



Good Grief NEWS

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

316-612-0700
Email: info@goodgriefofkansas.org

Aug 2024

" If I Could See The Hope"

I slipped backwards today. I ate a cookie. I did not run my 2.5 miles. I did not cross off every item on my "to do" list. In fact, I added things.

I slipped backwards today. I put on a record, got out the scrapbook and slipped backwards into yesterday . . . into a hundred yesterdays where life was different than it is now. I slipped backwards as I "forgot" to do my exercises. And my whole "improvement project" was lost.

Today was just like any other day, except that I slipped. It started out okay, like most days do. Nothing special or extraordinary – just a day, another step in the endless succession of days. There were things to do, places to be, people to talk with, plans to dream about. It didn't feel especially different than any other day . . . but apparently it was, and I slipped.

I've been doing "pretty good." In fact, I've become rather proud of myself in the last few months – beginning to take control of my actions, thoughts and life. I had finally figured out what it is I want to do and had developed a plan. . . . I even wrote IT (THE PLAN) down on a sheet of paper and taped it to the refrigerator so I could inspire myself every time I looked at it (and every time I went in search of something to nibble).

It was working, too. I've spent the summer living in POSITIVE POWER and things had begun to change. Productivity was up. Tissue use was down. Healthy choices were being made. Cookie raids were almost nonexistent. I WAS MAKING IT! Until today . . . when I slipped.

Maybe it was because the weather wasn't cooperating. It was supposed to be cooler and it wasn't. I'm weary of summer's heat and I was looking forward to the weatherman's promise of "slightly cooler." I seem to have more "courage" (will power?) when it's "slightly cooler" outside. The calendar says "almost Fall" and today, I guess I couldn't wait for "almost."

I am tired of being "kissed by the sun." I am tired of eating fruit and of sunny days. I'm tired of sand in my shoes and I'm tired of trying not to cry whenever I remember.

I slipped backwards today. I ran out of energy to keep up the GOOD WORK and I slipped. I lost control and ate a cookie. I slipped off the bandwagon of healthy and positive power and "I CAN," and I landed squarely in the middle of "I DON'T WANT TO" and "I CAN'T."

I lost control and wept the tears of grief . . . mourned for the life I no longer live and grieved for the happiness I could only remember.

There are times when one grows weary of surviving, of being STRONG. There are times when cookies taste better than seaweed and there are times when I WANT what can no longer have . . . food-wise, life-style wise, people-wise. I KNOW I can't have those things, but I can still WANT them, can't I?



Usually, I am pretty responsible, but sometimes that means I am my own worst enemy . . . my own worst critic . . . my own judge, jury and jail term. I've lived in the LAND OF OUGHTS for a whole summer now and the results are amazing when I look in the mirror. But, sometimes, when I look in the heart, I wonder? If life is supposed to be so wonderful, then how come chocolate has calories, memories sometimes hurt and whatever I want to do, eat, think or be isn't what I'm SUPPOSED to do, eat, think or be?

By now I SHOULD be happy and I usually am, although that has nothing to do with my memorizing THE BOOK OF SHOULD. It has to do with living each moment, rather than wishing those moments would fade.

And today, I got tired and I slipped.

Today I slipped and ate a cookie.

I went backwards, but this time I knew it, and it knew it was only for tonight . . . when the moon is full and the memories are warm. I knew it was only for the moment. I only ate one cookie – not an entire bag. I only cried for a few minutes – not an entire evening. I only let go of the shoulds for a little while . . . in order to discover the magic of memory.

I did the GRIEF SHUFFLE today and learned that even when we slip backwards, stumble, fall down or drift sideways for a time, we are making progress through the valley. ANY MOVEMENT is progress in the journey through THE VALLEY, even if that movement is in the opposite direction of where we thought we SHOULD BE GOING.

I slipped backwards. Today I celebrated my pain as a measure of my love instead of counting it as being a failure or an indication that I'm not okay yet. Today, I ate the cookie and tasted victory. I CHOSE to eat the cookie, to remember the moments, to cry, to hurt and to laugh.

Today I slipped backwards in THE IMPROVEMENT PROGRAM and moved ahead in living.

by Darcie Sims

****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
or the Good Grief office at 316-612-0700



SCHEDULE OF GROUP MEETINGS

Please keep in mind.....

All meetings begin at the designated times

Mondays: 7:00 - 8:30 PM ** NEW LOCATION**** **SOUTH WICHITA****

***Discover Church (1826 W. Maple)**

Facilitators: 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

Tuesdays: 6:30 PM **now meeting weekly **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/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 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 8:30 am - 10:30 am
Please leave message if unavailable.

Office Supply Needs:

Envelopes:

#6 Security (\$Tree envelopes are fine)

Copy Paper:

White 8.5 x 11, White 11 x 17

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 2024

*May your day begin with a smile on your face,
love in your heart and
happiness in your soul*



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 West Group 6:30 pm SOSL Ark City 6:30 pm Breakfast 9 am Livingston's	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 West Group 6:30 pm 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 West Group 6:30 pm SOSL Ark City 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 West Group 6:30 pm Breakfast 9am Livingston's	28	29 Brunch/Lunch 10 am Country Café	30	31 Breakfast 10 am Spears Restaurant

Grief

by Rebecca Browning

Grief is an emotion that
has no face.
Grief is the self-cleansing
of the soul.
Grief is powerlessness.
Grief is a breath of fresh air.
Grief is living in the moment.



Grief is constant.
Grief is a lump in the throat,
The sinking of the heart,
The tears creeping up on you.
Grief is the smiles,
The laughs,
The unforgettable moments.

