



# Good Grief NEWS

PO Box 12865 Wichita, Ks 67277  
Website: [www.goodgriefofkansas.org](http://www.goodgriefofkansas.org)

316-612-0700  
Email: [info@goodgriefofkansas.org](mailto:info@goodgriefofkansas.org)

Sept 2024

## *Memories of Loved Ones*

Absolutely nothing can be as painful as the death of a loved one, and our journeys through the valley of the shadow of death leave us little room to do anything other than mourn.

However, somehow we do reach that plateau, that point, that place in time where we resolve to renew our lives, to seek to put everything into perspective. Marlo Thomas (when remembering her father, Danny) said, "It's just not enough to survive – you have to thrive! It doesn't matter whether you are freshly bereaved or whether it happened years ago and you are just coming to terms with the death."

Memories are part of our awesome job of survival and of healing and restoring ourselves. Our loved ones have died and our lives have been changed – in ways we hardly ever imagined as possible. "Why?" people ask! "Why do you bring back painful memories? For what purpose? Wouldn't it be better to avoid confusion and forego any need to understand why?"

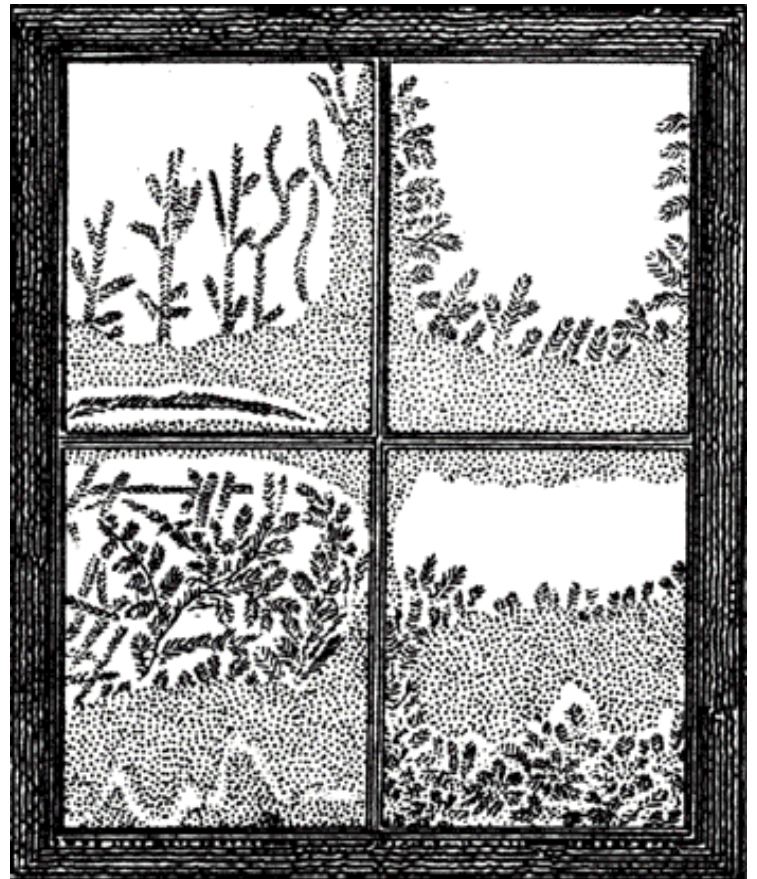
Am I never again to acknowledge the life and death of someone so precious, so much a part of my waking and working and laughing and sleeping life? How could I not remember? And even though remembering is disruptive, a loss without memories cannot be possible.

Each month, each week and each day bring us the chance to put that loss in perspective. We need to grab each chance to build memories to help relieve the pain, or at least to change its level of intensity. Members of The Compassionate Friends believe that whatever pain they bring to their gatherings is pain they share, just as they share with each other their love for their children. Memorial services are such emotional and satisfying activities because they allow us to face and remember our losses; even bittersweet memories can help us to reorder our lives. The healing that occurs is an important aspect of the restoration of our inner selves.

