



Good Grief NEWS

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

316-612-0700
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Dec. 2022

Holiday Survival Thoughts

The Holidays are upon us.

How can I possibly survive this?

The holidays can be difficult with the external pressures of shopping, deadlines and family obligations. Be sure to take time for your inner needs at this time of year. Express your feelings to those around you and your relatives, and you may avoid additional conflict, hard feelings or genuine misunderstanding. Most family members and friends sincerely want us to have a peaceful holiday, and unless we share what we want, feel or need, we deprive them of the ability to help us achieve what peace and enjoyment we can.

Many families I know have changed at least one thing about their holidays so that the only thing different on that day is not the absence of their loved one. They may change the menu, seating arrangement, time of dinner, location of dinner or members present.

Some leave town entirely without decorating inside or outside. Be sure, all family members are comfortable with that. Sometimes, implementing a memorial to our loved one makes it bearable and brings his or her absence to the forefront. Gone are the days, hopefully, when the names of deceased loved ones were avoided at family gatherings. It is ok to honor our loved ones with memories, laughter and tears.

Some families I know light a special candle in front of their loved one's picture. Others read stories that were submitted by family and friends. One family sent out blank paper bulbs before Thanksgiving, asking everyone to share a favorite memory to be shared on Christmas Eve. This has become a new tradition in the family each year, so that younger and new family members can share in the life of the deceased.

When you want or need to be alone, quietly leave the room to be alone somewhere, or gently excuse yourself. I usually tell my family in advance that if I disappear and my bedroom door is closed, it means that I need to be alone with my memories or have a good cry. I have also assured them that I will come out when I am ready.

Give yourself permission to change traditions in advance or at the last minute. Sometimes getting together with friends who share your pain is easier than participating in traditional patterns. That's ok. Just let the family know that this is just temporary.

Shopping can be difficult as well, especially when you hear the first holiday music. If holiday music is too difficult to listen to, play something different in your home or in the car and, perhaps, avoid those public areas where you can't control the music.

At two different stores, while I was giving my phone number to make a purchase, the clerk mentioned my son's name. I was floored. First, I was angry and insisted that they change the name in the computer to ours. When it happened the second time, I embraced it, knowing that my son had been in that store when he was alive. I began to feel his presence and yes, I purchased a gift for him and left it at the cemetery.

You are not alone at this time of year. Many, many of your family members, friends, co-workers, neighbors and even strangers are truly thinking of you in their hearts and prayers. Some may show that they care in tangible ways, other may be afraid to "hurt you" by doing so. Know that many are lifting you up on prayer, asking for strength and comfort to get you through the season.

The seasons are noticeably changing this time of the year. Changing seasons can bring on overwhelming feelings of sadness and grief. The duck hunters are getting up early and sit in the cold water waiting for their prey. This is a hard time for us, as we miss our son so much. He was an avid hunter and encouraged my husband to take the sport up again.

Please be patient with yourself and allow time to cry and grieve. Remember the good memories and forgive and let go of the unpleasant ones.

Perhaps finding a grief support group at this time of year would be very beneficial and comforting. No one understands us like someone who has walked on the path through grief. Remember that you will get through this holiday and that it will not be quite the same ever again. Different can also be good as we incorporate our loved one's memories in our traditions.

I love staying up late on Christmas Eve and, while preparing food, listening to holiday music and watching the ice houses on our lake (wondering what wife is allowing a husband to be out at that time on that night!) I pray for the families who must go through this season without their loved ones. I will be praying for you as well, dear reader, though I do not know you by name. Our Father does. He loves you with a special love and sends comfort to you through His Spirit and through the people in your lives.

*By Colleen Betlach, Faribault, Minnesota
Bereavement Mag. - Holiday Issue*



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

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)

December 2022

*May your cup runneth over with joy,
love and laughter.....*



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 <u>Christmas Gathering</u> 5 PM
4	5 SOSL Wichita 6:30 PM South Group 7:00 PM	6 Central Group 10 am Breakfast 9am Livingston's West Group 6:00 pm	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 9am Livingston's <u>Board Mtg 5 PM</u>	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 No West Mtg Central Group 10 am Breakfast 9am Livingston's	21 W.A.Y. Group 7:00 PM	22 Brunch/Lunch 10 am Country Café	23	24 Breakfast 10 am Spears Restaurant Christmas Eve
25 Christmas Day 	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	31 Breakfast 10 am Spears Restaurant 



City-wide Christmas Gathering - Saturday December 3rd

Doors open at 5 PM – Eat at 6 PM

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

Please 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

Contributions for last month(s) totaled \$570.00
THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

November Contributors:

- Cecil Wulf*
- Janet Cunningham*
- Network for Good*
- Cheri Gartin*
- Ted McMurphy*
- Steve & Dee Marsh*
- Mike Tate*
- Carmen Suter*
- Ted and Cindy Swan*
- Remember to send
your donation to:*
- 2622 W Central
Suite 401B
Wichita, KS 67203



Memorial Gifts

In loving memory of
 Phyllis Gadaire-Sauer
 12-11-2003
 By Terry L Sauer



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

December Birthdays

Jane Easley	1
Diana Wendling	2
Shelly Cannady	3
Ron Hutson	3
Dustin Tietruck	3
Craig Burris	8
Debra Clements	9
F Kay Roberts	9
Caleb Joynesahkluah	11
Les Shepherd	15
Michael Briley	15
Maria Garcia	17
Suellen Robbins	19
Hilda Cerday	21
Logan Richardson	21
Sharon Kay Jefferson	23
Raine Daly	25
Jim Gorsuch	25
Bob Hirschmann	26
Melissa Warnken	26
Jim Commerford	27
Sally Duque	28
Jon Sandefur	31
Julie Montgomery	11/14



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 _____

When all you can do is Hum... A 1998 Christmas Card

Silent night, holy night, all is calm, all is bright...

