



Good Grief
of Kansas, Inc

Good Grief NEWS

PO Box 12865 Wichita, KS 67277

Website: www.goodgriefokansas.org

316-612-0700

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July 2023

ROSE COLORED GLASSES

There are some days nothing helps. Silent pain echoes across the heart, leaving tear stains and shattered dreams. It hurts to move, to think, to breathe. It even hurts to be. On those days, when memories burn scars deep into the soul, there seems little relief.

All the coping tricks we have tried in the past seem to fail us, and we are left with a pain so deep that we fear we will be consumed by it. We firmly believe that we shall never again find hope or joy in this world. Our own death often seems the only escape.

That despair comes at the bottom of the valley. We have all stumbled across those treacherous rocks-many of us more than once. Just as we begin to think that we might survive, something tumbles us back into the darkness, and we are sure we have drowned.

What then? It is as if we are left without our dreams or our memories. Existence has become a void, filled with nothingness not even hurt. On those days, we cannot even feel our pain.

We come to know that we can never return to the Land of Make-believe where Humpty Dumpty is put back together without a trace of the jagged edges where he broke into a million pieces and where everything lives happily ever after.

Those are the days when we must "put on" our rose-colored glasses and learn to "See" in new ways.

I always carry my rose-colored glasses with me because I never know when such a day is going to happen.

My special glasses give a rose hue to even the most dismal of views; but more important, people look at me differently. Maybe they see me differently because I see things in a new way.

Just putting on my rose-colored glasses gives me a lift. I know that whatever I am looking at or feeling hasn't really changed. I have changed! Whenever I have dared to laugh in the face of pain, the pain didn't change or go away. I simply changed the way I saw the pain or the emptiness or the hurt of grief.

Rose-colored glasses are simply a dramatic (and perhaps a little silly) change in perspective. But what's wrong with being silly sometimes? If I can catch my breath and gain a few seconds of relief from the emptiness of my grief, then they have created a miracle for me.

Wearing rose-colored glasses isn't denying anything. Rather, it is claiming it all. It is searching for joy and light and love, even in the darkest corners. Love is the reason we hurt, but on those days when all we can see is the hurt, then we feel we may be losing the love.

Life does become good and warm and loving once again, but only when we have learned to trust enough to move through the hurt and to claim even that which hurts so terribly. It is a part of us, and as such cannot be ignored or abandoned.

Looking at the world through rose-colored glasses isn't being a Pollyanna, it's being real in the most honest sense. It is an attempt to both accept and live what is instead of turning it all

away and denying that love ever existed.

If you have laughed with your loved one, you have already worn rose-colored glasses. Don't forget them now. They helped you conquer mountains before and they will help you to see the other side of grief, someday.

Don't wait for joy to come to you ... Go find it. Search for it, insist on it every day. Wearing rose-colored glasses is a change in perspective, nothing more, nothing less. It is not a choice between pain or no pain, but how we manage the pain we feel.

The trick to those days is learning to live with what you got instead of wishing something else had happened. As you pick your next step through the valley, remembers that the rocks are everywhere, but so is the path! Don't let death rob you of your heart spaces ... The space where your loved one lives. Don't let death dominate the Spring places in your heart. Don't let death rob you of your rose-colored glasses.

by Darcie Sims



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 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)

July 2023



*Some days there won't
be a song in you heart...
Sing anyway*



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 SOSL Ark City 6:30 pm No West Meeting  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	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 SOSL Ark City 6:30 pm West Group 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	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
30	31 SOSL Wichita 6:30 pm South Group 7:00 pm					

Contributions for last month(s) totaled \$371.09
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

July Birthdays

June Contributors:

Mike Gillihan

South Group

Carmen Suter

Helen Telford

Janet Cunningham

Donations can be mailed to

PO Box 12865
Wichita, Ks 67277

Or

Online at
goodgriefokansas.org

Memorial Gifts

In loving memory of
 Douglas Tate
 aka Tator Tot
 Forever in our Hearts
 By Michael Tate

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

Shirley Smith.....	5
Shyrel A Ware	5
Reni P Keen	6
Mary Jane King	8
CeCe Shepherd	9
Cindy Reves.....	10
Rick Plank	11
Sandy Miller	13
Connie Schauf	17
Sylvia Herheim.....	25
Marie Greene	26
Ted McMurphy	24
Vivian Velasquez.....	27

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
 PO Box 12865
 Wichita, Ks 67277



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 _____

Forever Changed

Can you see the change in me?

It may not be so obvious to you. I participate in family activities. I attend family reunions.

I help plan holiday meals.
You tell me you're glad to see that I don't cry any more.



But I do cry. When everyone has gone -- when it is safe -- the tears fall.
I cry in privacy so my family won't worry.
I cry until I am exhausted and can finally fall asleep.

I'm active in my church. I sing hymns. I listen to the sermon.
You tell me you admire my strength and my positive attitude.

But I'm not strong. I feel that I have lost control, and I panic when I think about tomorrow...next week...next month...next year.

I go about the routines of my job. I complete my assigned tasks. I drink coffee and smile. You tell me you're glad to see I'm "over" the death of my loved one.

But I'm not "over it." If I get over it, I will be the same as before my loved one died.
I will never be the same. At times I think I am beginning to heal, but the pain of losing someone I loved so much has left a permanent scar on my heart.

