



Good Grief NEWS

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

Oct 2023

Email: info@goodgriefofkansas.org

A New Normal

By Carlene Vester Eneroth Spokane, Washington

While driving through the rolling wheat fields in our area, I was reminded of one of my favorite rerun episodes on the television comedy series, *Major Dad*. Major Dad leads his family on an endless hike over hill after hill, looking for a perfect back-to-nature spot where they can be taught to rely on their survival skills in the environment. He's frustrated to keep finding only green grass and developed areas that include a resort and even a mall. When the family staggers back to the cabin, having never found that elusive piece of nature paradise, they have sunburns and blisters, and his theme of the day still echoes in their ears: "But it's just over that next rise. Keep going, it's got to be just over that next rise."

Could that describe us in our grief? On the day we hear "he's gone" we begin a search to find a spot where we will be normal again...where we won't have this incredible hurt engulfing all we do...where we can laugh and enjoy life around us, just like before this death shattered our lives! Do you feel as if your search for normal is constantly "just over that next rise?"

We get through that awful first year and let out a deep breath. Wow! We've conquered all those "firsts"-holidays, anniversaries, birthdays, etc. Now things will get back to normal again. What a shock to find that we don't feel tremendously better than we did a year ago. No one has let us know that the second year of grief is still tough. Certainly we function, sometimes better than before, but at times we're still overwhelmed by intense grief, and hadn't planned on this at all. It's disturbing that we just got "over that next rise" of the first year, but we haven't hit "normal" yet.

Maybe normal can be found just over that *next* rise-if we move. While it can be good to leave old memories behind and have different rooms to look at (often arranged in new ways), adjust to a new climate and get acquainted with new neighbors, some things don't change. We still stare at that empty place at the table, we still don't get to buy Christmas and birthday gifts for someone special anymore, and we still come home hoping to relate the happenings of the day-only to find no one there. An environmental change won't do it. Our normal wasn't just over *that* next rise, either.

We thought normal surely would come when we took a trip or at least got away from our surroundings for a few hours. The anticipation was that those hours would give us time to forget. Then, weren't we astonished to find that it takes only one glance to see a couple holding hands or a mother cradling her infant, or the notice of *our* car, to discover that this next rise didn't hold that normal feeling either.



So is normal ever going to be found "just over that next rise?" I believe the only normal we will find is a "new normal," not connected to things we viewed as normal in the past. It means that our calendar of time will be dated forever by events *before* the death and *after* the death. But it also means that we can find a normal that is really fine. It's just not what we would have planned had things stayed as they were.

We have to work to find this new normal and make it a part of our routine. That's what is different about this next rise. Our original normal was just there, we didn't have to do anything to make it happen. But now we have to actively make a new holiday routine and, through trial and error, decide which differences can become new traditions.

We have to decide we will shop at a different store and begin to feel comfortable there, or buy a different car and start seeing it as a normal part of life. We can try a new hobby or activity instead of focusing only on what we've done in the past. One of the hardest new normals is accepting the fact that old friends, uncomfortable with our grief, slowly disappear. But the energy we could invest in mourning this additional loss would be better put into making new friends with those who care to understand us. They, too, can be part of our new normal.

Naturally, the hard part is work. But do we want to stay with Major Dad, searching for the normal of our past that will remain just as elusive as his nature search? Because grief has touched our lives, we have to self-determine that we aren't going to endlessly keep searching over that next rise; instead we will try to work with what we have here and now.

Here's to each of us working to build a new normal-one piece at a time. Let me know how the construction project goes, okay?

Love,
Carlene

All meetings are for those that have lost a loved one, be it a spouse, child, parent, sibling or friend. You are welcome to attend any or all meetings as needed.

