



Good Grief NEWS

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

June 2023

Email: info@goodgriefofkansas.org

A List of Grief Lessons

There's a saying on posters, note cards and plaques that say, "All I need to know about life I learned in kindergarten (or from my dog, etc.) I was thinking that all of us could probably write quite a long list if the title began: **ALL I NEED TO KNOW ABOUT LIFE I LEARNED FROM GRIEF.**

Here are some things I'd have on that list:

- Grieving people want to hear the name of their special someone mentioned-not just for the first few weeks or months-for a lifetime! Before Greg died, I never would have guessed that.
- If you need a listener when you have things all bottled up inside, you have to ask someone for help. If you wait for friends to volunteer to listen, you may be waiting a long time. But if you do happen to be blessed with a great listener without ever having to ask, give them an extra hug from me! They are, indeed, special!
- Grief temporarily robs your brain of the ability to think clearly or concentrate on reading or pay attention to other people's conversations. It makes you feel like you're becoming senile-even when you're young. What a relief it is when someone tells us it's that way for everybody and you really aren't crazy.
- Don't go out in public without Kleenex or handkerchief because when you least expect it, grief is going to pop up and cause your nose and eyes to run - it's almost a guarantee!
- Whenever you accomplish any big chore on your own (learning to drive, changing the storm windows, carrying in wood for the fireplace, baking one of his favorite recipes, etc.) you want the brass band to play! Only fellow survivors are able to appreciate the incredible effort even something small took.
- If you find yourself going over regrets, get up, change your position or the room you're in or the desk where you're sitting. Physically move somewhere else for a little while to give your mind a change of pace.
- Whatever you do and whatever route you take in handling grief, someone, somewhere, sometimes is going to tell you it wasn't right. It wasn't enough. It was too soon, too late, not deep enough, too obvious or too intense. But the only person you have to please in this heavy hard process is yourself.
- The best saying I have found since Greg's death is: *Sometimes the Lord calms the storm; sometimes He lets the storm rage...and calms his child.* I feel fortunate to be one of His children and I am honored to say that as my storm did rage, He did calm me.
- You are going to survive, even when you don't want to, and someday you will be amazed and even proud of that fact! Before Greg died, I would have voted to commit someone who had this kind of rocky thinking to the "Home for the Bewildered," but now I realize it is really true.
- You will never *get over* this loss of someone so special, but you will *get used* to it. At first, I thought that sounded so cruel, but then I realized that I didn't want to *get over* Greg's death if that meant I would have to forget him or how much it hurt to lose him. I am glad to now be able to say that I am used to him being gone because I can breathe normally, function in the real world and still at any given moment, instantly transport my thoughts back to him, his life, our lives together and how much he is missed. In the process of this remembering, I am not overwhelmed as I once was. Whew! The best part is that Greg would agree that this is really okay.
- So, what kind of list would you have? I'm sure you could add lots of things to my list.

*By Carlene Vester Eneroth, Spokane, WA
Bereavement Publications, Jan/Feb 1998*



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 for 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

Please leave message if unavailable.

Office Supply Needs:

Envelopes:

#6 Security (\$Tree envelopes are fine)

Copy Paper: White 8.5x11

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)

June 2023

*I want to be a sunflower....
So that even on the darkest days
I will stand tall and find the sunlight*



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
4	5 SOSL Wichita 6:30 pm South Group 7:00 pm	6 Central Group 10 am SOSL Ark City 6:30 pm West Group 6:30 pm Breakfast 9am	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 9 am 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 Central Group 10 am SOSL Ark City 6:30 pm West Grp 6:30 pm Breakfast 9 am Livingston's	21 W.A.Y. Group 7:00 pm	22 Brunch/Lunch 10 am Country Café	23	24 Breakfast 10 am Spears Restaurant
25	26 SOSL Wichita 6:30 pm South Group 7:00 pm	27 Central Group 10 am Breakfast 9 am Livingston's	28	29 Brunch/Lunch 10 am Country Café	30	

The Circle of Grieving

Mary Jane Cronin of Scottsdale, Arizona

The small circle was composed of ten strangers,

Drawing closer as the words and moments elapsed.

Our pain-filled hearts opened up to each other,
The time of aloneness had miraculously passed.
As we shared our tears and our fears together,
What was, till then, just me, suddenly became "we."



Clumsily at first, the words tumbled out softly.

