



Good Grief
of Kansas, Inc

Good Grief NEWS

PO Box 12865 Wichita, KS 67277

Website: www.goodgriefofkansas.org

316-612-0700

Email: info@goodgriefofkansas.org

Feb 2024

Rose Colored Glasses

There are some days nothing helps. Silent pain echoes across the heart, leaving tear stains and shattered dreams. It hurts to move, to think, to breathe. It even hurts to be. On those days, when memories burn scars deep into the soul, there seems little relief.

All the coping tricks we have tried in the past seem to fail us, and we are left with a pain so deep that we fear we will be consumed by it. We firmly believe that we shall never again find hope or joy in this world. Our own death often seems the only escape.

That despair comes at the bottom of the valley. We have all stumbled across those treacherous rocks—many of us more than once. Just as we begin to think that we might survive, something tumbles us back into the darkness, and we are sure we have drowned.

What then? It is as if we are left without our dreams or our memories. Existence has become a void, filled with nothingness not even hurt. On those days, we cannot even feel our pain. We come to know that we can never return to the Land of Make-believe where Humpty Dumpty is put back together without a trace of the jagged edges where he broke into a million pieces and where everything lives happily ever after.

Those are the days when we must “put on” our rose-colored glasses and learn to “See” in new ways. I always carry my rose-colored glasses with me because I never know when such a day is going to happen.

My special glasses give a rose hue to even the most dismal of views; but more important, people look at me differently. Maybe they see me differently because I see things in a new way.

Just putting on my rose-colored glasses gives me a lift. I know that whatever I am looking at or feeling hasn't really changed. I have changed! Whenever I have dared to laugh in the face of pain, the pain didn't change or go away. I simply changed the way I saw the pain or the emptiness or the hurt of grief.

Rose-colored glasses are simply a dramatic (and perhaps a little silly) change in perspective.

But what's wrong with being silly sometimes? If I can catch my breath and gain a few seconds of relief from the emptiness of my grief, then they have created a miracle for me.

Wearing rose-colored glasses isn't denying anything. Rather, it is claiming it all. It is searching for joy and light and love, even in the darkest corners. Love is the reason we hurt, but on those days when all we can see is the hurt, then we feel we may be losing the love. Life does become good and warm and loving once again, but only when we have learned to trust enough to move through the hurt and to claim even that which hurts so terribly. It is a part of us, and as such cannot be ignored or abandoned.

Looking at the world through rose-colored glasses isn't being a Pollyanna, it's being real in the most honest sense. It is an attempt to both accept and live what is instead of turning it all away and denying that love ever existed.

If you have laughed with your loved one, you have already worn rose-colored glasses. Don't forget them now. They helped you conquer mountains before and they will help you to see the other side of grief, someday.

Don't wait for joy to come to you ... Go find it. Search for it, insist on it every day. Wearing rose-colored glasses is a change in perspective, nothing more, nothing less. It is not a choice between pain or no pain, but how we manage the pain we feel.

The trick to those days is learning to live with what you got instead of wishing something else had happened. As you pick your next step through the valley, remembers that the rocks are everywhere, but so is the path! Don't let death rob you of your heart spaces ... The space where your loved one lives. Don't let death dominate the Spring places in your heart. Don't let death rob you of your rose-colored glasses.

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

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 **** 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 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.

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)

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)

February 2024

Grateful for small things, big things and everything in between



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Brunch / Lunch 10 am Country Café	2 	3 Breakfast 10 am Spears Restaurant
4	5 SOSL Wichita 6:30 pm South Group 7:00 pm	6 Central Grp 10 am West Grp 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 Grp 10 am West Grp 6:30 pm Breakfast 9 am Livingston's	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 Grp 10 am West Grp 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 Grp 6:30 pm Breakfast 9 am Livingston's	28	29 Brunch / Lunch 10 am Country Café		

The Circle of Grieving

*The small circle was composed of ten strangers,
Drawing closer as the words and moments elapsed.
Our pain-filled hearts opened up to each other,
The time of aloneness had miraculously passed.
As we shared our tears and our fears together,
What was, till then, just me, suddenly became "we".*



