



Good Grief NEWS

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

316-612-0700 . April 2023
Email: info@goodgriefofkansas.org

Hope

I'm feeling a bit different today and
I wonder if I'm healing.
I've read about healing
from those who know grief.
But how many of them
have lost what I lost.

How many of them still do not
sleep, or eat or play
as they did before.

But today I heard the birds sing,
and wondered where they
had been hiding for so long.

Then it dawned on me that
I have been the one hiding.

My sorrow has imprisoned me.

Maybe it's time to escape,
time to rediscover the laughter
and replace some of the tears.

Maybe it's time to say yes
to life's opportunities.

I'm not sure that I can do this.

I still feel totally alone, in the midst
of family and friends.



I'm still scared when I think
of facing life's trials without her.

She had absolutely no fear
and showed me such courage.

I don't know if I'm up to it.
But if I can again enjoy the song
of my backyard birds, maybe
my life can return to me if

I work harder at it.

I think I might want to try.

Maybe the good sleep will return
And food can again taste good.
Maybe the days of aimlessness
can be replaced with purpose.

I think the bird's song was a sign.

It's time to say hello again
to who I was
and to who I can again be.

by Ronald Gries

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

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

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: 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

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

Tuesdays Bi-weekly: 6:30 - 8:30 PM(see calendar for dates)

ARKANSAS CITY

106 S Summit St (Chamber of Commerce meeting room) Arkansas City

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: Kathy Harbert 620-441-7271

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)

April 2023

Dear self, stay strong



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

To Risk

- To laugh is to risk appearing the fool.
- To weep is to risk appearing sentimental.
- To reach out for another is to risk involvement.
- To expose feelings is to risk exposing your true self.
- To place your ideas, your dreams before the crowd is to risk their loss.
- To love is to risk not being loved in return.
- To live is to risk dying.
- To hope is to risk despair.



To try is to risk failure.

But risks must be taken because the greatest hazard in life is to risk nothing.

The person who risks nothing does nothing, has nothing, is nothing.

He may avoid suffering, and sorrow, but he simply cannot learn, feel, change, grow, love, live . . .

Chained by his certitudes, he is a slave, he forfeits freedom.

Only a person who risks is free.

Author unknown

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

April Birthdays

March Contributors:

- Pat Brueggemann*
- Mary Evans*
- Carmen Suter*
- Janet Cook*
- Gail Davis*
- Al Kemmerer*
- Anonymous*
- Network For Good*

Cecil Wulf

Remember to send your donation to:

2622 W Central
 Suite 401B
 Wichita, KS 67203



Memorial Gifts

In loving memory of
 Jack Shelton
 By Alice Shelton

 In loving memory of
 Judy Tate
 By Mike, Nancy & Family

*Remembering
 you is easy.
 I do it every day.
 Missing you
 is the heartache
 that never goes away.*



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

- Marsha Agard.....1
- Larry Flores1
- John Pool2
- Phyllis Calvert3
- Kathy Pearson.....3
- Lisa Behrends4
- Richard Marchetti5
- Michael A Nolen5
- Rosalie Villa5
- Paulette Traffas.....11
- Amy Hunt12
- Isabel D Scott.....14
- Dawn Simon.....15
- Jennifer Nguyen21
- Richard Young22
- John Huebert.....23
- Tina Larsen26
- Debbie Rasmussen.....26
- Ralph Lucas29



Donate Online ➔

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 Thousand Ways to Grieve



I'm an active griever. By active, I mean that during those first few months following my loss, I devoured every book on grief I could get my hands on. I poured out my agony in my writing, attended grief seminars, went through photo albums and searched the Internet for helpful sites. I cried and fumed and spent long hours talking to anyone who would listen.

My husband simply withdrew and grieved in silence. Though we lived in the same house, grieved the same loss, and shared a life together, we were apart in our grief.

We all have our own ideas on how to grieve and we're quick to judge those who don't conform to our way of thinking. When Prince Charles wore a blue suit to Princess Diana's funeral, he was condemned by the press until it was learned that it was his former wife's favorite.

