



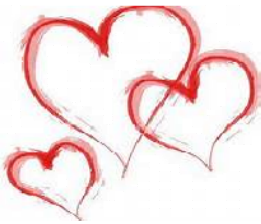
Good Grief NEWS

PO Box 12865 Wichita, KS 67277 316-612-0700
Website: www.goodgriefofkansas.org

May 2023

Email: info@goodgriefofkansas.org

How are you Coping?



I am going to be quite honest with you here. The word “coping” falls into my personal category of most disliked bereavement vocabulary together with expressions like “closure,” “over it” and “are you sure you don’t need a psychiatrist?” In my experience, it has an insidious habit of cropping up routinely during the first flush of debilitating grief in exchanges such as: “Now, dear, how are you coping?” which only too often seems to expect the response, “Oh, I’m fine, thanks.” Any other reply – “I’m cracking up” which springs to mind – is likely to result in raised eyebrows and exhortations to be brave and remember that there are other people much worse off.

Nor do matters improve much further along the road. Within weeks, friends are inclined to decide that if you don’t talk about your loss anymore (or not more than once a fortnight), then you are coping well, and if you still burst into tears every now and then, well, then clearly, you are not coping.

We, of course, are equally muddle-headed when we talk about coping. To our most intimate confidants we might whisper guiltily: “I’m not coping well,” as though we had failed miserably in the kind of exam that normally everyone sails through. On the other hand, there are times when the pain seems to have diminished, giving us breathing space and encouraging us to announce gaily that we are coping well. And then there are those gray mornings after those endless, dark nights when the words “I just can’t cope” twist and knife through your heads and hearts and leave us physically gasping for breath.

“Coping,” it would seem, means different things to different people at different times in different places. Accordingly, it can elicit different – and sometimes conflicting – responses. Pouring out my grief at the death of my son to my British country folk generally ended with a pat on the shoulder and a rejoinder to “keep a stiff upper lip.” The same conversation in my German environment led to a firm handshake and the advice to “keep your ears stiff.” Trying to adhere to the coping mechanisms of both cultures led – inevitably – to chronic facial neuralgia.

Even within one set of cultural rules, however, the word

“cope” may be an unconscious attempt on the caregiver’s side to hide his or her own sense of helplessness. It suggests that there is a way to get through this, possibly in clearly marked stages that can be neatly ticked off. It is certainly an easier question to ask of a distressed person than the more helpful but emotionally challenging: “How do you feel?” The latter could open a floodgate of emotions with which the comforter might prefer not to be confronted.

In the same way, we, the bereaved, can use the expression as a blanket term to smother those painful, underlying details of grief. What exactly can’t we cope with? Is it a general feeling of not being able to carry on? Is it the fear of facing up to a concrete situation, such as revisiting places soaked in shared memories or an anniversary or what to do with personal possessions? Or is it a physical sensation arising from that strange iron band squeezing our chests, the sudden sharp jabs of pain searing through our hearts, or the unbelievable fatigue that makes us wonder how we will ever get one foot in front of the other?

Two points are important here. First, relax. It is normal and perfectly okay not to be able to cope – whatever that might mean – all the time or even part of the time. Very few people develop symptoms, which in the long-term would be considered pathological. So give yourself a break from the coping rat race.

Instead, and in your own time, invest your residual energy in trying to break the problem down into smaller and more manageable bits. If, on reflection, you realize that it is the physical side of mourning that is making you feel as though you can’t function or cope, well then, put your feet up, take a stroll in the park, go to the sauna – whatever works for you.

If it’s the thought of reliving old memories, tell yourself you don’t have to if you don’t want to. Perhaps it’s too early yet. Maybe you can do it at a later stage. Perhaps others think you should face up to it, but only you can know what is right for you at any given moment. If it is the silence, sense of isolation and not being understood by others that overwhelms you, confide your thoughts to paper (which is always patient). Above all, be patient with yourself.