*Clumsily at first, the words tumbled out softly.
We now felt compassion for others, not just for "me"
Realizing that our caring and our love did not die,
We learned that others also suffer as we do.
What a wonderful memorial to the ones we have lost.
To reach out a caring hand to others in grief, too!*

*By Mary Jane Cronin; Scottsdale, AZ
Bereavement Magazine May/June 1998*

Contributions for last month(s) totaled \$1410

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

January Contributors:

James Whitfield

Janet Cunningham

Ted & Cindy Swan

Craig Burris

Merri Reed

Marc Adamson

Carmen Suter

Michal Ann Allan

Donations can be mailed to

PO Box 12865
Wichita, Ks 67277

Or

Online at
goodgriefokansas.org

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
2622 W Central Suite 401B
Wichita, Ks 67203



February Birthdays

Bill Mason	1
Shirley Rayl.....	3
Ed Reed.....	3
Derek Roth.....	3
Gail Davis.....	4
Randy Pianga	4
Danielle Ellis	7
Mike Gillihan	8
Diana Kramer.....	10
Jan Young.....	10
Cecil Wulf.....	12
Deana King	13
Barbara Beugelsdyk.....	14
Barbara Jones.....	14
Peggy Grell	16
Clarence Nickelson	16
Carla Bell	20
David Laws	20
Penny Case	23
Betty McAnulty.....	23
Tami Spain.....	25



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

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 _____

by Sandra Gains

What I Know About Healing



When I recently returned home after major surgery, I began to make notes about the healing process that was taking place within my body. As I was writing, I realized how similar healing from physical wound is to healing from a grief wound.

- *Healing is a process, it takes time, it happens in stages, it can be painful and it will leave scars.*

- *I need to heed the advice of experts in order to facilitate the healing and avoid relapses.*
- *If I am in good overall health going in, I will be stronger and more able to work my own recovery program. This is true whether the wound is physical, spiritual, or emotional.*
- *Healing takes energy. I am not surprised that I don't have much energy for other things.*
- *Healing is meant to happen from the inside out, so the visible signs of healing may not be noticed for quite awhile. However, occasionally things may appear to be healed on the outside, but are far from it on the inside.*
- *I take the experience of others with a grain of salt and try not to compare my pain and healing to that of others.*
- *It helps to engage in activities that "feel" like healing, even if they are not a part of the prescribed regimen, like getting a massage, watching a funny movie, surrounding myself with lit candles, good music and pets.*
- *I honor the messages my body sends me. I rest when I am tired, cry when I need to and laugh when I can.*
- *I am willing to tell people how I am feeling and what I need from them.*
- *At some point, I need to start engaging in normal activities again, testing the waters and my strength. However, I don't overdo it. I will know when I am ready to fully embrace life again.*

Finally, I recognize that changes have taken place within my body, mind and spirit and I'm ready to share with others who may walk on a similar path someday.

A Winter View

*By Christina Mesmer
Russell, Pennsylvania*

As I look out of my kitchen window today, I see a world of white, or bare brown trees and a gray, snow-laden sky.

The weatherman said the wind-chill factor was negative ten to negative twenty degrees and to "be sure to cover all exposed skin before going outside."



If this were all I knew of my corner of my world, I would be very sad. But even though I can't see it, I know that under all that white, there is still green grass, flowers, weeds and all kinds of critters that will survive this winter.

I know that when the temperature rises, the sap will run inside the trees and new bright green leaves will sprout. I know this with certainty, because I have experienced it every year of my life.

Isn't grief a bit like the small picture? The cruel pain and ache of loss hurts. It looks like this is all there is and all I will ever feel.

But I know there is a bigger picture out there. Just like my winter view, my grief view is limited. Experience has taught me that it, too, will change and improve with time. There will be new growth and some wonderful surprises. Can you see it?

*What we have once enjoyed
and deeply loved
we can never lose,
for all that we love deeply
becomes a part of us.*

— Helen Keller —



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Good Grief News

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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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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