A friend of mine was criticized for wearing a pair of red strap, high-heel shoes to her husband's funeral, the same shoes she wore on the day they met.

If we are to grieve in harmony with those around us, we must give up the notion that grief can be expressed in limited ways. I once thought that grief manifested itself only in tears and depression. But I've since found that what others whose visions are greater than mine have accomplished in the name of grief. Candy Lightner, the founder for Mothers Against Drunk Drivers, is a good example.

Resolve to make peace with someone who grieves in ways that seem odd to you. Try expressing your grief in a new way: write a poem or song, start a journal, buy your loved one a gift and send it to someone who would love and appreciate the gesture. Wear something outlandish. Buy a bouquet of balloons in your loved one's favorite color. Laugh at something that would make your loved one laugh.

Tears, depression, and sadness are all acceptable ways to show grief. So are blue suits and red shoes.

Bereavement & Questions

Beware the tyranny of the calendar! The first death anniversary date in particular is so difficult because we approach it with such dread. We circle the date on our calendars and tick off the days and hours until it is finally here. There are people who take the day off from work, who don't want to go to school, who just feel as if they cannot face going out of the front door on that day. And what happens? The day comes and goes just as the last twenty-four hours did and as the next block of twenty-four hours will tomorrow.



during these occasions, it is apparent nonetheless. It may be best not to have expectations raised too high.

What to do? Have a plan for that day. If you are going to the cemetery, perhaps you would like to ask a family member or friend to accompany you. It may be that you would like to celebrate the life of your loved one by going out to dinner to toast his memory with people who knew and cared for him. What about volunteering your time at your local hospital or nursing home on that day? Many have given of their time in schools, served up lunch in a soup kitchen, visited a sick friend or someone who otherwise is confined to home. Giving of self to others is a surefire way not to stay fixated on our own losses for a few hours. Do something life-affirming as a way to make room on that date for the opportunity to create pleasant memories that will bring us comfort rather than be an occasion for dread.

What has changed? There are moments when we don't think we can make it another five minutes without this beloved person, and then we wake up one day to find that we indeed have lived twelve full months without the comfort of their presence. We are sometimes stunned to see that an entire year has passed so quickly. What is brought home to us is that even in the face of unbearable sorrow, the world keeps turning, and events continue to unfold – with us or without us.

The first anniversary also marks the passage of other "firsts." The first birthday, wedding anniversary, and all of the holidays have all come and gone with one always missing from the family photo. A year ago we would have laid odds that we would never emotionally make it through all of these events, but we did. That knowledge in itself can be a source of strength we didn't know we possessed. There is nothing quite like the "first" of any of these occasions, and once we have them safely behind us, we can face the next batch with confidence that their observance will not destroy us.

The first death anniversary is also unique as it is often accompanied by religious observance. The family gathers to attend a service and sometimes the unveiling of the headstone. This may be the first time the entire family has been together since the funeral, and it can be an emotionally charged affair. One of the realities in some families is that the death of our loved one did not, in fact, draw us closer but rather it may have cemented rifts already in place. This can bring its own layer of sorrow to survivors, and while most people are on their best behavior

One of the great pitfalls of the anniversary date is that we give it so much power, so much control, much more than it needs to have. Most people will tell you that they don't need a date on the calendar to remind them of what they have lost. It's omnipresent. But through it all, it may be of use to keep one point in mind. Despite the sorrow and the heartache, you and I are still here. We have an obligation to keep going, to live our lives with dignity and grace. The memory of the beloved is never honored when we ourselves refuse to go on.

And so, yes, some days will be better than others. Some mornings we will get out of bed and face the day with a sense of purpose, and other days we will want to draw the covers over our heads and shut out the world. We can close our door on the world, but we must expect it to be knocked on from time to time. Don't let yourself believe that you are back to square one. You're not. There will be moments when it's two steps forward and three backward, but in the end we will make it to the finish line of wholeness and purpose of life. The calendar is not our enemy. The fear of it is

*By Deidre Felton, M.A., Windham, NH
Bereavement Magazine July/August 2001*



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Good Grief News

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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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