



# Good Grief NEWS

Good Grief  
of Kansas, Inc

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

316-612-0700

June 2025  
Email: [info@goodgriefofkansas.org](mailto:info@goodgriefofkansas.org)

## Blossoming

By Jennifer J. Martin, San Antonio, TX  
Bereavement Publications, Summer 2009

The day after the funeral, some dear friends brought a nectarine tree to our home to be planted in Kelly's memory (unaware that nectarines were Kelly's favorite fruit). Our friends helped us plant the tree and offered a special Native American prayer for its health and growth. One tiny, pink blossom was open.



The next day I was in the kitchen writing and a voice inside my head told me to go upstairs and look for pictures, which I did. In looking through photographs of Kelly, I found a small gift card with a flower on the front on which Kelly had written:

"Mom, now is the time to smell the flowers that you have grown and know that with a little dirt, sunshine and water that a blossom will come."

I began to cry. The single blossom on that tree was a gift - a gift from Kelly. The tree even had a little crooked trunk just as Kelly had a curved spine caused by scoliosis. The young tree grew at a funny little angle but was still strong.

On Valentine's Day a year later, the first buds on Kelly's Tree opened, a bouquet of three pink flowers. One for spirit, one for mind and one for body. The first year a nectarine tree is not supposed to bear fruit at all, but Kelly's Tree was heavily laden with tiny precious fruits.

We receive messages and gifts in many forms. They happen all around us, but we must be awake and aware in order to notice them. By listening to my inner voice the day after the funeral and following my heart, I was guided to find the card Kelly had written. Although the initial instruction told me to go upstairs and look for pictures, it was not the photographs that would reveal something. But, there, amidst the box of photographs, I did find the real gift. In that moment, I witnessed the amazing synchronicity of Kelly's written message to me and the single blossom on the nectarine tree. Kelly's message to me was two-fold. I also understand he was asking me to continue to grow and blossom as a person in spite of his death.

In the last few months, I have even been able to be grateful for Kelly's illness and even see it as a gift, for without it, we would not have known the closeness of the bond we shared. It altered us. It made us both stronger and more compassionate individuals. And, ultimately, the intimacy that his illness and birth defect brought to our lives became an imprint on our souls, a connection between parent and child that, eventually, allowed me to conquer the devastation of saying goodbye, to conquer the pain of his death.

**\*\*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

**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.



**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 you.  
**Facilitator:** Jim Yoder 316-727-0663

**Tuesdays Bi-weekly: 6:30 - 8:30 pm** **ARKANSAS CITY**  
***THIS GROUP IS NOT MEETING AT THIS TIME***

*If you or someone you know is in need of help, be sure to contact the National Suicide Prevention Lifeline at (800) 273-8255.*

**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 8:00 am - 10:00 am  
 Please leave message if unavailable.

**Office Supply Needs:**

**Envelopes:**  
 #6 Security (\$Tree envelopes are fine)

**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)

# June 2025

*If it brings you even a little bit of joy,  
do that  
definitely do that*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 SOSL Wichita 6:30 pm South Group 7:00 pm	3 Central Group 10 am West Group 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 5 pm</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	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  W.A.Y. Group 7:00 pm	19  Brunch / Lunch 10 am Country Café	20  <u>First day of summer</u>	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	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					

Contributions for last month(s) totaled \$719.64  
 THANK YOU for your donation which makes it possible for  
 Good Grief of Kansas to continue to serve the bereaved.

# June

# Birthdays

## May Contributors:

Michael Tate

Donald Yeley

Kroger/Dillons

Jim Denning

Mary Evans

Remember to send  
 your donation to:  
 Good Grief of Kansas  
 PO Box 12865  
 Wichita, KS 67277

## Memorial Gifts



### 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.

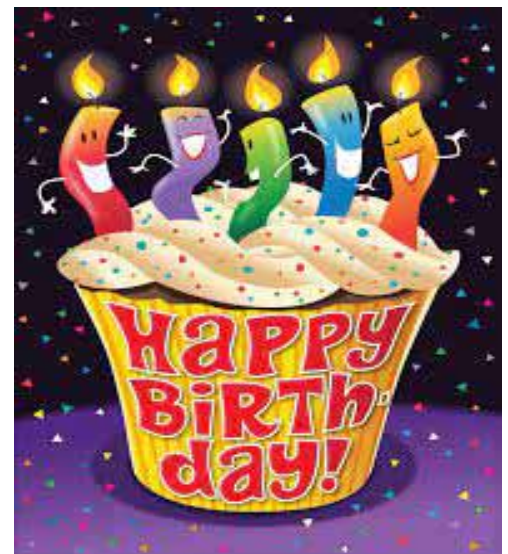
**Note:** For memorials with a special remembrance date, submit information one month early for timely publication.

