



Good Grief NEWS

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

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

Sept 2022

Precious Possessions

To lots of people, September is a time to go back to school, clean up the yard, put away the lawn mower, rake some leaves and get ready for winter. But for me, after Greg died, September was a time to get organized for a yard sale. Have you had one of those yet?

Greg and I had moved a few times and so felt like veterans for these sales. We knew what days to have them, when the crowds would be the best, which weekend of the month was most profitable, which corner of the busiest streets were best for road signs, etc.

But suddenly he was gone, and the fun and anticipation of a yard sale was too. Every item I looked at was a link to him. How could I get rid of them?

Tackling the garage, I saw dozens of tools of every sort that had been his pride and joy. Unlike a lot of guys who use their tools often, Greg wasn't much of a handyman. Not that he didn't want to be, but his father hadn't been either. No one had ever taught him how to fix things.

But, oh how he loved his tools just the same, and he was so eager to try them out! One Christmas he asked for and received a "Skil" saw. That night, around 11:00 p.m., we arrived home after visiting relatives, and we brought in our gifts. As I got ready to fall into bed, I suddenly heard this awful racket in the basement. Racing down there, I saw Greg with a huge smile of satisfaction on his face and sawdust all over the furniture as he proudly displayed a piece of wood he'd found and cut in half—while laying on the arm of our couch. See THAT saw?!

I remember finding three sets of rusty clippers and wondering what in the world we were doing with them. As I kept unearthing other duplicates in so many drawers, I finally said right out loud, "Honey, I'm sorry, but I only have two hands! How many shovels, clippers, and rakes can one person use?" It felt better to just "tell" him what I was thinking. The duplicates had to go.

Are you trying to get rid of things...going through your loved one's possessions and deciding what to do? It's important to remember that in this there is no particular time frame



to live by. Some people take a few years to go through everything completely and sort things out. Others feel a need for "completeness" by getting items "out of sight and out of mind" quite soon.

If you feel uncomfortable letting some things go, but still have a hard time when you see them in cupboards or closets, why not pack those items in boxes and store them away until a later date? (Nobody but you can judge just when "a later date" will be.)

Sometimes, when we rush into projects like this, it's easy to give away items we later wish we had kept. Be sure to ask your children if they want certain things of Dad's or Mom's. If your children are very young, set aside some specific possessions you think they would be eager to have in later years. Before my yard sale, it gave me great comfort to lay out special belongings of Greg's, asking friends if they could use them. Their pleasure in being asked far outweighed the few dollars I might have received from selling some of those special "treasures."

Maybe you've already had your yard sale.... Well, hooray for you! How did it go? Did you have to work at "stifling" yourself as articles with so many memories attached, one after another were carted off by someone else? Did you almost want to run after the shopper and say, "Be very careful with that, it belongs to someone very special!"?

It's too bad there's no way to have a yard sale for the suffocating grief we feel, isn't it? But, sadly, I guess that's not an option.

Thinking of you, *Carlene*

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 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)

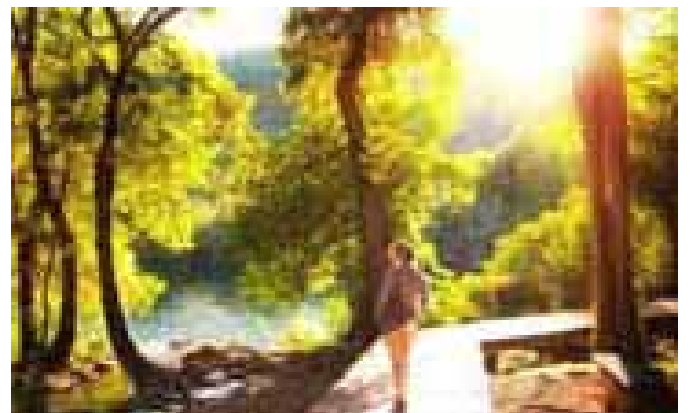
September 2022

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



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

***Let me grieve the way I need to.
I don't need to be rushed.
I don't need to meet expectations
Put on me by others.
I need to do this my way.
This is my journey***



