



Good Grief NEWS

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

March 2024

Email: info@goodgriefofkansas.org

THE PAINFUL GRACE OF FLIGHT: A MEMORIAL SERVICE MEDITATION



Now that it's spring, perhaps you've seen a butterfly or two... and as summer comes, you'll surely see them alighting on flowers and dancing through the air.

Many cultures believe that butterflies travel between the spirit world and the earth, connecting people with the divine realm. A Native American legend says, "If you have a secret wish, whisper it to a butterfly. Since butterflies cannot speak, the wish is safe, and the butterfly will carry the wish to the Great Spirit."

The ancient Greeks believed that butterflies were souls, released from their bodies. In fact, ancient Greek uses the same word - psyche - for both soul and butterfly, so close is the connection between the two. Early Christians also used the butterfly as a symbol for the soul, and other cultures believed that the spirits of the dead took the form of butterflies. Some have said that the soul-butterfly's ability to leave the body while we sleep explains where our dreams come from.

It may be, as summer comes, that watching a butterfly in flight will remind you of your loved one... remembering their travel from this life to whatever comes next, when we're set free from illness and pain.

It seems that you as a caregiver are also like the butterfly. As a caregiver, you are transformed. You grow... change over the time of your loved one's illness... learn to do things you never expected you could do. You grow from being a hesitant caregiver to someone able to journey with your loved one until they are set free from the struggles of this life.

When you grieve for a loved one, you are again like the butterfly. Grief can be like the dark of the chrysalis, or the cocoon. Some scientists call this phase of the butterfly's life the resting phase, and it may be that your grief is a time of resting from the demands of life. You're wrapped up in sorrow and pain... until you begin to stretch, and move... and then the cocoon expands. You emerge from sorrow into the light of day, and realize that you're not the person you used to be. For better or

worse, you're someone new, changed by your love and loss. Grief has altered your perspective, changed your view of yourself and the world. Like the butterfly, you've come out transformed... or perhaps, for you, that transformation is still ahead. You may feel that you're still in the cocoon - waiting, longing for the release into being a butterfly. Such struggles are not easy.

Perhaps you've heard the story of the man who found a butterfly chrysalis, and watched one day as a small opening appeared. He sat and watched the butterfly for several hours as it struggled to force its way out of the opening and into the world. Then it seemed to stop, exhausted, and he thought it had gotten as far as it could. He decided to help the butterfly by taking a pair of scissors, and snipping off the rest of the cocoon. The butterfly emerged easily, but it had a swollen body and small, shriveled wings. The man continued to watch, expecting that, at any moment, the wings would expand and the butterfly would fly away. To fly, the wings needed to expand, and the heavy, swollen body contract. But neither happened. The butterfly spent the rest of its life crawling around with a swollen body and shriveled wings, never able to fly.

In his kindness, or haste, the man didn't understand that the struggle was essential for the butterfly to fly. The tight cocoon was nature's way of forcing the fluid from the heavy body into the tissue-paper wings, so the butterfly would be able to fly once it came out of the cocoon. Not to struggle crippled the butterfly - as it often happens for us. In the struggle, often at the very point when we think we can't do any more, comes the gift that makes flight possible. The struggle makes the wings - for the butterfly and for us.

Your loved ones have struggled with illness and sorrow, and you have faced all of the complicated emotions that come with that journey. You have struggled with grief - and struggle with it still. We wish you the gift of flight, like the butterfly, whenever the time is right for you. We wish you the lifting of grief, with time, the filling of your wings. We wish you the close connection between the butterfly and the soul - so close that when you see the butterflies this summer, and each year, your spirits may be lifted as you remember this time of transformation in your lives.

We wish you the grace of flight - and transformation.

by Mary Austin

****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 **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 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 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 8.5 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)

March 2024

The day is awaiting for you with rich and beautiful blessings. Accept and enjoy them as they come.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Breakfast 10 am Spears Restaurant
3	4 SOSL Wichita 6:30 pm South Group 7:00 pm	5 Central Grp 10 am West Grp 6:30 pm SOSL Ark City 6:30 pm Breakfast 9 am Livingston's	6 W.A.Y. Group 7:00 pm	7 Brunch / Lunch 10 am Country Café <u>TLC Mtg 5 pm</u>	8	9 Breakfast 10 am Spears Restaurant
10  Daylight Savings Time Starts	11 SOSL Wichita 6:30 pm South Group 7:00 pm	12 Central Grp 10 am West Grp 6:30 pm Breakfast 9 am Livingston's	13	14 Brunch / Lunch 10 am Country Café	15	16 Breakfast 10 am Spears Restaurant
17 	18 SOSL Wichita 6:30 pm South Group 7:00 pm	19 Central Grp 10 am West Grp 6:30 pm SOSL Ark City 6:30 pm Breakfast 9 am Livingston's	20 W.A.Y. Group 7:00 pm	21 Brunch / Lunch 10 am Country Café	22	23 Breakfast 10 am Spears Restaurant
24  31 	25 SOSL Wichita 6:30 pm South Group 7:00 pm	26 Central Group 10 am West Grp 6:30 pm Breakfast 9 am Livingston's	27	28 Brunch / Lunch 10 am Country Café	29 	30 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 the 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 \$832.39
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