We now felt compassion for others, not just for "me."

Realizing that our caring and our love did not die,
We learned that others also suffer as we do.
What a wonderful memorial to the ones we have lost.
To reach out a caring hand to others in grief, too!

Contributions for last month(s) totaled \$1282.00
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

June

Birthdays

May Contributors:

Janet Cook

Kroger/Dillons

Carmen Suter

Hearts For Him

Al Kemmerer

Janet Cunningham

Amazon Smile

Remember to send your donation to:

PO Box 12865
Wichita KS 67277

Memorial Gifts



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

Judy Wherritt	1
Kendra Spencer	2
Connie Uphaus.....	3
Rose Frame.....	4
Odean Moore	4
Michael Bayouth.....	6
Stephanie Patterson.....	8
Tjaden Hoa Jena	8
Gail Linscheid.....	9
Melissa Nichols	9
Dana VanEchaute	9
Royal Owens.....	10
Lois McClelland.....	13
Carolyn Hennessy.....	14
Sarah Carr Lytle	14
Sherry Roeser	16
Diane Macready	19
Evelyn Brown	23
Jeffrey Davis.....	25
Anna Heinichen.....	25
Amber Ewertz.....	27
Betty D Kelly.....	30
Steven Page.....	30





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 \$ _____

ANONYMOUS PLEASE

Send Memorial acknowledgment to:

Name _____

Address _____

City State, Zip _____

I would like more information

My phone # is () _____

My Name _____

Address _____

City, State, Zip _____

Stop, Look, Listen and Sit

When was the last time you did nothing? Do you ever just sit anymore? Do you ever just lie on your back in new-mown grass and watch the clouds dance by? Do you ever chase after butterflies, trying to give them a message to carry? Or dangle your toes in a pond or watch kids dash through a sprinkler?

Do you ever sit on a porch or patio and smell the grass, the flowers, the air? Do you even have a porch or patio, and do you know what sitting means? Do you own a rocking chair, or if so, when was the last time you sat in it? Have you read a book that wasn't non-fiction or "technical" in the last ten years, ten months, ten days?

Do you have magazine subscriptions that serve only to decorate your coffee table or have you actually read one of them, cover to cover, in the last year? Is there a clock in every room, more than three calendars in your life and how many watches do you own? Has the refrigerator become the "message center" in your home? Do you have a cell phone, a fax machine, a pager, email and call waiting? Do you have a home office and an office you "go to"? Do you have your sprinklers on a water timer, your lights on a night timer and your life on a Day-Timer?

Does everyone in your life have a computer? How many computers are in your home? Do you write thank you notes on email, and when was the last time you actually spoke to your best friend? Do you have a checkbook and a time worn cookbook or recipe box, or has your life become electronic? Is everything in your life computerized or super sized?

When was the last time you let a Popsicle melt inside your mouth or watched a caterpillar make its journey across the sidewalk? When was the last time you felt like soaking in a warm bath or standing in a steamy shower, mindless of the water bill? Are you on a "fixed income" both financially and emotionally?

When did you stop dreaming and start running?

When did the world end and the nightmare begin? We're too busy or too tired or too hurt just to sit anymore. Sitting has become a lost art, cast aside in the modern, fast food, quick stop, email, fax message world. Sitting has become a sin.

Dogs sit. Birds sit (well, perch). Babies sit. Kids sit. Grownups don't. Even if you used to sit, you probably gave it up as you joined the bereaved world. Sitting just becomes too painful. Sitting leads to thinking. Thinking leads to remembering. Remembering leads, to often, to tears and who needs those?

Sometimes, in our grief, we try to escape the hurt and the horrible by picking up the speed of our existence. We add activities, places to go and things to do, as if keeping busy will keep the hurt away. We run faster and faster, trying to outdistance the memories, the pain, the very thoughts that keep us connected to the horror of our loved one's death. If we stop too long, if we sit, we might begin to remember and to feel again, and what is there left to feel and remember except the hurt?

We become afraid of the dark, the daylight, the twilight and everything in between. We grow anxious for no particular reason. Our pulse quickens, our hands feel moist and our breath grows short. If only we could have a heart attack and die! But even that wish seems to elude us, and we begin to realize we aren't going to die, but have to figure out how to live through all of this grief. It seems safer to keep moving.