Because the strange thing is, if we allow ourselves not to “cope,” the chances are that we probably will!

By Sue Grant By Sue Grant - Bavaria, Germany
Bereavement Magazine July/August 2003

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)

May 2023

*Focus on the step in front,
Not the whole staircase*



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

There's a Hole in the Fabric

By Linda Komar of Westlake, Ohio

The tightly woven fabric of our family has a hole in it today. We lost a member of our family. There will be no way to ever mend that fabric completely. It will eventually fray out and become softer.

It's hard to look forward to the time when that will happen, because it is so painful now. That hole is hard, sharp and hurtful. My heart is blinded by the pain.

My mind knows it will soften with time, but when will that happen?that nice soft, frayed hole in the fabric of our family.



Contributions for last month(s) totaled \$1310.00
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

April Contributors:

Carmen Suter

Janet Cunningham

Anonymous

Mary Evans

*Remember to send
your donation to:*

2622 W Central
Suite 401B
Wichita, KS 67203

Memorial Gifts

In loving memory of
Judy Tate
 By Mike, Nancy and 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

May Birthdays

Robbie Evans	2
Jerry A Boyd	4
Linda Doom.....	5
Jeanne A McMillen.....	7
Jarree Miller	9
Kiley Sandoval DeLao.....	10
Ray Moore	11
Patty Nicholoo.....	11
Sara Cowling.....	12
Theresa Pitzer.....	12
Carolyn Mollohan	13
Olivia Hall.....	14
Sharon Turner.....	15
Kaye Stevens.....	16
Scott Powell	17
Alice Shelton	17
Abel L Vasquez.....	17
Sheryl Jackson.....	19
Mary Piotrowski.....	19
JoAnn Reesman.....	20
Gina Craig.....	21
Bob McKay.....	24
Teresa Wasinger.....	24





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 _____



Feeling Bad About Feeling Good

My friend Nancy, was putting up cornstalks and planting mums around her mailbox, so I stopped to say, "Hi." It was a beautiful fall day and we hadn't touched base for a while. It was nice to see her. Chitchat about work and kids led to a story about a family event she and her husband attended over the weekend. The son of her brother and sister-in-law had married at a joyous, loving event. Everyone seemed happy. But, days before, it wasn't like that. Nancy's sister-in-law, Marcy, called and talked about how, on one hand she was deliriously joyful for their son, but was still deep in the depth of sorrow over the death of their daughter, Lisa.

I had never heard the story and asked Nancy what happened. "Lisa committed suicide five and a half years ago and Marcy is still in so much pain," Nancy said. "Her guilt is strong over missing any kind of signs about Lisa's state of mind before she died. But now that she's had a few healing moments, she's also feeling guilty about feeling good. She thinks if she feels any kind of happiness that she's abandoning Lisa and that she is forgetting about Lisa's pain."

"That's got to be awful hard on her," I said. "She wants to heal, but is reluctant to let herself heal because of her guilt. She must be terribly conflicted."

"I wish I knew how to help her," Nancy said. "It's hard to see her so sad."

I told Nancy I knew exactly how Marcy felt that same way. I used to say to myself as I began to heal, "Why should I be smiling when my son, Brendon, is dead? What right do I have to any kind of happiness when he's cold and lifeless in a grave?" Feeling that way compounded my grief and confused me even more. I was feeling bad about feeling good.

Over time and with much grief work done, I was able to let go of my guilt. No longer was my sorrow tainted with guilt because I was able to let go of Brendon's death. When his death left me, his life returned. Some have asked what I mean by "letting go of his death." For me, that means a complete and total acceptance that his physical body will never return and I can do nothing about it. So, I quit fighting that desire. Once I did that, I was able to let his life return. The power of his life overcame the power of his death. The son that I know and love still lives in me and will forever live in me.