I visit my neighbors. You tell me you're glad to see I'm holding up so well.

But I'm not holding up so well.
Sometimes I want to lock my door and hide from the world.

I spend time with friends. I appear calm and collected.
I smile when appropriate. You may tell me it's good to see me
back to my "old self."

But I will never be back to my "old self."
Death and grief have touched my life,
and I am forever changed.

Re-Enter Life?

I remember the 1st time I heard someone say, "I made a conscious decision to re-enter life". The woman and mother of a dead child was describing her grief journey and how she eventually found peace. The turning point for her came some two years after her teenage son was killed. The personal discovery that she and others like her, including myself, made was that she could hold memories of and love for her son and still function in life as she had before his death. She and others have discovered that grieving for a loved one can co-exist with a feeling for other people and a life that has more depth and is more profound than anything is that they had felt before the death. I believe that this is a terribly important milestone in the grief journey and one that everyone must come to if we are to follow the road to physical, mental, and spiritual health. Let me elaborate a bit.

There are no good studies that show what physical changes we suffer from in acute grief. The reason for that I think is that grief is such an individual event in our lives that each of us reacts to it in their own way. For some, the appetite is taken away and there is weight loss. For others, weight gain follows compulsive eating. When our son Paul was killed 16 years ago, my wife and I experienced premature graying of our hair. My wife also went through an early and precipitous menopause and required medicine for hot flashes. Some experience insomnia, while others find respite in excessive sleep. The point here is that after the death of a loved one, the body receives a huge shock and almost all body systems can be affected. Just as we have different mental responses, we each have our unique way of responding physically.

In a 1986 study of how 155 families were affected, over a 6 month period, by the death of a child, Ronald Knapp described 6 findings common to all groups of parents.¹ These findings also, in my opinion can be generalized to most persons in acute grief even if the death is other than a child. Here are the six findings.

1. The need never to forget the one lost. (And along with that, the fear of others forgetting.)
2. Losing the fear of death. This ties in with the wish to follow the departed one.
3. Some form of religious experience. (Turning to God to make sense of the senseless) Seventy percent turned to their religious faith for comfort.
4. Most experienced a change of basic values. That is to say, they became more spiritual and less materialistic.
5. Most participants described themselves as more tolerant and having increased sensitivity to others.
6. Knapp also coined the term "shadow grief" which is the realization that the grief may never be "resolved" and will always be present in the background as a kind of sadness.

With this information as a backdrop, let us look at not only how the grief experience comes together but also how it can lead us to physical and mental health and spiritual growth or can lead us to depression and sickness.

Robert R. Thompson, M.D.

First, is the death event itself. We feel the crushing weight of a loss so great we could not have imagined it nor do we think it is a depth from

which we will ever recover. Indeed, we are in the "valley of the shadow of death". Our own death seems of no significance and may even be welcomed as a blessing. It is during this time that the physical and

emotional changes in our lives hold sway. All organ systems may be affected from the heart to the brain to the bowel to the bones. We become as physically and emotionally sick as we are ever likely to be. We may also suffer from fatigue, sleeplessness, panic attacks, chronic anxiety, and depression. Amazingly, most people are able to function at some sort of daily routine during this period.

How long this part of the journey lasts is a very individual matter and is dependant on so many variables that one must be careful not to generalize. But at some point in time from the loss, a realization takes place. The realization is that memories of the lost child or spouse or sibling will not be lost and the essence of their being, spirit if you will, becomes assimilated within us. As Adolfo Quezada, writing to his dead son, so beautifully puts it in his book, "Goodbye My Son, Hello": "Our relationship, Roberto, has changed. You are no longer of me; rather, I am of you. You are no longer someone I must hold onto: you are part of the palm that holds me."²

I used to think that this phenomenon was acceptance. I do not anymore. I will never accept my son's death as natural, normal, or an act of God. I think this process describes assimilation and is what happens in our lives that allows us to get healthy again. (Not "heal" which I think is also an unfortunate term) We make a conscious decision to re-enter life and become participatory mourners. We can laugh again. We can find pleasure in relationships and in the many delights, the world has to offer. Our senses are more tuned to the needs, wants, and desires of others and we come to view them in a different and more compassionate way. Now we are ready for mental and physical health as well as spiritual growth.

What happens if we never reach that point of "assimilation" and never make a conscious decision to re-enter life? In a word, we become sick and sad. We never see the beauty and pleasures of the world. Laughter is hard if not impossible. Others become stupid and churlish and we cannot understand why they do not see our grief and why they do what they do. We go down the road that leads to physical and emotional sickness and in fact spiritual death.

How do you think your loved one would have wanted you to live? What would he or she say if you could talk to them? Ask them. They might help you someday, to make a conscious decision to re-enter life.

Ronald Knapp. Beyond Endurance: When a Child Dies, Schocken Books, 1986
Adolpho Quezada, Goodbye My Son, Hello. 1985





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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



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from this mailing

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- Memorials, Gifts & Donations

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If you feel that you have been discriminated against,
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Good Grief of Kansas, Inc. by mail or to
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PLEASE NOTE

New address
PO Box 12865
Wichita Ks 67277

Phone number
remains the same
316-612-0700