Contributions for last month(s) totaled \$513
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

**July
 Contributors:**

- Jim Denning*
- Stephanie Kocalis*
- Gail Davis*
- Janet Cunningham*
- Michael Tate*
- Marsha Huffman*
- Martin Shawver*
- South Group*
- West Group*

*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
 PO Box 12865
 Wichita Ks 67277

**August
 Birthdays**

- Lori Bradley..... 1
- Randy L Rowe 2
- Lois Siemers 2
- Anita Downey..... 3
- Dawn Easley 3
- Laura Elliott..... 4
- Any 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
- Connie Beckstrom..... 28
- Velena Hamilton..... 29
- Cherri Alderson 30
- Donald Septer 30
- Kay Loomis 31
- Beth Turner 31





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 _____

Bittersweet Wonder

By Father Thomas Johnson-Medland

There is an odd thing that happens in our grieving, and there is an odd thing that happens in our mending amid grief. The memories and emotions that emerge in our grieving—those memories and emotions that lead us into sorrow—lead us full-circle through the pain into a tender peace.

It is an odd gift that loss has left us. We find that the very memory walking hand in hand with our loved one makes us cry in the absence of them and those moments, but that very remembrance of them and those moments opens our hearts to a deep awe and gratitude as well. We miss them, but oh how sweet it was to have had them at all.

We have come across bittersweetness throughout our lives. It is the sense we have when we realize that our own gifts are often our own curse; or the very wounds that we carry through our lives are the very place where we are able to touch others and bring deep healing. Pleasure and pain; at once a bittersweet wonder.

I remember holding Mary's hand as she went on and on about gardens she and her husband had planted. Through her sobbing she told me of the gathering of plants and rocks from all her many trips with their children. "This one is Pennsylvania, and that one from China. It hurts so much to see them, but they are so beautiful and they remind me of all that we shared. When I think of the memories, it actually gives me the strength I felt when we were there together, doing those things."

You have sensed the oddness of having your tears actually be your nourishment.

Ask me how it works; I do not know—but that it aids the mending, I do know that.

If there is no bittersweet wonder in our grief, then we are stuck.

But if there is a bittersweetness to our healing, then we are mending.

If our grief is dry and arid, we probably just need to listen a bit more—listen to our minds and our hearts tell the thousand memories they hold of our loved ones. We need to look at pictures and cry. This bittersweetness is present in our perceptions of those who offer to help us mend. What people say often alarms us and we feel it not the right thing. And then we have the feeling that we are glad they cared enough to try.

Back and forth, up and down, around and around is the process of mending amid grief. Sometimes we laugh when we think of Uncle Harry's crazy hat collection, and then we sob because we don't get to watch him make those crazy faces anymore. We cry when we think about our mother having cared for us as children when we were sick with chicken pox, and we breathe a sigh of relief when we realize she no longer is suffering with her confusion and horrible labored breathing.

These memories and these emotions are both our bridge to the people we have lost and our bridge to our own healing. They enable us to arrive at a place where we may mend and do it slowly, tenderly and with grace.

All of the things that we have done together; all of the love and conflict and growth meld into one and give us pain in their absence, and strength to go on ahead. Try to figure out how the trees and roses can make you cry and laugh at the same time. I cannot. See if you can imagine how blue skies and white clouds can remind you of a loved one's death. I cannot; but they do. And somehow, the colors of the rainbow, and people's faces, and friends shaking hands, and babies crying all give us sadness and hope at the same time. (Thank you Louie Armstrong, *What A Wonderful World*).



The Paradox

*by Jennifer L. Welch
Indianapolis, Indiana*

Tears are paradoxical in nature. Though they are linked with joy, they are linked even more readily to sorrow! It seems that we have been conditioned to fear tears, deny them, dread them and avoid them. Sometimes we even go so far as to hate tears.

We humans are a peculiar lot, hating something God has given for our survival. For some reason, we have made tears our enemies instead of our friends. We have been deceived into believing that if we deny tears, we can vanquish pain. The act of crying gets blamed when we are feeling pain that rips at our hearts and rocks our souls. Actually, the real culprit is resistance to the truth that we have become devilishly gifted at denial. Oh, how adept mankind has become at putting the cart before the horse!

Who told us the lie that crying is weakness, and denial and anger are strength? We have learned to ascribe dishonorable adjectives to those who are brave enough and wise enough to cry whenever they need to. We have participated in such childish name calling because of our own fears, insecurities, and dysfunctionalities.

The wisest of souls are those who have learned how to appreciate tears for the reason God gave them to us. They are a release valve! When we take away our tears, our release valves may become alcohol, drugs, unhealthy relationships, and, worst of all, the trigger of a gun! Tears are truly a release. They are a river of flowing surrender within a person's spirit. They take the form of truth and life and allow us to be fully in it.

Tears are not the indulgence or the perpetuation of sorrow, but rather they are the first essential step to healing. The meanness in this world, the empty ache of loneliness are just a few of the reasons that make tears so necessary in this life. These wounds to the heart are as a concrete sidewalk is to our knees when we fall off a bike. When skin is torn and exposed, do we grab just any old filthy rag as a bandage and then go on to pretend we are not injured? Absolutely not. We carefully clean and doctor the wound. If the assault is severe enough we favor and coddle the injury until it has begun to heal itself.



It is interesting how the body is so innately wise when it comes to physical survival and healing, but we are so unwise about the healing of souls. It would behoove us to view tears as spiritual/emotional antibiotic for the soul. Tears are healing streams, cleansing the soul and removing debris left by the emotional "bike wrecks" of life.



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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

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 info@goodgriefofkansas.org.



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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

PLEASE NOTE

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

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