Eventually it is possible to realize that our loved ones were normal. They were good, indifferent, full of mischief, ambitious, or on the road to success or failure. In realizing that they were normal, we start down memory lane. We discover memories lost in the fog of our grief. We unearth long buried treasures.

How awful it must be to be robbed of memories! To not recall our loved ones as they were would be life's worst blow. Somehow we must reach a place where our love and memories are liberated from the painful emotions linked with the deaths of our loved ones. It is in that liberation that we find an awakening to new possibilities, to new understandings and to growth. As we acknowledge that healing and restoration are occurring, a path out of the depths of despair opens. It is then that we can say "even though our loved ones died – our love for and memories of them will never go away."

*by Roy P. Peterson, Ph.D., Lexington, KY, Bereavement Mag. 1998*



**\*\*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**

**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 - 8 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 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)

# September 2024

**“Courage is being afraid  
but going on anyhow.” ~Dan Rather**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 SOSL Wichita 6:30 pm South Group 7:00 pm	3	4	5 Brunch/Lunch 10 am Country Café  <u><b>TLC MTG 5 pm</b></u>	6	7 Breakfast 10 am Spears Restaurant
8	9 SOSL Wichita 6:30 pm South Group 7:00 pm	10 Central Group 10 am West Group 6:30 pm  Breakfast 9 am Livingston's	11 W.A.Y. Group 7:00 pm	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 Group 10 am West Group 6:30 pm  Breakfast 9am Livingston's	18	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 Group 10 am West Group 6:30 pm  Breakfast 9am Livingston's	25 W.A.Y. Group 7:00 pm	26 Brunch/Lunch 10 am Country Café	27	28 0Breakfast 10 am Spears Restaurant
29	30 SOSL Wichita 6:30 pm South Group 7:00 pm	Central Group 10 am West Group 6:30 pm  Breakfast 9 am Livingston's				

*So often, one attempts to face the whole future at once. But we will not live that period all at once, only day by day. Don't try to face twenty years. Face today. When that has been achieved, face tomorrow. You will find more and more ways in which you can cope. The Chinese have a saying that a journey of a thousand miles starts with a single step.*

*There is no way you can take the fifteenth, or the two hundred seventh step, before you have taken the first.*  
- Michael A. Simpson



Contributions for last month(s) totaled \$514

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

### August Contributors:

West Group

Jim Denning

Marsha Huffman

South Group

Michael Tate

Sharon Jefferson

Janet Cunningham

John McBride

Kroger/Dillons

Remember to send your donation to:

**PO Box 12865  
Wichita Ks 67277**



### Memorial Gifts

In loving memory of  
Susan Wulf  
By Cecil Wulf



### 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

## September Birthdays

Nancy Cone .....	1
Janis Powell.....	4
JoAnn Chance .....	5
Sid Sowers .....	7
Terri Norgren .....	11
Nancy Powell.....	15
Elizabeth Sommerhauser ....	15
Patricia Mahan.....	17
David Miller.....	17
Tammy Haring .....	18
Kathy Thomas .....	18
Deona Madrigal .....	19
Jean Regan .....	19
Sonia Slabe .....	19
Bernestine Williams .....	21
Becky Keen .....	22
Amber Smith.....	25
Theresa Hauschild.....	27
Billie S Tucker.....	28
Bel Griggin.....	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](http://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](http://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](http://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 \$ \_\_\_\_\_



**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 \_\_\_\_\_

# The Art of Courage

Following the death of her brother, my daughter suffered such a deep depression that even though she was receiving grief therapy, she literally could not get up in the morning. For weeks I called her each day and walked her through the process. "Come on now; sit up, That's the way. Now put your feet on the floor. That's a girl. Now..." Step by step, I walked her to the shower.

Grief stripped down to the bones could be described as the loss of courage. It takes courage to do even the most mundane tasks. Getting out of bed takes courage, for it requires a willingness to face life. Courage is the driving force behind every action. Without courage, driving a car, shopping for groceries or even making a phone call seems daunting.