February Contributors:

Kroger/Dillons

Michael Tate

Jim Gorsuch

Patricia Mahan

Carmen Suter

Janet Cunningham

Cecil Wulf

Jim Denning

Donations can be mailed to

PO Box 12865
Wichita, Ks 67277

Or

Online at
goodgriefofkansas.org



Memorial Gifts

In loving memory of
 Joseph Brueggemann
 By Jake Romstack

In loving memory of
 Evelyn Reece
 By Nancy Powell
 & Margie Gwinn



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

March Birthdays

Kari Griffith	2
Richard Sifford	2
Connie Westerfield.....	3
Joyce Olson	6
Esther Granados.....	12
Dana Scott	13
Jim Yoder.....	14
Al Kemmerer	15
Jerry Brewer.....	16
Lisa Willis.....	19
Phyllis Nichols.....	24
Chris Schulte.....	24
Ray E Staats	25
Lana Waite.....	25
Melissa Tyree.....	28
Kama Krenke	29
Becky Skiles.....	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 _____

A Space for Love

by Paula Schultz

We don't realize it is happening. We can't pinpoint the exact moment it began. But, somehow, love quietly creeps into our hearts and gently nestles comfortably in our soul.

Like a bird, love builds a nest, selecting the perfect strand for each corner of its home, some strands for strength, some for beauty, some for comfort. Intricately woven, it is inextricably entwined within the fabric of our heart. When the bird leaves, the seemingly empty nest remains.

But, upon closer examination, we find the nest still filled with strands of love, each a unique memory of the one who is gone; a playful laugh, a tender hug, a welcoming smile, a mischievous wink behind sparkling eyes. The essence of the builder remains in that home-within-our-heart. Far from being empty, that space is now brimming with memories and the eternal legacy of love that it holds.



Please Be Gentle

An Afterloss Creed

Please be gentle with me for I am grieving. The sea I swim in is a lonely one, and the shore seems miles away. Waves of despair numb my soul as I struggle through each day.

My heart is heavy with sorrow. I want to shout and scream and repeatedly ask, "Why?" At times, my grief overwhelms me, and I weep bitterly, so great is my loss.

Please don't turn away or tell me to move on with my life. I must embrace my pain before I can begin to heal. Companion me through my tears and sit with me in loving silence. Honor where I am in my journey, not where you think I should be.

Listen patiently to my story. I may need to tell it over and over again. It's how I begin to grasp the enormity of my loss. Nurture me through the weeks and months ahead. Forgive me when I seem distant and inconsolable. A small flame still burns within my heart, and shared memories may trigger both laughter and tears. I need your support and understanding. There is no right or wrong way to grieve. I must find my own path.

Please, will you walk with me?

By Jill Englar

The Breathing Power of Nature

In 1980, a volcanic eruption turned the beautiful forests and sparkling clear waters of Mount St. Helens into a lunar wasteland. Today, the area flourishes with new vegetation and teems with animal life.

We can learn a lot by watching nature heal. Trees from over 200 miles of forest were blown into Spirit Lake and the churning logs filtered ashes and sulfur out of the water. Once the waters had been cleansed, recovery began.



The barren wasteland following a volcanic eruption is all too familiar to those of us in grief. Our world is without color and beauty, our days stretch before us like a black hole. We feel lifeless, dead. Sometimes we feel so depressed we don't even notice the first signs of healing.

Nature heals in stages, according to priorities. During a crisis, physical needs take precedence over spiritual and mental needs. The first few weeks following the death of a loved one, we are in shock and our senses numb. This is nature's way of protecting us, but it's only a temporary measure. No recovery can occur in this state, so the shock wears off, and we feel the full impact of our loss. Though it might not seem possible, healing has actually begun.

Once the senses are restored, the ability to smell and taste triggers the appetite. Blood vessels relax, regulating body heat, and we no longer feel cold. The pulse becomes normal again, and the headache and nausea levels leave us. No longer dulled by shock, our auditory and visual senses work to bring order to a chaotic world. Though this increases our pain by making us even more aware of our loss, it's a necessary step toward healing.

Some of the most beautiful parts of the world were created by the destructive forces of a volcano. Tragedies and loss have turned even ordinary people into extraordinary human beings. As the old saying goes, if it were not for death, poets would be in short supply.

Though it seems as if the landscape of our souls has been stripped bare, nature finds a seed of faith from which to work, a thread of hope from which to build, a part that seeks to find the sunlight. And so begins the healing process.

A loved one's lasting gifts can nourish the darkest soul and change the whole landscape of your life into a thing of beauty.

By Margaret Brownley
Simi Valley, California



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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



To be REMOVED from this ailing **CALL** 316-612-0700 *or* **EMAIL** your name and address as it appears on your mailing label to:
info@goodgriefokansas.org
 and put "remove from mailing" in the subject line.
 Newsletters may also be viewed on-line by going to www.goodgriefokansas.org

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- 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.

PLEASE NOTE

New address
PO Box 12865
Wichita Ks 67277

Phone number remains the same
316-612-0700