



Good Grief NEWS

PO Box 12865 Wichita, KS 67277
Website: www.goodgriefofkansas.org

316-612-0700

August 2023

Email: info@goodgriefofkansas.org

CHOOSE A LITTLE PROBLEM

After my husband died, everything “went bad.” The kitchen clock stopped; the blender burned out; the camera refused to work; the car needed expensive repairs; the grass clippers jammed; his picture fell from the wall and the glass broke; his old cat lost most of her hair; the family began having trouble with relationships; and the problems of finances increased. I cried out in protest and resentment. I felt overwhelmed and unable to function.

I feared losing my home. The house and the car were security on the bank loan to our company, and the firm was now going bankrupt. The fear that I would be thrown into the street stalked my thoughts like the black cougar with green eye-slits that had clawed my childhood nightmares.

~~Life was as precarious as an elephant on spring ice.~~ I really began to worry when I started expecting nothing but trouble. I seemed to focus on these daily disasters.

“What do I need first?” I wondered, then answered myself: “I need to know that I can do what has to be done.”

I chose to stop looking at the kitchen clock. The kitchen clock was a problem that could wait. I threw away the blender and rehung the picture without glass. Then I called the vet, and took the cat for treatment. These little problems were manageable. Each one solved, made approaching the next one easier.

The mountain of financial trouble loomed like an impenetrable brown mass. It seemed imperative that every decision had to be the right decision. I was a sixty-year old woman, out of the job market. I had no vision of ever having more than a little insurance money for the rest of my life, and I saw no options.

Poverty panicked me. My thoughts, if I thought at all, were muddled, overridden with fear. “If I lose the house...I’ve never lived alone...No money...I will have to depend on state medical...Dependency...How can I...?Will I...?”

Pushing down my panic, I mechanically sorted and labeled into neat piles the related material that accumulated. Choosing a pile, I hesitantly began.

I had to keep track of the medical bills and route them to the proper insurance carriers or pay them myself. When the bills for 13 doctors and the hospital became impossibly tangled, I appealed to the companies for help, and together we sat in front of their computers to compare our balances.

Then I proceeded to my next pile. At the phone, I asked, “What do I do now?” The Social Security office told me to bring in our marriage license and his death certificate. Life insurance companies responded kindly when I made contact. I was advised to invest the money, but I didn’t know enough to make the “right” decision. Like the kitchen clock, investment could wait.

While I sat by the phone, my fingers remembered numbers and dialed friends. These calls connected me to familiar times. The words of friends gave hope that this mess would end. One sorted through my piles and worked out a financial plan. Another affirmed these suggestions, giving me confidence to make one small decision to invest. Many hands reached out as I plodded along, one foot in front of the other.

Months later, as I followed my established routine on an ordinary day, I noticed that the sky seemed unusually brilliant. Colors around me glowed. With amazement, I looked back over a foggy brown year which now appeared heavy and tedious.

In the sunshine of a few small successes, I let go of the worry about all those “little problems.” I had made many choices. Mainly, I had chosen to be alive in each moment. Energy and enthusiasm quickened. The big crisis had passed, and on this day, I knew myself.

I would meet life with zest.

by I. Jean Turnbull



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, Christy Rector

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 pm

WEST WICHITA

West Heights UMC - (745 N Westlink Ave) Use North parking lot off Delano St, Building Entrance A2 "CHAPEL" (just west of A1 Entrance)

Facilitators: Marsha Huffman, Tom Downer

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, Kendra Spencer

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 pm**

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 am - 10:00 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)

August 2023

*I am grateful for simple pleasures
that give me joy.....*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Central Group 10 am SOSL Ark City 6:30 pm West Group 6:30 pm Breakfast 9 am Livingston's	2 W.A.Y. Group 7:00 pm	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 9 am Livingston's <u>BOARD MTG 5 PM</u>	9	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 Central Group 10 am SOSL Ark City 6:30 pm West Group 6:30 pm 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 Central Group 10 am Breakfast 9 am Livingston's	23	24 Brunch/Lunch 10 am Country Café	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 9 am Livingston's	30	31 Brunch/Lunch 10 am Country Café		

Contributions for last month(s) totaled \$3338.00

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

July Contributors:

- Michael Tate
 - Carmen Suter
 - South Group
 - Sue Henderson
 - Bonnie Workman
 - Janet Cook
 - Patricia Mahan
 - James Gorsuch
 - James & Mary Whitfield
 - Dillons/Kroger
- Donations can be mailed to
- PO Box 12865
Wichita, Ks 67277
Or
Online at



Memorial Gifts

In loving memory of
Bob Pitzer's Birthday 7/5
By Theresa Pitzer

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

August Birthdays

Lori Bradley.....	1
Randy L Rowe.....	2
Lois Siemers.....	2
Anita Downey.....	3
Dawn Easley.....	3
Amy Holford.....	4
Dewayne H McGuire.....	4
Judy Ann Wells.....	7
Sara Judd.....	11
Margie Gwinn.....	12
Barbara Schremmer.....	13
Nikki Besse.....	17
Linda Tillman.....	17
Beverly Whitman.....	18
Alice Duncan.....	19
Velena Hamilton.....	29
Cherri Alderson.....	30
Donald Septer.....	30
Kay Loomis.....	31
Beth Turner.....	31



Please Note

Donate Online →

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 _____

Count On Grief

Count On Grief To Increase Vulnerability

Human beings are most comfortable when they are in control of their lives and circumstances. Death represents the ultimate "change in plans." When a loved one dies, our former safety and security no longer seems to exist. Instead, we may experience feelings of helplessness and vulnerability that are frightening, as well as disarming. Yet it is precisely this vulnerability that can break down the walls of resistance to new thought processes and open the way for new perspectives on life in general.