When we lose a loved one, we lose courage and that's why we find it so hard to get through our days. It takes courage to be alone or to face what seems like a bleak future. It takes courage to admit to anger or a lacking faith. It takes courage to change and grow, to put together a broken heart, to heal.

How do we gain the courage necessary to get on with our lives? Monica Lehner Kahn writes: "Condolence is the art of giving courage. If there is something you need to do but can't, ask a special someone for help. A friend can give you courage by:

- holding your hand while you make a dreaded phone call
- staying with you while you sort through a loved one's belonging
- sitting with you in worship
- accompanying you to a grief counselor or grief meeting
- helping you look for a new place to live
- praying with you"



It gave my daughter courage until such time she was able to regain her own. Today, she is the happy mother of a two-year-old, and that is about as courageous as it gets.

"The arms of a friend  
offer me asylum from  
the world's apathy."

- haiku by Diantha Ain

# *Turning Words to Water*

*By Timothy Nickel  
Elizabethtown, Pennsylvania*

The more profound the grief, the more profuse the tears. For most, but not everyone, the grief for a beloved will manifest itself in tears. To cry is to be human, just as to laugh is to be human. To laugh heartily is to live fully, and to cry with deep sobs is to grieve fully. As we age into maturity, we may experience moments of paradox when we realize that joy and sorrow can exist simultaneously. We may find ourselves laughing even as we are crying, our tears being symbols of both our sadness and our gladness.



Crying allows us to express the deepest parts of ourselves in a way that far exceeds the capability of the spoken word. We are not all poets, and the deep love felt for the one from whom we are now separated may be best expressed through tears. In the world of grief, words are often inadequate. Tears help us bridge the gap between where we are in our grief today and where we need to move toward tomorrow. Tears are a reminder that we have not forgotten our loved one. Tears connect us at a deeper level to the suffering we are feeling. Our tears remind us that we are suffering and that part of who we are has been torn apart. We need to honor the tears that run down our cheeks for they are drops of wisdom from inside of us.

This innate wisdom turns our words into water when our sobs are too great for words. Our tears are reminders to grieve boldly and courageously in the manner that each of us needs to do as an individual testament of our love.

Often a sense of embarrassment is associated with crying, a feeling of being out of control. An original meaning of the word "embarrass" was "to hinder the freedom of movement." When our tears embarrass us, we become prisoners to our emotions. We become locked up or bound down by our feelings. We are unable to express our feelings freely as we need to. Whether grief is one day old or one year old, or whether grief is timeless, grief by its very nature gives permission to cry. Do not allow you freedom to cry to be hindered by anyone. And most importantly, do not hinder yourself from crying the tears that still need to be shed.

Nickel, Timothy. *Turning Words to Water*, September/October 2001.

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[www.livingwithloss.com](http://www.livingwithloss.com)



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PO Box 12865 Wichita, KS 67277

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Good Grief News

### Executive Board

Jim Yoder, Interim President  
Kelly Blades, Interim Vice President  
Julie Canfield Shandy - Treasurer

### Board Members

Mary Evans  
Merri Reed  
Jim Yoder

### Program Directors

Janet Cook, Deona Madrigal

### Founder

Phyllis L Gadaire-Sauer

### Office Manager

Marsha Huffman

### Current Facilitators & Substitutes

Janet Cook	Christy Rector
Tom Downer	Donald Septer
Kathy Harbert	Kendra Spencer
Marsha Huffman	Cindy Swan
Deona Madrigal	Marjorie Watkins
Julie Montgomery	Connie Westerfield
Lois Pardee	Jim Yoder

### **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

CALL 316-612-0700 or EMAIL  
your name and address as it  
appears on your mailing label to  
[info@goodgriefofkansas.org](mailto: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](http://www.goodgriefofkansas.org)

Good Grief of Kansas  
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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](mailto:info@goodgriefofkansas.org).

## PLEASE NOTE

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

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