Calm? I don't think so! Some days I am running around going everywhere, getting nowhere, drowning myself in the sorrow of my grief while grabbing at any holiday symbol what will lift me out of my sadness.

Bright? There are lights everywhere, trees, tinsel, bell ringers, children climbing on Santa's lap. Calm? Bright? I don't think so!

"My husband died ... who will put the lights on the tree?"

"My child died ... what's the fun in shopping?"

"My sister was killed ... can there ever be any peace in my life?"

"My parent lingers, begging to die ... is there an eternal hope?"

I don't hear the angels singing, Lord, but please hear the songs and the sounds in my heart this Christmas.

O' tidings of comfort and joy, comfort and joy, o' tidings of comfort and joy.

Comfort? Joy? I want the comfort and hugs of my loved one, but death rewrote that script. I want the comfort and hugs of friends, but their shopping lists seduce them. I want the comfort and hugs of cards, but I am too tired to open the envelopes and read. I want the comfort and hugs of gifts, but I have on one to shop for.

Comfort? Joy? I don't think so!

Love came down at Christmas, love all lovely, love divine; Love was born at Christmas: stars and angels gave the sign.

That's what makes the holidays so tough. Love went away, or so it seems. We have been robbed, and all of the festivities of this time of year can easily remind us more of what or who we don't have than what continues to step into our lives in these special holy days.

Love is the gift of Christmas, the gift of a loving God who embraces us when grief and hurt seem to push Him away. Love is the gift of Christmas, the gift of a loving God who cries when we cry, smiles when we smile, and breathes into us enough wind of life to try to love and live again ... if just for a few more moments in time.

Love is the gift of Christmas, the gift of a loving God who stands by us and with us, even when we doubt, even when we rage, even when we turn away and look somewhere else for hope.

Step in, God. Shine, bright and holy star. Sing, angels of life and love. Lead me to remember this Devine Love and the loved one who lives within my heart. Come down, Love, not just in tinsel, trees, cards and cookies, but into my heart in new and love-enriching ways.

Could that be an angel singing? Give me the courage to love, to live, to trust, and, even if I can't sing just yet, to hum along with the love and hope which are at the heart of this season.

*By Richard B. Gilbert, Valparaiso, Indiana
Bereavement Mag Nov/Dec 1998*



THOUGHTS FOR THE HOLIDAYS

PLAN AHEAD

Bereaved individuals who experience the most difficulty with the holiday season are those who have given little thought to the challenges they will encounter. Consider ahead of time what may be expected of you, both socially and emotionally, as well as your own preferences.

ACCEPT YOUR LIMITATIONS

Grief consumes most of your available energy, no matter what the season. The holidays place additional demands on your time and emotions. Plan to lower your expectations to accommodate current needs.

MAKE CHANGES

Your circumstances have changed. Expect to make necessary alterations in holiday plans to accommodate those changes. Consider changing your surroundings, rituals and/or traditions to diminish stress. Serve notice on family and friends that this year things may be somewhat different.

TRIM DOWN TO ESSENTIALS

Limit social and family commitments to suit your available energy. Shop early or use catalog sales. Reevaluate priorities and forego unnecessary activities and obligations.

ASK FOR AND ACCEPT HELP

Accept offers for assistance with holiday shopping, decorating, cleaning, cooking, etc. Chances are loved ones are looking for ways to lessen your burden at this time of year. Allow those who care about you to offer their support in concrete ways.

INFORM OTHERS OF YOUR NEEDS

Give family and friends the tools they need to help you through the holidays. Be specific with them about your preferences and desires, and keep them up-to-date when those needs change.

BUILD IN FLEXIBILITY

Learn to "play it by ear." There is no concrete formula for learning to deal with loss. You are the foremost authority on what is best for you, and your needs may legitimately change from day to day. Accept the fluctuations that must occur when walking in unknown territory, and learn to take each moment as it comes.

GIVE YOURSELF PERMISSION "TO BE"

Allow breathing space and expect fluctuations in mood and perspective. The bereaved work overtime. Not only is life more complicated, but all energy is siphoned into mental and emotional resolution. Grieving is nature's way of healing the mind and heart from the greatest injury of all. Allow yourself the privilege of limping till your wounds have healed and you can learn to run again.



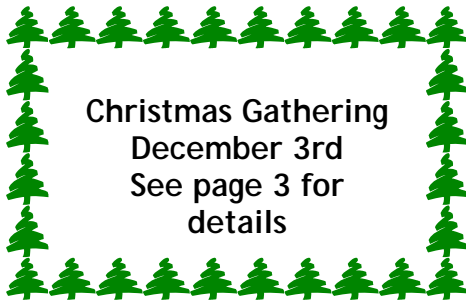


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Mission Statement:

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

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

- Memorials, Gifts & Donations

Good Grief of Kansas, Inc. does not discriminate on the basis of race, religion, color, national origin, sexual orientation, sex, age or disability. If you feel that you have been discriminated against, you have the right to file a complaint with Good Grief of Kansas, Inc. by mail or to info@goodgriefofkansas.org.



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