Count on Grief To Create Change

Grieving is a walk through unknown territory. Familiar internal and external stabilities disappear in a whirlwind of changing thoughts, feelings and emotional flux. We are reminded of our pain at odd times and in unexpected ways. Emotions hover near the surface and tears are hard to control. The stress of daily living taxes our protective defenses to the limit. Depression seems to slip in from nowhere and anger erupts without warning. Because grief requires so much emotional energy, our finesse for social game playing is greatly diminished. The bereaved meet the world at a disadvantage, continually surprising themselves and others with unpredictable responses to familiar situations.

Count On Grief To Change Social Structure

The bereaved find their social networks changing and transforming around them. Disappointment with family and friends is a common theme. Those we expected to "be there for us" may not be able to meet our needs, and friends we didn't know we had appear out of nowhere to fill the void. As we come to terms with whatever limitations and expectations we have for ourselves, we also become aware of the limitations of others. Not everyone we care about will receive what they need from us while we are grieving. Not everyone who cares about us will be able to fully share our pain.

Count On Grief To Stress Marital Bonds

Grief, like any other stress, complicates relationships. One grieving partner taxes a relationship – two grieving partners find their pain doubled. Because grieving is an unpredictable moment-to-moment process, couples must be prepared to build flexibility into their union. Marriages are challenged when each expects too much from the other, and neither receives adequate support from social or extended family networks. Marriages are strengthened when each partner feels supported and is allowed individuality and freedom from expectations.

Count On Grief To Define Priorities

The bereaved often find themselves realigning their goals and objectives. For most of us, nothing is easily taken for granted after the loss of a loved one.

We understand that "now" is the only time there is and that tomorrow may never come. Relationships are more precious than ever and we are less comfortable with "unfinished business" relating to those we care about. Because the cares and concern of our busy lives pale in comparison to our loss, the emphasis on people versus things takes on a far greater meaning.

Count On Grief To Increase Spiritual Awareness

The pain of grief prompts spiritual investigation into both the known and the unknown. Answers we were sure of before are not always satisfying in the content of our present reality. God is questioned and religion is held up for examination. Typically, there are many stages of distancing, moving toward, and moving within old and new spiritual concepts and beliefs. Our struggle for inner peace and unity seizes many priorities. In the majority of cases, our connection to ourselves and the universe becomes far more defined.

Count On Grief To Strengthen Compassion

Grief tears down the boundaries between ourselves and others. Bereavement enhances our humanness and strengthens our ties to the world around us. Our loss is a life changing event; we will never again be the people we were before our loved one's death. Pain somehow opens us to greater levels of awareness and a greater capacity for compassion and understanding. Bereavement provides the catalyst to become more giving, more loving, and more fully aware.

Count On Grief To Define The Past And Open Doors To The Future

Following the death of a loved one, the world is completely new. The death often becomes a reference point around which we define where we've been and how we structure a path for tomorrow. Grief provides a "crash course" in some of the most profound lessons life has to offer. As bereaved individuals, we find ourselves with fewer answers, but far more insights. In time, we learn there is no loss without gain and no sorrow without joy. As death closes doors behind us, new doors open before us.

from Bereavement Magazine



When Does Grief End?

Margaret Brownley
Bereavement Magazine

Grief hits us like a tone of bricks, flattens us like a steamroller, hurls us into the depths of despair. We know in a flash when grief hits, but when does it end? Like the month of March, grief rushes in like a lion and tiptoes out like a lamb. Sometimes, we don't know when grief leaves, because we won't let go of the lion's tail.

Why do we hold on so long? Grief offers us safety, protection from the world. We don't want to let go because we secretly fear that we'll forget our loved ones, and we don't want to forget — ever.

We don't want to let go because we fear the future and having to face life without our loved ones. We don't want to let go because we make the mistake of measuring our grief with the depth of our love — when neither has anything to do with the other.

How do we know when grief has run its course? How do we know when we've grieved enough? Cried enough? "Died" enough? How do we know when it's time to let go of the tail?

We know when we feel joy again, in something or someone. Joy in living. Joy in life. We know when we wake up in the morning and our first thought is on something other than our loss. We know when we look ahead with a smile and back with fond memories, and when we no longer dread the nights. We know when our life starts filling up with new interests and people, and we start reaching for the stars

Grief ends when we let go of the tail.



Why is it different for me than for you?

While grief can affect everything from our emotions to our spirituality, there are many other factors that help explain our responses to grief. And, they can help us understand why different people grieve differently.

The type of loss – and how it occurred – can impact how we respond to loss. (A sudden job loss. An anticipated death.) So can the teachings we gained from our parents; the number of times we've already experienced loss; our age; the family support we have; the other stresses we have in life; our religious, cultural and philosophical beliefs; our personality styles; even our gender.

Grandma taught me that death was God's sign that we had learned the lessons we needed to learn in this lifetime and He was welcoming us home. She always talked about death as graduation. To her, it was a joyous time.

The point is that grief responses vary from person to person, situation to situation. If what we are experiencing is not the same as other people in our life, no one is wrong. Husbands and wives may express their grief over the death of their child in ways that are absolutely opposite from one another. Siblings may experience life after divorce in such different ways you might think they are from different families.

Grief is not dictated by rules or absolutes. Just as each of us is our own unique person, our grief also is uniquely our own. Not better. Not worse. Just ours.

Author unknown



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Christy Rector	Connie Westerfield

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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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

PLEASE NOTE

New address
PO Box 12865
Wichita Ks 67277

Phone number
remains the same
316-612-0700