



Good Grief NEWS

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

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

Nov 2022

Because We Love - Grieving Through the Holidays

"La Vida es sueno y sueno de Suena."

"Life is a dream and a dream of a dream."

- Caldron



Dreams of the past...a swelling rush of powerful recollections never to be felt again. The mystic element and enchantment of the holidays within our midst; holly, mistletoe, the glitter of the Kwanzaa and Chanukah lights to enjoy. Bah...humbug! What about the myriad broken hearts floating upon a sea of grief filled with sorrow?

When an individual has lost a loved one, the season for cheerfulness not only eludes the bereaved, it can be downright devastating; somehow the void in our lives is too intense. The pressure to "fit in" or to exclude gladness and delight seems to evade us. Instead we may be overcome with feelings of anger, panic, depression, regrets, and loneliness. We cannot be fixed on a course of jubilation if we are consumed by negative sensations. As waves of emotion pour over us, we are carried away to thoughts of yesteryear. A simple tune, an aroma, a familiar face may be too much for us to bear.

The Jewish high holidays are specially difficult to deal with. The theological concept of the sacred day of Atonement states that it shall be "a holy convocation to you and you shall afflict your souls." It is so profoundly agonizing to endure this particular day without the scores of loved ones who have gone beyond the outer reaches of the universe. An so we plead for courage, wisdom, and order to find grace within ourselves. We beseech our Creator to lead us to a healing place. "Mima amakim, krati'cha." — Out of the depths, I call to you.

Grief may be unpredictable and events once anticipated with pleasure may not necessarily make us feel happy nor merry. Although holidays, anniversaries, and birthdays produce unique challenges, there are definitely ways to cope and make some sense out of these stressful times. For the bereaved, it is important to stay connected to your feelings. Express your emotions, be gentle with yourself and learn to address your pain. Incorporate memories of the deceased into your present life by making a memory quilt, writing a poem, releasing a balloon or lighting a candle. Find ways of giving little bits of yourself through an act of charity or a good deed. These are surely acts of love and gratitude. Be concerned about another's feelings and thoughts. Create light where there is darkness. As a metaphor for peace and healing, radiance represents a balance between sadness and hope. We are blessed with the ability to regenerate life and find fulfillment once again. It is perfectly acceptable to express sensitivity, sentimentality, and spirituality to symbolize our innate desires to recapture that which was lost. T.S. Eliot said,

*"Footfalls echo in the memory
Down the door we never opened
Into the rose garden."*

At holiday time, when we become reflective and engrossed in our thoughts to find a relevant means to assuage our grief, it is worth remembering that our souls need not be imprisoned in the past. We are capable of discovering new passages, new doors to open and eventually of stepping into a garden that is purposeful and awesome in its majesty.

We are stronger than our tears!

*By Iris Morganstern
New York, New York
Bereavement Magazine*

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 **Entance 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 you.

Facilitator: Jim Yoder 316-727-0663

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)

November 2022

*When we lose someone we love,
we must learn not to live without them,
But to live with the love they left behind....*



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

SAVE THE DATE December 3, 2022 5 PM

Our City wide Christmas Gathering will be held on Saturday December 3rd.

Doors open at 5 pm — We will eat at 6 pm

A variety of soups with all the trimmings will be provided by our facilitators.

We ask that you bring your favorite dessert to share.

If you wish to participate in the gift exchange , please bring a gift (\$10 limit)

RIVERWALK CHURCH OF CHRIST - 225 N WACO - December 3, 2022 - 5 pm



Contributions for last month(s) totaled \$982.38

THANK YOU for your donation which makes it possible for Good Grief of Kansas to continue to serve the bereaved.

October Contributors:

Carmen Suter

Michael Tate

Amazon Smile

Connie Westerfield

Ted McMurphy

Mary Evans

Al Kemmerer

Dillons/Kroger

Mike Gillhan

Evelyn Reece

Marge Glazier

Cecil Wulf

Janet Cunningham

Network for Good

Remember to send your donation to:

2622 W Central Suite 401B
Wichita, KS 67203



Memorial Gifts

Thankful for my good life!
By Peggy Grell

In loving memory of Bob Pitzer
By Theresa Pitzer

In loving memory of
David Sommerhauser
By Elizabeth Sommerhauser



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

November Birthdays

Terry Seifert	1
David Eck	5
Bonnie Workman.....	6
Lisa Wake	10
Kirk McConachie	11
Carol Schmitz.....	13
Janet Cunningham	15
Sue Griffin	17
Bev McGee	17
Christine Tullis.....	17
Mary Conner	18
Pat Brueggemann	20
Darlene Byrd	22
Connie Seigler.....	22
Dawn M Kail	23
Richard M Escareno.....	24
Sue Brown.....	28



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**'.