Now that his life has returned through my wonderful memories, I have many reasons to smile. Because of his life, I no longer feel guilty about feeling good. I will forever miss my son's physical presence in my life, but that presence is something I have no control over.

Letting go of our guilt can be difficult, but it can be done, it can bring us healing, a peace of mind and bring our loved ones closer to us. Feeling good about their lives is one of the best ways we can honor the memory of our loved ones.

Writing it All Down

By Margaret Brownley
Simi Valley, California

A study reported in the *Journal of the American Medical Association* revealed that writing about trauma is good for the health. A group of patients suffering from chronic asthma or rheumatoid arthritis were asked to write for twenty minutes a day for three days. Half their patients wrote about a traumatic experience; the control group wrote plans for the day.

Forty-seven percent who wrote about trauma, including the death of a loved one, showed significant improvement in health, compared to only twenty-four percent in the control group. The positive results were evident even four months after the experiment, with the patients showing improvement in lung capacity and overall health. Scientists don't know why putting feelings on paper can lower blood pressure and improve breathing, but most agree that experiments like this indicate a strong connection between mind and body.

Writing is a lost art. Letter and diary writing was a way of life for our ancestors. The quick messages sent by e-mail can't replace the emotional cleansing that comes with writing a long letter or pouring heart and soul onto the pages of a diary. Our ancestors wrote during times of stress or change, bringing diaries to America on the Mayflower and taking them along during the great migration west. Away from home and loved ones, diaries helped these early pioneers make sense of a brave new world and face the many changes ahead.

Letters written during war did more than keep families in touch; they helped soldiers and their loved ones cope by providing outlets for fear and loneliness. Historians record events, but the soul of a nation is recorded in its letters and diaries.

Today, some people keep grief diaries or write long letters to the deceased. My daughter wrote a twenty-five page letter to her brother and burned it on his grave. The pages fanned open like loving hands, releasing her pain and turning her anger into ashes.

In *The Artist's Way*, Julie Cameron tells us to drain the brain by writing morning pages. "Morning pages are three pages of longhand writing, strictly stream-of-consciousness. Although occasionally colorful, the morning pages are often negative, frequently fragmented, often self-pitying, repetitive, stilted, babyish, angry or bland-even silly sounding. Good!"

Write a letter. Write morning or mourning pages. Start a diary. It doesn't matter which you choose as long as you write. If you can't think of anything to say, then finish one of these sentences: I'm angry because.....I'm lonely when.....I wish.....I miss.....I hate.....I want.....I can't stand.....

Write it down. It's good for the health.

Brownley, Margaret, *Writing it All Down*, May/June 2001.
Reprinted with permission from Bereavement Publications,
Inc. 888-604- 4673 www.livingwithloss.com





Good Grief News

Good Grief of Kansas, Inc.
PO Box 12865 Wichita, KS 67277

NON-PROFIT
ORG.
U.S. Postage
PAID
WICHITA, KS
Permit No. 426

RETURN SERVICE REQUESTED

PLEASE NOTE CHANGE OF ADDRESS

New address:
PO Box 12865
Wichita KS 67277

www.goodgriefofkansas.org

316-612-0700

Good Grief News

Executive Board

Rick Cline, President
Kelly Blades, Secretary
Mary Evans, Treasurer

Board Members

Merri Reed
Jim Yoder

Program Director

Janet Cook

Founder

Phyllis L Gadaire-Sauer

Office Manager

Marsha Huffman

Current Facilitators

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

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



To be REMOVED
from this mailing

CALL 316-612-0700 **or** **EMAIL**
your name and address as it
appears on your mailing label to
info@goodgriefofkansas.org
and put "remove from mailing"
in the subject line.

Newsletters may also be
viewed on-line by going to
www.goodgriefofkansas.org

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

Marge Glazier



Real Estate for the Real World

Century 21 Grigsby

Cell 316-648-7415

Office 316-978-9200

Marge Glazier, Broker Associate