



Good Grief NEWS

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

316-612-0700 July 2022
Email: info@goodgriefofkansas.org

The Brass Band

by Carlene Vester Eneroth

I just got off the phone with a new survivor, and she was so excited! "Guess what, Carlene! I did something I've never done before—never even thought of doing! I'm seventy-five years old, and today I actually checked the oil in my car and added a quart to it!"

It was so much fun to brag on her and then I asked, "And didn't you feel like the brass band should have been playing as you finished!?" She laughed as she exclaimed, "Yes!!"

So I got to wondering about all of us survivors. Aren't there some amazing things we've done where we find ourselves almost listening for that brass band to begin playing? Brass Band events are not defined as something that only involves *big* issues we deal with on a regular basis. No, I believe we are really waiting to hear that band play when we do something that is totally out of character for us or certainly not what anyone expected us to do.

Dave comes to mind right away. After his wife was gone, his thoughtful sisters-in-law hid him from making anything for the family potlucks because, after all, he was a kitchen-helpless guy! But he wanted to pull his own weight, so finally, for one holiday, he began rummaging through his wife's recipe box. The pistachio salad looked pretty easy. I distinctly remember thinking that he must have heard the brass band play as he walked into the gathering carrying that salad. When he was asked where the food came from, he casually replied, "Oh, I made it!" (Hooray for him.)

Sometimes I think the brass band will appear when we find ourselves in a place no one sees as particularly unusual, but a new survivor *knows* when something special has just happened.

I remember Pati having a friend in the hospital and feeling it would be thoughtful to go visit her. However, it was the same hospital where her son had died the previous year ...and it was summertime — the same time of year. Could she really walk in there, hold herself together, visit for a brief time and get out without completely falling apart? Well, she *did* it and felt so good about herself. I honestly think she could envision the head majorette for the band stepping out in front of her car to lead her home.

I remember once when I distinctly heard the bass drum leading off the magical appearance of that brass band. It was such a hot summer, and the house I was renting had no air conditioning. However, it did have a much cooler bedroom in the basement. The choice of where to sleep would seem obvious to any sweltering person — except a new female survivor who was terrified of sleeping alone in the basement with all the strange noises. What if someone tried to break in?

A million pessimistic thoughts kept running through my mind so I opted to stick it out in the stifling upstairs. But finally, when sleep was impossible, I offered up a quick prayer for help, picked up my pillow, gingerly started down the creaking stairs, running into the bedroom, and slamming the door. Whew! I was there, but could I stay, and more importantly, could I actually sleep?

This called for one more prayer and then, miraculously, the next thing I knew the birds were chirping outside the window, and it was morning! I swear to you that I saw a set of cheerleaders leading that brass band right up my basement stairs.

Where have you been when the brass band should be breaking out with a happy tune? I'm sorry we really don't have immediate access to such a musical highlight in our daily lives when we've done something that is dodgily out of character for us or certainly something no one else thought was such a big deal. After all, once in a while wouldn't the appearance of that brass band really top off an experience in which we are so proud of ourselves, yet nobody else around to cheer?

Here's to each new survivor who's reading this today and for the special events you handle to perfection! Cheers!



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**

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 pm.** 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)

July 2022



Sunflowers follow the sun's light. But when it's a cloudy, rainy day they turn towards each other to share their energy.... May we be the sunflowers in each other's lives.

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

Sweet Summer Memories

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 Contributors:

Carmen Suter

Gail & Sean Linscheid

Ted McMurphy

Michael Tate

Donald Yeley

Tom Downer

Mike Gillihan

Evelyn Reece

Mary Evans

Cheri Gartin

Janet Cunningham

Cecil Wulf

Anonymous

Marge Glazier

Remember to send your donation to:

2622 W Central Suite 401B
Wichita, KS 67203

Memorial Gifts

In loving memory of Steve Chance (7/25/2018)
By JoAnn Chance



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

July

Birthdays

Shirley E Smith.....	5
Reni P Keen	6
Quentin Spainhower.....	6
Mary Jane King	8
Cindy Reves.....	10
Rick Plank	11
Sandy Miller	13
Joyce Gedraitis.....	15
Connie Schauf.....	17
Hattie Jeffrey	19
Ted McMurphy	24
Sylvia Herheim	25



Thank You!

I will forever be grateful to you for your help.



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!

Please Note

You now have the option to **DONATE ONLINE**
We have added information on our website allowing you the opportunity to make a donation to Good Grief of Kansas electronically.
Just log into www.goodgriefofkansas.org
Scroll down until you find the form to make your donation.
Thank you in advance for your generous support.

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!

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 \$ _____

Send Memorial acknowledgment to:

Name _____

Address _____

City State, Zip _____



ANONYMOUS PLEASE

I would like more information

My phone # is () _____

My Name _____

Address _____

City, State, Zip _____

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*).



Is That You, Boo?

It was an endearing term. I don't know how it started, but whenever I thought I heard my husband I would say, "Is that you, Boo?" His name was Bob and that was a loving term I called him.

Bob died of cancer as I held him in my arms and told him it was okay to go. I didn't want him to go, but he was suffering and I knew I had to let him leave.

After his death, I missed him so. Bob was my best friend, we used to talk for hours about everything. I had asked him to watch over me and let me know what to do, and he said he would.

It was so strange that the antique clock stopped when they pronounced him dead as I was walking down the hall. It stopped at the same time four weeks after that. I wanted to say, "Is that you, Boo?"

I grieved - oh, how I grieved for him. It was strange, a flower came up volunteer in my rock garden. It had never been planted. One, strange flower. I wanted to say, "Is that you, Boo?"

As I sat out on the deck, a bird came close to me, not a bit afraid, as if it were my friend. I wanted to say, "Is that you, Boo?"

One Mother's Day he had given me a lilac bush and asked me to take a piece with me wherever I went after he died. It was so strange, after the blossoms left and Bob left, there was one branch that was brighter and greener than the rest of the bush. I wanted to say, "Is that you, Boo?"

One day when my time has come as I go toward that light, I will see someone, and I will say, "Is that you, Boo?"

And he will say,
"Yes, this is Boo."

By Bev Dimmitt





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Deona Madrigal	Marjorie Watkins
Julie Montgomery	Connie Westerfield
Lois Pardee	Jim Yoder
Evelyn Reece	

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

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

- Memorials, Gifts & Donations

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Mission Statement:
Good Grief of Kansas provides grief support for persons who have lost a loved one through death.

Marge Glazier



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