Donations can be sent to:

Good Grief of Kansas  
 2622 W Central Suite 401B  
 Wichita, Ks 67203

Kendra Spencer .....	2
Connie Uphaus .....	2
Rose Frame .....	4
Odean Moore .....	4
Michael Bayouth.....	8
Stephanie Patterson.....	8
Hoa Jena Tjaden.....	8
Melissa Nichols .....	9
Dana VanEchaute .....	9
Royal Owens.....	10
Carolyn Hennessy .....	14
Sarah Carr Lytle .....	14
Diane Macready .....	19
Gary Swigert .....	19
Evelyn Brown .....	23
Jeffrey Davis .....	25
Anna Heinichen.....	25
Amber Ewertz.....	27
Betty D Kelly.....	30
Steven Page .....	30

Thank You



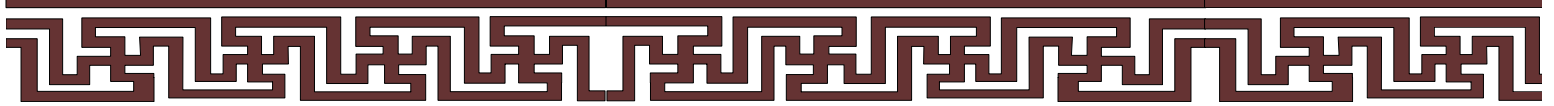
**I believe that imagination  
is stronger than knowl-  
edge-myth is more potent  
than history-dreams are  
more powerful than facts-  
hope always triumphs over  
experience-laughter is the  
cure for grief-love is  
stronger than death.**

*Robert Fulghum*



**TREASURER  
NEEDED**

Good Grief of Kansas is looking for a new treasurer for our organization. Our current Treasurer is ready to retire her position. If you would be interested in or know of someone that would be interested in filling this position we ask that you contact our office at **316-612-0700** for more information.



Ways to help support Good Grief of Kansas:

- 1) Donate online at [www.goodgriefokansas.org](http://www.goodgriefokansas.org)
- 2) Dillons Community Rewards at [www.dillons.com](http://www.dillons.com)
- 3) Facebook Fundraiser
- 4) Mail the coupon below with a donation in the envelope found in your monthly newsletter



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



## *Why Am I Still Bleeding*

*by Rev. Dr. Richard B. Gilbert*

I knew it was going to be a bad night. The hospital had me running all day long, the evening chaplain was paged in several times, and I was covering, 10:00 pm to 7:00 am. It means that, at best, I would sleep restlessly.

Then came the roar of the beeper, always a piercingly loud annoyance in the middle of the night. Surgical Heart Unit. Out of bed. Get dressed. Off to the hospital. After spending considerable time with the family, they wanted to spend some time in the family room calling relatives. I returned to my office, acknowledging that there would be no sleep, but I could at least get through some of the endless paper work.

A book review came wrapped in a thin plastic. I grabbed my scissors to break it open and, OUCH! – I cut myself. I didn't even notice at first. It was the tiniest of cuts on my finger. There was blood everywhere. On the book. On my desk. On my hand. What a night. No sleep. A very sick patient. Now a bloody mess. I put a band aid on it, yet I could see through the cover the stubborn determination to keep on bleeding. The ER nurse cleaned it and covered it. It settled for a while.

Later in the morning, while visiting another patient, I noticed that the band aid was again moist, and I changed it. That finger was determined to remind me that it was cut, bruised and in need of healing. Later in the day, while eating a snack I was again bleeding, now on the spoon and bowl.

Now my feelings were changing. Enough is enough! A tiny cut. Too much blood. A mess. Plus all of it pointing the way to yet another reminder that I had not only lost blood, but a good deal of sleep. How much is enough?

Grief is a lot like the cut on my finger. We bleed, often messily, in controlled fashion, and usually at times that are seldom convenient. When a loved one (or other loss) is literally "cut" from us, the bleeding pulses through our veins. The deeper the love, the deeper the cut. Bleed we must. We also need to care for ourselves, but not be too quick to grab a band-aid. This isn't a band-aid offense. It is grief. We are bereaved. The cut is there. The blood is there. Eventually, the scar, the healing, and we begin to look less at the cut and more at the person, the story, the memories.

Don't cover the grief; embrace it. Don't fear it. Experience it, maybe even applaud it at times. Shed tears for the pain and a hint of smile as the blood flow lessens. My finger now has a small scar. I will remember the incident, and probably be more careful when using scissors. Our lives are filled with love and, with love, there are scars. A love lost; a love regained in new and different ways.

