breakfast 10 am Spears Restaurant
5	6 SOSL Wichita 6:30 PM South Group 7:00 PM D-Day	7 West Group 6:00 pm Central Group 10 am Breakfast 9am Livingston's <u>Board Mtg 5 PM</u>	8	9 Brunch/Lunch 10 am Country Café	10	11 Breakfast 10 am Spears Restaurant
12	13 SOSL Wichita 6:30 PM South Group 7:00 PM	14 Central Group 10 am Breakfast 9am Livingston's <u>Board Mtg 5 PM</u> 	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 6:00 pm Central Group 10 am Breakfast 9am Livingston's SUMMER BEGINS	22	23 Brunch/Lunch 10 am Country Café	24	25 Breakfast 10 am Spears Restaurant <u>Memorial Walk and Balloon Release 2 PM</u> 
26	27 SOSL Wichita 6:30 PM South Group 7:00 PM	28 Central Group 10 am Breakfast 9am Livingston's	29	30 Brunch/Lunch 10 am Country Café		

Sweet Summer Memories

*By Kathie Winkler
Bereavement Magazine July/Aug 2004*

Summer has arrived,
With memories from the past.
When we once thought that summer days
Would forever last.

Holding hands on the boardwalk,
Walking barefoot along the beach.
Drinking margaritas –
Nothing seemed out of reach.
Hard to believe how quickly



Those warm days faded away.
As thunderstorms rolled in
And blue skies turned to gray.
Still, a soft whisper on the wind
Can always remind me so
Of those sweet, long days of summer
Before you had to go.

I wrap those memories around me
When the long nights turn too cold.
They warm me and restore me
Until a new morning begins to unfold.

*By Kathie Winkler
Middleburg Heights, Ohio Bereavement Magazine July/Aug 2004*

Contributions for last month(s) totaled \$1484.48
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

June Birthdays

May Contributors:

- Connie Westerfield
- South Group
- West Group
- Michael Tate
- Cheri Gartin
- Ted McMurphy
- Al Kemmerer
- Mike Gillihan
- Janet Cunningham
- Evelyn Reece
- Network for Good

Remember to send your donation to:

2622 W Central



www.stuffinducks.com - 42572561

Memorial Gifts



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

Judy Wherritt.....	1
Kendra Spencer.....	2
Connie Uphaus.....	2
Odean Moore.....	4
Michael Bayouth.....	8
Stephanie Patterson.....	8
Janice Godinez.....	9
Gail Linscheid.....	9
Melissa Nichols.....	9
Royal Owens.....	10
Lois McClelland.....	13
Carolyn Hennessy.....	14
Sarah Carr Lytle.....	14
Sherry Roeser.....	16
Evelyn Brown.....	23
Jeffrey Davis.....	25
Amber Ewertz.....	27
Betty D Kelly.....	30
Steven Page.....	30



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-

Rodney and Birdie

By Nancy Vincent

Early one morning, the first week in March, my husband was sitting on the porch when something exciting happened. Rodney came into the house and knocked gently on the bathroom door and said, "Honey come here! You have to see this!" I said, "I'm in the shower. It'll be a minute." I got out of the shower, got dressed and went out onto the porch to see what he was so excited about. There, by his chair, was a snow white dove. I had never seen one and when she saw me, she walked off the porch and into the grass.

We both sat down at our patio table to watch her and see what she would do. After a while of pecking at the fallen birdseed, she went over to Rodney and looked up at him. He quietly talked to her and got up to give the dove her own birdseed. As he went into the garage, she followed him. That was when I noticed she was wearing a band on her right ankle. The band was blue, with a number four on it. It told Rodney that she must belong to someone or is being monitored in some way.

I got up to go into the house and she scurried off the porch. Rodney still sat outside for a while as the dove ate from the dish he had set out for her. She hung around our courtyard for as long as Rodney stayed outside. I didn't want her to be lost or harmed in any way, so I made a couple calls to find out if any agency would claim her. We didn't get anywhere with those calls, so we decided to go down to Riverside Park and ask the lady who feeds the animals. By that time, the dove had flown off.

That evening, around 5:00 pm, she was back. Rodney decided we should keep her overnight. We had a dog crate she could stay in. He readied the crate with food and water and a towel for her to sleep on. He gently scooped her up to put her into the crate for the night. The next day we went back down to Riverside Park and told the keeper what we had. She suggested a couple more places to call. We came back home and let "Birdie" out of the crate. Rodney gently put her on the porch as I went into the house. He sat down at the table and "Birdie" sat at his feet. After a while, she went over and sat on the doormat and looked over at Rodney as if to say, "Come on. I'm ready to go in." I have several pictures of her, but my phone doesn't share pictures. It's not a Smart Phone.

Each morning when Rodney went out for his quiet time, Birdie would join him. He had put her food and water on the porch, away from other birds' food. She'd eat for a while, then would go over to sit on Rodney's feet. I had to admire her taste. Rodney was cute! Their morning time together became routine. Birdie would come over about 8:00 am. They would chat for a while and then she'd fly off. Every evening around 5:00 pm, she would come back.

I was looking out the window once when I saw her come back. Rodney was busy fixing our dinner. Birdie walked over to his chair and



looked up to greet him. She then fluttered up to the table to get a better view. He was not there. She jumped down off the porch, into the grass and pecked around for a while, then flew up on the roof. The next morning, she was back as usual.

We had plans to go back east for a "Big Barglowski Celebration" the first week of April. We asked Maggie to check on Birdie to be sure she had food while we were gone. Rodney was concerned about his friend and worried that she may feel abandoned while we were gone, so he fixed her a house. He got her a little Easter basket, put Easter grass in it and put it in a box. He cut a hole in the box for her doorway and put a brick on top of the box so it wouldn't be blown away if it stormed. We planned to be away for a couple weeks, so things had to be taken care of before we left. We didn't get very far in our travels as we had planned. Rod got very sick, so after two days holed up in a motel in Missouri, we came back home.

Birdie was there to greet us! She was on the roof of the garage when we drove in. It seemed to me that she had grown while we were gone. I've never had a bird as a pet, so it was interesting to me to see a change in her. Birdie came to see Rodney each morning in April, but would miss coming over some evenings. She never did warm up to me. When I would come out on the porch to leave, go into the garage or anything, she'd jump down into the grass. Obviously, she and Rodney had "a thing" and I was not a part of it.

There were a couple mornings in May that Birdie didn't show. That was different. I was hoping that she'd hooked up with another dove and had found her happiness. Not to worry. The second week of May, here came Birdie with two other doves! They were gray and smaller than Birdie, but they felt welcome at our bird feeders. They dined as Birdie came on the porch and sat at Rodney's feet.

Rodney was to have surgery on June first. He didn't sit at our patio table that morning. As we were leaving to go to the hospital, we saw Birdie up on the roof. We blew her kisses and told her that we'd see her that evening. That was the last time I saw Birdie. Rodney went into St. Francis hospital June second and went to heaven on June seventh on the wings of a snow white dove.

This story told by Nancy Vincent (a regular attendee of a local Good Grief support group) in memory of her husband's passing, June 2017. Thank you, Nancy, for sharing this story.



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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 2622 W Central Ave, Suite 401B
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 (316) 612-0700 www.goodgriefokansas.org



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MEMORIAL WALK AND BALLOON RELEASE

JUNE 25th 2 PM

www.goodgriefofkansas.org

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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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