Contributions for last month(s) totaled \$558.61
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

September Birthdays

August Contributors:

- Carmen Suter
- Kroger/Dillons
- Al Kemmerer
- Janet Cunningham
- Ted McMurphy
- West Group
- Marge Glazier
- Michael Tate
- Mike Gillihan

Remember to send your donation to:

2622 W Central
 Suite 401B
 Wichita, KS 67203



Memorial Gifts

In loving memory of a loving
 sister Jeanette
 By Mary

In loving memory of
 Cora Jean McBride
 By Lori McDonald

In loving memory of
 Joan Sowers
 By Sid Sowers



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

Janis Powell	4
JoAnn Chance.....	5
Sid Sowers.....	7
Terri Norgren.....	11
Dale Moore	13
Annette Schmidt.....	14
Nancy Powell	15
Elizabeth Sommerhauser	15
Elizabeth Lonning.....	16
David Miller	17
Ruby Lowderman.....	18
Kathy Thomas.....	18
Deona Madrigal.....	19
Jean Regan.....	19
Sonia Slabe.....	19
Becky Keen.....	22
Carol Spurgeon.....	22
Amber Smith	25
Theresa Hauschild	27
Billie S Tucker	28
Bel Griffin	29



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.goodgriefokansas.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 bitterness 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*).

Bereavement Magazine July/August 2000

By Father Thomas Johnson-Medland

The Seasons of Life

School bells will soon ring once again, and the air is crackling with excitement. Not just because my children will finally stop voicing their boredom, but because fall's back-to-school season is my favorite time of year. I was one of those kids who couldn't wait for summer to be over and school to begin, and I seem to have passed this preference to my children.

I love the newness of September: notebook paper ripe with possibilities; scratchy clothes too hot to wear in the summer sun, but soon grabbed from the closet to help keep chills at bay; new shoes complete with Band-Aids on heels to help prevent blisters; the smell of crayons and unopened books; the magic of new faces that turn into friends. Forget New Year's resolutions – my new year has always begun in the fall.

School memories aside, I love the brilliant colors and crisp air, the sound of dancing leaves, and the smell of the earth as it readies itself for slumber. Autumn is one big visual reminder of the cycles of nature. It eventually turns into winter, bringing quiet beauty and serenity along with shorter days and longer, colder nights. Winter has been described as a death of sorts, a time when nature hibernates and pulls inward, and a time when the promise of spring seems very distant indeed. Spring gets all the glory, heralding summer fun and vacations, while fall takes the rap for having winter on its coattails. How could nature change so cruelly with the turn of the calendar page?

Let me take this opportunity to explain my love affair with fall. There is a rare beauty in October, a fragile, different splendor than the beauty of May. May offers hope of plenty more to come, while October encourages us to live each day to the fullest, for it may be our last day before the chill of winter. May looks forward with anticipation and promise, while October looks back to see what has been. Spring is the wide-open road, while fall is a dead-end to winter.

While these changes may be more apparent in the Midwest than in other areas, seasons do change even when we don't realize it. Each one is as important as the next, and each one is needed to make the cycle complete.

Human beings have seasons, too. Life's ups and downs mingle together and cycle continuously. What season are you living now? Do you have the promise of joys to come, or are you living with the belief that the best has already been? Are you looking forward with anticipation or looking over your shoulder with longing or regret? Are your days sunny and warm or cold and bleak? Can you believe in the promise of spring even when winter's chill has embraced your heart?

Nature is a mirror to our souls. Regardless of your own seasonal preference, each day offers a fresh start, a new beginning. With each death comes a rebirth, and with every rebirth comes the reminder to live each day to the fullest. Fall begs us to enjoy the present, because each day truly is a present from our Creator. If we look to nature and reflect on the seasons of our life, we can find comfort in the continuing promise of better days to come.

*By Laure Janus, Downers Grove, IL
Bereavement Magazine Sept/Oct 2001*





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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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- Memorials, Gifts & Donations

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