



Good Grief NEWS

2622 W. Central - Suite 401B, Wichita, KS 67203
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Oct 2022

A New Normal

By *Carlene Vester Eneroth*



While driving through the rolling wheat fields in our area, I was reminded of one of my favorite rerun episodes on the television comedy series, *Major Dad*. Major Dad leads his family on an endless hike over hill after hill, looking for a perfect back-to-nature spot where they can be taught to rely on their survival skills in the environment. He's frustrated to keep finding only green grass and developed areas that include a resort and even a mall. When the family staggers back to the cabin, having never found that elusive piece of nature paradise, they have sunburns and blisters, and his theme of the day still echoes in their ears: "But it's just over that next rise. Keep going, it's got to be just over that next rise."

Could that describe us in our grief? On the day we hear "he's gone" we begin a search to find a spot where we will be normal again...where we won't have this incredible hurt engulfing all we do...where we can laugh and enjoy life around us, just like before this death shattered our life! Do you feel as if your search for normal is constantly "just over that next rise?"

We get through that awful first year and let out a deep breath. Wow! We've conquered all those "firsts"-holidays, anniversaries, birthdays, etc. Now things will get back to normal again. What a shock to find that we don't feel tremendously better than we did a year ago. No one has let us know that the second year of grief is still tough. Certainly we function, sometimes better than before, but at times we're still overwhelmed by intense grief, and hadn't planned on this at all. It's disturbing that we just got "over that next rise" of the first year, but we haven't hit "normal" yet.

Maybe normal can be found just over that *next* rise-if we move. While it can be good to leave old memories behind and have different rooms to look at (often arranged in new ways), adjust to a new climate and get acquainted with new neighbors, some things don't change. We still stare at that empty place at the table, we still don't get to buy Christmas and birthday gifts for someone special anymore, and we still come home hoping to relate the happenings of the day-only to find no one there. An environmental change wasn't it. Our normal wasn't just over *that* next rise, either.

We thought normal surely would come when we took a trip or at least got away from our surrounding for a few hours. The anticipation was that those hours would give us time to forget. Then, weren't we astonished to find that it takes only one glance to see a couple holding hands or a mother cradling her infant, or the notice of *our* car, to discover that this next rise didn't hold that normal feeling either.

So is normal ever going to be found "just over that next rise?" I believe the only normal we will find is a "new normal," not connected to things we viewed as normal in the past. It means that our calendar of time will be dated forever by events *before* the death and *after* the death. But it also means that we can find a normal that is really fine. It's just not what we would have planned had things stayed as they were.

We have to work to find this new normal and make it a part of our routine. That's what is different about this next rise. Our original normal was just there-we didn't have to do anything to make it happen. But now we have to actively make a new holiday routine and, through trial and error, decide which differences can become new traditions.

We have to decide we will shop at a different store and begin to feel comfortable there, or buy a different car and start seeing it as a normal part of life. We can try a new hobby or activity instead of focusing only on what we've done in the past. One of the hardest new normals is accepting the fact that old friends, uncomfortable with our grief, slowly disappear. But the energy we could invest in mourning this additional loss would be better put into making new friends with those who care to understand us. They, too, can be part of our new normal.

Naturally, the hard part is work. But do we want to stay with Major Dad, searching for the normal of our past that will remain just as elusive as his nature search? Because grief has touched our lives, we have to self-determine that we aren't going to endlessly keep searching over that next rise; instead we will try to work with what we have here and now.

Here's to each of us working to build a new normal-one piece at a time. Let me know how the construction project goes, okay?

Love, *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



Please keep in mind.....

All meetings begin at the designated times

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 **Entrance A2 “CHAPEL”** (just west of A1 Entrance)

Facilitators: Evelyn Reece (316-722-3088 leave message), Marsha Huffman

On the first Tuesday of the month members are invited to bring a sack lunch. A social time is held from 6-6:30.

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 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)

October 2022

*Always make time for yourself....
You are just as important as your to do list.*



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

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 Contributors:

Carmen Suter

South Group

Daniel Perry

Michael Tate

Ted McMurphy

Les Shepherd

Evelyn Reece

West Group

Janet Cunningham

Don Yeley

Abel Vasquez

Remember to send your donation to:

2622 W Central Suite 401B
Wichita, KS 67203



Memorial Gifts

Thankful for my good life!
 By Peggy Grell



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

October Birthdays

Kay Williams.....	1
Norman Ritter.....	3
Amber Charbonneau.....	4
Janell Floyd.....	4
Jennifer Lasiter.....	4
Laurie Martin.....	4
Marilee Haney.....	10
Ashley Crego.....	11
Deb Peterson.....	12
Martin Harding.....	15
John McBride.....	16
Diane Newcome.....	16
Josh Becker.....	18
Jay McNeil.....	18
Karen Mellington.....	18
Dan Perry.....	21
Cindy Swan.....	21
Marsha Huffman.....	22
Marcia Koster-Carter.....	22
Carmen Suter.....	22
Lavona Larson.....	24
Brenda Lowery.....	24
Evelyn Reece.....	24
Melanie Trahan.....	27
Roberta Whetzel.....	29



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!