We're not the only ones running, however. The whole world seems to have speeded up lately. Is everyone running to or from something? We seem to be chasing something or hiding from something. Half the world seems to be too future-focused while the other half can't seem to let go of the past. "If only" and "what if" have become the watchwords of our culture.



We find ourselves wallowing in self-pity and despair. We become caught in the web of grief, and it seems too hard to break the threads of hurt. I sometimes think we are afraid to break those threads, because we begin to fear that hurt is the only connection we still have with our loved ones. We get too focused on what we've lost to ever inventory or treasure what we had and still have. Sometimes we don't even look at the pictures because we only experience pain and renewed grief. Sometimes we miss what is because we only search for what was.

Grow quiet. Be Still. Learn to listen. Begin to hear. Somewhere deep inside us is the one voice we never listen to. Somewhere deep within our beings are the answers to our fears, our prayers, our hopes. We spend so much time chasing after others' advice when the secret of survival lies right within ourselves. Scientists call it instinct. Some call it faith. I call it truth. Each species knows what it needs to survive, and only when we can come to the quietness of ourselves, can we begin to hear.

We carry souvenirs of our hurts, each stored away until time to add them to the next hurt, thus piling up one hurt after another, all to be carried forever in our being. Each hurt adds a new layer to our outer shell and eventually we begin to resemble a rather large onion, made up of layer upon layer of hurt. These hurts leave scars, some big, some small, but all significant in their pain. Each scar must have a place in our being, so we become a carefully organized mass of layers, each with a symbol or with some "stuff" that represents it.

I'm not sure an onion is the perfect example of grief, however. After sitting for some time and thinking about all of this, I have decided that an artichoke is a better image of me. When you peel an onion down, removing every single layer (hurt), all you end up with are tears. An artichoke, on the other hand, has layers like an onion, except each leaf (layer) has a tiny pricker on the end – just like life does. But when I peel an artichoke, removing each layer, when I finally get to the end, there's a heart. And that's right!

No matter how hurried I get, no matter how fast I run or how far away from the inner me I get, there is still a heart. Whatever hurt we are carrying begins to weave itself into our very beings and eventually becomes a part of our history – a part of us.

It's in the heart that hurt is stored, but that is also where hope and healing begin.

So, sometime in your journey, take the time to just sit. Turn on the answering machine and run away – to within. Dance in daisy fields, wade in icy streams and blow bubbles in the afternoon. Don't get lost in the hurry of today, don't get too busy with "stuff" to cherish what is within you. Nothing is lost. It is all there, waiting for you to retrieve it, hold it, experience it again and then, to let it place itself wherever it needs to, within you. We lose nothing although some things seem far away.

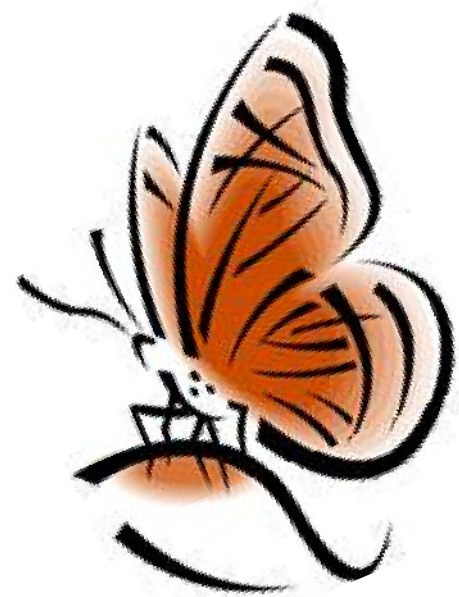
You don't stop loving someone just because they died, and we don't forget them just because we hurt a little less as healing begins to come. Finally, as we stop, look, listen and hear, the knowledge comes.

Even though death comes, love never goes away. Grow quiet. Sit a spell and reconnect to the magic, the wonder and the joy that dwells within. Trust me. You have it inside you. They loved us. We loved them. We still do.

Shhhhhhhhhhhh

Love is trying to speak.

Darcie D. Sims, Ph.D., CGC, CHT
Bereavement Magazine July/August





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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



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@goodgriefokansas.org
and put "remove from mailing"
in the subject line.
Newsletters may also be
viewed on-line by going to
www.goodgriefokansas.org

Good Grief of Kansas
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- 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@goodgriefokansas.org.

PLEASE NOTE

New address
PO Box 12865
Wichita Ks 67277

Phone number
remains the same
316-612-0700