If you would be interested in training to be a facilitator for one of our groups please contact Janet Cook at 316-900-1340



SCHEDULE OF GROUP MEETINGS

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 **Entance 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/or Young) For those, 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 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)

October 2023

May your day be filled with moments that make you smile



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

Contributions for last month(s) totaled \$797.21
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

September Contributors:

Michael Tate

Carmen Suter

Jim Gorsuch

Brenda Lowery

South Group

WFM Auctions

Donations can be mailed to

PO Box 12865
Wichita, Ks 67277

Or

Online at
goodgriefofkansas.org



Memorial Gifts

In loving memory of
 Waylan Wade
 October 1
 By Judy Wade

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

October Birthdays

Kay Williams.....	1
Amber Charbonneau.....	4
Janell Floyd.....	4
Jennifer Lasiter.....	4
Laurie Martin.....	4
Leah Barry.....	10
Ashley Crego.....	11
Deb Peterson.....	12
Martin Harding.....	15
John McBride.....	16
Diane Newcome.....	16
Cindy Swan.....	16
Josh Becker.....	18
Jay McNeil.....	18
Karen Mellington.....	18
Dan Perry.....	21
Ted Swan.....	21
Tony Birmingham.....	22
Marsha Huffman.....	22
Marcia Koster-Carter.....	22
Carmen Suter.....	22
Roberta Whetzel.....	29



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.

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!

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!

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 River Runs Through It

By Margaret Brownley

Grief has a way of damming up inside and cutting us off from everything and everyone we care about until we can no longer receive or give joy. We block out the good in our lives and focus solely on the bad. We stop reaching out to others, and eventually they stop reaching out to us. Once the river of humanity stops flowing through our lives, we stagnate in depression.

How do we get things flowing again? It's not easy, because it requires that we give up something, maybe even a part of ourselves. Having already suffered a tremendous loss, who can blame us for not wanting to give up something more?

Yet, giving up and giving back is the first step to unblocking the dam keeping us from the good things in life. For me, this meant turning my son's bedroom into a guestroom. It was a painful decision, but the room was tearing me apart. Sometimes, I would leave the door ajar, trying to pretend everything was okay. At other times, I slammed the door shut, unable to stand the empty silence.

Though it was difficult to strip the walls and furnishings from the room and start afresh, it was a necessary part of the healing process. Our newly decorated guestroom has since provided comfort to a young mother nursing a sick son, sheltered a troubled friend, and nurtured various family members in need of special care. The flow of humanity is a much more fitting tribute to my son than an empty room, for he loved people, and would have been the first to give up his room to a friend in need.



Where are the dams in your life?

What are you holding on to?

Is it the pain?

The loneliness?

Are you holding on to your loved one's possessions?

Let go of the anger and bitterness; let the river flow.

Hope in the Midst of Grieving



When I was told that not all tears have the same chemical components, I was surprised. Tears of anger have a different composition than the tears we shed while chopping an onion, or tears we shed when sand is in our eyes. The ingredients of the tears from a good laugh or joy are different from the makeup of tears from grief and sorrow.

As a minister in a local congregation and a hospice chaplain, I see lots of tears — many are my own as I cry with those who are grieving. I tell men and women, boys and girls, that they shouldn't believe the lie that "big boys don't cry." I encourage emotional release, emotional expression using tears. Yes, it hurts to feel our feelings. Yes, the experience of pain and the weight of the grief process are overwhelming, but when we feel the sorrow as well as allow ourselves to remember and cling to the good times then hope can touch our inner, hidden and hurting person.

As I write, I am currently trusting this process, because I grieve for a dear prayer partner and missionary who was like a sister to me. While vacationing a few months ago, she died of a sudden heart attack. Hope in the midst of grief allows room for us to be human and shed tears when we hurt. Washington Irving wrote, *"There is sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are the messengers of overwhelming grief...unspeakable love."*

How long will we grieve? When will the pain, the deep sorrow go away? How long will this feeling of walking in Jello or moving in slow motion last? I was told, "It takes as long as it takes." Do you mean that there is no timetable for me to gage this journey of grief? No, there is no timetable. As with the chemistry of tears, the grief process is different for each one of us. But we have been promised that there is a time for everything. "There is a time to weep and a time to laugh, a time to mourn and a time to dance," *(Eccles. 3:1-4). The seasons of grief assure us that a change will come. There is a time and a season for everything.*

Life is precious, Every moment is precious and unpredictable. The hope we have in the midst of grieving empowers us not to waste a minute of life on worry, guilt, resentment, anger, blame, shame or anything that may block us from being the kind of person we want to be. Patience with ourselves while in the throngs of grief plus clinging to the promised expectation of a change can lead us toward acceptance of when we cannot change.

"To everything there is a season, and a time for every matter or purpose under heaven," (Ecclesiastes).



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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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PLEASE NOTE

**New address
PO Box 12865
Wichita Ks 67277**

**Phone number
remains the same
316-612-0700**