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 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 _____

A River Runs Through It

Grief has a way of damming up inside and cutting us off from everything and everyone we care about until we can no longer receive or give joy. We block out the good in our lives and focus solely on the bad. We stop reaching out to others, and eventually they stop reaching out to us. Once the river of humanity stops flowing through our lives, we stagnate in depression.

How do we get things flowing again? It's not easy, because it requires that we give up something, maybe even a part of ourselves. Having already suffered a tremendous loss, who can blame us for not wanting to give up something more?

Yet, giving up and giving back is the first step to unblocking the dam keeping us from the good things in life. For me, this meant turning my son's bedroom into a guestroom. It was a painful decision, but the room was tearing me apart. Sometimes, I would leave the door ajar, trying to pretend everything was okay. At other times, I slammed the door shut, unable to stand the empty silence.

Though it was difficult to strip the walls and furnishings from the room and start afresh, it was a necessary part of the healing process. Our newly decorated guestroom has since provided comfort to a young mother nursing a sick son, sheltered a troubled friend, and nurtured various family members in need of special care. The flow of humanity is a much more fitting tribute to my son than an empty room, for he loved people, and would have been the first to give up his room to a friend in need.

Where are the dams in your life? What are you holding on to? Is it the pain? The loneliness? Are you holding on to your loved one's possessions? Let go of the anger and bitterness; let the river flow.

By Margaret Brownle



The Best Day Of My Life

Today, when I awoke, I suddenly realized that this is the best day of my life, ever! There were times when I wondered if I would make it to today ... but I did! And because I did I'm going to celebrate!

Today, I'm going to celebrate when a great life I have had so far; the accomplishment, the many blessings, and, even the hardships, because they have served to make me stronger. I will go through this day with my head held high, and a happy heart. I will marvel at God's seemingly simple gifts; the morning dew, the sun, the clouds, the trees, the flowers, the birds. Today, none of these miraculous creations will escape my notice.

Today, I will share my excitement for life with other people. I'll make someone smile. I'll go out of my way to perform an unexpected act of kindness for someone I don't even know.

Today, I'll give a sincere compliment to someone who seems down. I'll tell a child how special he is, and I'll tell someone I love just how deeply I care for her and how much she means to me.

Today is the day I quit worrying about what I don't have and start being grateful for all the wonderful things God has already given me. I'll remember that to worry is just a waste of time because my faith in God and his plan ensures everything will be just fine.

And tonight, before I go to bed, I'll go outside and raise my eyes to the heavens. I will stand in awe at the beauty of the stars and the moon, and I will praise God for these magnificent treasures.

As the day ends and I lay my head down on my pillow, I will thank the Almighty for the best day of my life. And I will sleep the sleep of a contented child, excited with expectation because I know tomorrow is going to be the best day of my life, ever!

Author Unknown



Moving With the *Seasons of Grief*



“Moving on” is a phrase I heard often in the first year after my husband was killed by a drunk driver. Sometimes it was direct, as in, “It’s time to move on. You can’t change what happened.” Other times, there were specific action steps suggested to begin the distancing: change the voice mail, clean out the closet, sell the house. Although I was appreciative of the love of friends and family and their sincere desire to help me navigate out of the shock fog, for me it was not about moving ‘on,’ but, rather, moving ‘with.’ Moving on implied leaving it behind, which was simply not possible. Some would call this unresolved or complicated grief. Perhaps it was both, because grief left me with more questions than answers, and what had once been straight-forward became complex.

I did not stay frozen in that dark place of seven years ago. There was my job, there were bills, children to support and new ways of living to figure out. There are ways I have grown, and grown up, that were unimaginable before the event. However, moving ‘with’ still resonates with me, particularly when other losses and difficult challenges arise. Grief travels with me like the seasons. Like those seasons, some feelings go underground to reappear later, and others that have been underground, come to the surface. There are also emotional hurricanes and tsunamis to confront.

Seasons of grief can also be analogous with other life-altering situations, I had dinner with a friend one night, whose husband had left her abruptly after a 24-year marriage. She sank far down, rose up, and spent three years putting her life back together. She had been in a relationship which went well for six months, then ended. We went out to dinner shortly after the break-up, and she was beside herself. One of her work colleagues had commented that she was more upset than when her husband left her. “And, how could that be?” she wondered, “six months as compared to a 24-year marriage?” It was not about the time or about which situation was worse - it was the surfacing of another loss in her life, acute loneliness and all that comes with the collective nature of grief.

I wondered if I was always to have a thin veil over my eyes, through which I would see the world, since life continues to have losses, challenges, and reminders of what was, but cannot be again. At one time, it seemed as if difficult experiences would be permanently colored by the event. But, rather than the veil, I chose the seasons. I think of grief like a tree. When my husband was killed, the tree became suddenly bare of leaves. Winter set in. The weight of snow and ice was not sufficient to break the branches, but it did put them to the test. As I regained my footing, the leaves grew again and there have been periods when they have been in full bloom. When a loss or serious challenge presented itself, the tree would go into late fall or winter mode, I learned to understand that this was impermanent and that life’s possibilities were simply in hibernation.

In these past several years, I have sometimes come to my own mid-October, a peak time of growth. My tree is at it most brilliant, after a warm summer of preparing for the changes in colors. I know that there is a distinct possibility that the winter grief may set in, but I am ready. Eventually, the leaves will begin to reappear and new possibilities will arise in the spring.

- Author Unknown





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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.