In that flow of blood are our feelings, and also our faith or beliefs. Sometimes our beliefs, God, our values, are flowing as messily and uncontrollably as the blood. We want to keep our spirituality neat and tidy. After all, if we can keep our beliefs "dependable," structured and predictable, then we are "prepared" for everything. Faith, like love, is always a leap, always a wandering, rich in predictability and equally steeped in the surprises and the detours. Faith's "stability" is that we can accept the bleeding as an important flowing from a loss and the acknowledgement of our love. Faith doesn't cover up the wounds like a band aid, but respects them. Faith doesn't run from the bleeding, but contains it with love and spirit so that it cleanses and flows toward healing.

It was a messy cut during a very long night for a very overly tired chaplain. It probably is like that for all of us. In the unpredictability of life and love there is a dependability in our faith, the courage to feel, the daring to hope, and the strength to grieve and seek.

# I'd Rather Do it Myself!

By Carlene Vester Eneroth Spokane, Washington

Many of you are far too young to remember an old TV commercial for headache pain relief. (Sadly, that doesn't include me!). Growing up, I remember seeing the situation play out with different people who were so stressed out with pain that their irritation level was off the charts. When some well-meaning relative or friend suggested something to do, the one who needed to use the advertised product would shout: "I'd rather do it MYSELF!" Naturally, the camera would then pan to the product that was supposed to instantly relieve this pain and stress.



As kids, we'd watch our parents or teachers get upset about something, and one of us would whisper a mimic of that commercial: "I'd rather do it MYSELF!" Then, we'd all dissolve into giggles.

I wonder if sometimes, in grief, that is what we realistically really need to do: do it ourselves. This thought came to mind while reading letters from many of you readers. So many times I see things like:

- This feels good to me, because I can be in control.
- I can stay here as long as I want, and nobody tells me to leave.
- I don't have to justify this to anybody

So exactly what are we "just doing ourselves" that feels so much better? Many new survivors feel better when they can wear some clothing or accessories their loved one left behind. A woman might substitute his shirt for her nightgown-and sleep better. She may wear her spouse's ring on a chain around her neck and feel closer to him. A widow might sit in the sawdust of the workshop where her husband loved to to be and feel close to him there, while someone else might take a lawn chair to the cemetery and linger for an extended period of time.

Other's may choose to stay in their child's room for an extended period of time, just feeling close to them there. Many play the music their loved ones especially enjoyed and then choose to cry or smile or relax as they see fit. It just feels good. There are so many places we can be or things we can wear or objects we can hold close to us that make this grieving process very personal and all our own. Have you discovered this, too?

I always thought this situation was just part of reaching out for the one who is gone, and trying to relive our time with them, even though that is irretrievable. But lately I've been thinking it may be our way of trying to exert a little control by doing some of our grieving on our own terms.

After all, grief's worst habit it to show up when we least expect it, right? The tears come on an "ordinary" day. A sob rumbles in our chests when we're talking to someone about anything but our grief. We're driving in the car and suddenly tears are splashing on the steering wheel. These occasions leave us feeling vulnerable. I don't know about you, but I sure feel awkward and terribly unsettled by its unexpected appearance, because I can never get mentally ready for grief symptoms when they show up like that.

But, when we have made the choice to wear our daughter's baggy sweatshirt or our husband's socks, or to play his favorite music or sit in her "space," we are in charge of our own feelings. We're willing to take that chance that tears may come-or maybe, instead, we will feel quiet peace. Why? Because we are controlling our grief and we are in charge for that brief period of time. My, how that feels good!

Hummm, I'm truly amazed this never crossed my mind before. Do you think this idea is crazy?! (I guess that could be a possibility, too!) But if you think there is some validity to this strange notion, then the next time a friend or relative looks at you as if you've lost your mind because your doing some of these things, feel free to mimic that old commercial and shout out (well, keeping peace in the family might require muttering it instead!),

"I'd rather do it MYSELF!"

Cheering you on, Carlene



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Good Grief News

### Executive Board

Jim Yoder, Interim President  
Kelly Blades, Interim Vice President  
Mary Evans, Treasurer

### Board Members

Merri Reed  
Mary Evans  
Janet Cook  
Deona Madrigal

### Program Director

Deona Madrigal

### Founder

Phyllis L Gadaire-Sauer

### Office Manager

Marsha Huffman

### Current Facilitators

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

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@goodgriefokansas.org](mailto:info@goodgriefokansas.org).



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## TREASURER NEEDED

Good Grief of Kansas is looking for a new treasurer for our organization. Our current Treasurer is ready to retire her position. If you would be interested in or know of someone that would be interested in filling this position we ask that you contact our office at 316-612-0700 for more information. Please note, this is a volunteer position.