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 _____

Tis the Season for Healing...

WAYS TO HEAL THE SOUL

Forget about celebrating the holidays; celebrate, instead, the birth of Jesus or Miracle of Lights. This will free you to do only those things that hold special meaning for you.

- ♥ Stay connected to friends and family.
- ♥ Stay close to God through prayer.
- ♥ Allow time every day for inspirational reading.
- ♥ Keep a holiday journal, recording your thoughts and feelings.
- ♥ Fill your house with music. If the traditional Christmas music is too painful, try the healing sounds of Mozart and Beethoven.
- ♥ Enjoy the healing power of nature. Plan as much time outdoors as weather permits. Feed the birds, take long walks, play in the snow or sit on a park bench.
- ♥ Cry when you feel the need, but don't be afraid to laugh.
- ♥ Gratitude is the point from which healing begins; instead of focusing on what you lost, focus on the many blessings that remain.

WAYS TO HEAL THE HEART

Heartache is love that has no place to go. Giving of yourself during the holidays is one of the best ways to ease the pain. Volunteer your time or buy something your loved one would have liked and give it to someone in need.

- ♥ Plan a special way to remember your loved one: wear a white rose, plan a simple graveside ceremony, donate money to your favorite charity in your loved one's name.
- ♥ Don't be afraid to mention your loved one's name and share happy memories of holidays past.
- ♥ It helps to be around people who have experienced similar losses. Join a grief group or plan a special gathering with friends who you know are also grieving a loss.



WAYS TO HEAL THE BODY

Grief is tough on the body, and even more so during the holidays: Get extra rest and exercise. Invite friends and family to join you for a holiday walk. Try to spend at least fifteen minutes a day in the sun. Exercise and sunshine will help fight depression.

- ♥ If the hustle-bustle of the shopping mall is too much for you, try shopping on the Internet or through catalogs. Instead of gifts, consider inviting friends and family to a play, concert or movie — your treat.
- ♥ Pamper yourself with long hot baths. Treat yourself to a facial or massage.
- ♥ Your body is overworked with grief; don't burden it more with too much



*Coping With Grief.....
Especially During
the Holidays*



PLAN AHEAD Although there will be moments when feelings unexpectedly overwhelm you, if plans are in place, it will help to ease the strain.

SET PRIORITIES Before you plan, decide which activities and traditions are most important to you. This will make it easier to phase out those deemed less desirable.

MAKE A NEW TRADITION Starting a new phase of your life deserves some special event.

INCLUDE THE DECEASED IN YOUR CONVERSATIONS If you bring up his or her name, others will be more willing to talk about him or her too.

EXPRESS YOUR FEELINGS When you are depressed or need to cry, go ahead. Most people understand and accept you as you are. For those who seem uncomfortable, remind them gently that tears are natural and healing when a person is grieving.

FIND SOMEONE YOU CAN HELP Few activities are as satisfying as giving assistance to a person who needs your caring.

BUY YOURSELF SOMETHING SPECIAL You have experienced one of the most difficult losses of life. Be good to yourself.

CHERISH YOUR MEMORIES Though they may occasionally be painful now, they are yours to keep and will grow more precious as time goes on.

BE PATIENT WITH YOURSELF Your energy level is low and concentration powers are weak. At times, confusion reign supreme. Allow yourself extra time in accomplishing tasks.

TAKE TIME OUT FOR REST AND RELAXATION A few minutes each day in a quiet place, and an enjoyable activity once a week, just for your rejuvenation will ease the stress of grief.



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SAVE THE DATE!
Christmas Gathering
December 3rd
See page 3 for details

www.goodgriefofkansas.org

316-612-0700

Good Grief News

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Jim Yoder

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Janet Cook

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Office Manager

Marsha Huffman

Current Facilitators

Janet Cook	Donald Septer
Marsha Huffman	Cindy Swan
Deona Madrigal	Marjorie Watkins
Julie Montgomery	Connie Westerfield
Lois Pardee	Jim Yoder
Evelyn Reece	

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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Marge Glazier, Broker Associate