



Good Grief
of Kansas, Inc

Good Grief NEWS

PO Box 12865 Wichita, Ks 67277

Website: www.goodgriefokansas.org

316-612-0700

Email: info@goodgriefokansas.org

November 2025

"Thanks for the Little While"

It was a long time ago, our first holiday season with the *empty chair*. It was dark and cold, but everything was ready. The table was set, the turkey was cooked, the candles lit and the seats filled - except one. I stood at the kitchen sink and wondered how I was going to act as the cheery hostess to family and friends who had gathered to celebrate Thanksgiving.

Thanksgiving! What was there to be thankful for *this* year? It had been a year of struggle, each day being worse than the last until they all had just blurred into a nightmare. Whoever said, "Time heals all wounds" had never been as mortally wounded as I had! Time had healed nothing! In fact, I think I was suffering more as the weeks and months went by.

It was as if I had been frozen in the early days and weeks after the death and only now, months later, was I beginning to thaw. And as I began to defrost out of my icy numbness, it only seemed to hurt *more*. That didn't make sense, but it was true.

And now, the holiday season had arrived and that only served to send me deeper into the gloom. I found myself wanting to hide, to cancel family gatherings. I wanted to run away. I did not want to shop for gifts, and I certainly did not want to send holiday greetings. A snarl or a frown swept over my face more often than a cheery hello.

I kept thinking of all the things I would never enjoy again: the smell of Mom's pumpkin pie, the happy chatter around the table as Dad carved the turkey, the sweet silliness of his happy grin. The list of what I was missing grew longer and longer each day that I survived. Every day brought new discoveries of the most painful kind.

I kept seeing empty spaces at the table and feeling empty places in my heart. It seemed to hurt more now than it did earlier in my grief. Surely I must be slipping into insanity! I thought it was supposed to get *better*, not worse!

I had tried to cancel the family celebration, but they wouldn't hear of it! "Oh, No!" they said. We can't miss (whatever I had suggested not doing). "It wouldn't be the holidays without ..." That was exactly my point! I didn't want the holidays to be here, and I certainly did not want to celebrate *anything*!

I tried passing off certain family "chores" to other members and once in a while that worked. I decided not to send holiday greetings to anyone, and my gift shopping was limited to catalog browsing and telephone ordering. I couldn't bear the mall crowds, the noise and that horrible, *happy* holiday music *everywhere*! Every time I went out, I felt as though I had been assaulted by the Holiday Spirit. The only thing that seemed to sparkle for me were the tears that left little icy streaks across my cheek once in awhile.

I even tried to move, but the family voted to come to my house for the turkey dinner, and so, now, they were gathering in the dining room, waiting for the festivities to begin. The turkey was stuffed, the pies baked, the gravy lump free as best I could without Mother's gentle guidance.

But, there was little Thanksgiving or holiday spirit within me. Thank heavens I didn't have to come up with a blessing to say this day!

It is a tradition in our family for the youngest guest at the table to say the blessing and so it fell to our six-year old daughter, now an "only child," to find some words of thanksgiving to share with the ever-growing-smaller family around the table. She refused, of course, adding more stress to an already impossible day.

No amount of yelling, coaxing, bribing, pleading or threatening had inspired her to serve as the family spokesman. It had become a battle of wills between a mother and a daughter, something similar to several "engagements" that my mother and I had endured.

Finally, at the last moment, alone with me in our kitchen, she sighed and relented. "But I will only say grace at dessert," she said. "Good enough," I said with relief. I had always been thankful for dessert - just like my dad and her grandpa!

It was a quiet meal, filled with awkward moments and many sniffled tears. After the pie was served, our daughter asked us to join hands in a circle (ala Walton style) and she looked around the table, giving each one of us a full moment of her gaze. Then, she drew a long breath and said, in her small, but clear, child voice, "Thanks for the little while..." Ahhh! What other words could have said so much! It took a child to remind us of the moments we did have!

We each loved someone, and someone loved us. Find those memories and cherish them. Remember *first* that they lived, not that they died. I want to remember the *life*, not just the death!

Live through the hurt so that joy can return to warm your heart. No matter which holiday it is for you, and no matter the season of your grief, say *thank you* for a life well lived and loved. It wasn't long enough - it *never* would have been. But it was a *little while*.

They lived, We loved them. We still do.
Thanks for the little while.

Betsy Sims November/December 1999.
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****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
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 **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 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.***

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 8:00 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)

November 2025

Every day is a new beginning.

Take a deep breath, smile and start again



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Breakfast 10 am Spears Restaurant
2 Daylight Savings Time ends	3 SOSL Wichita 6:30 pm South Group 7:00 pm	4 Central Group 10 am West Group 6:30 pm Breakfast 9 am Livingston's 	5 W.A.Y. Group 7:00 pm	6 Brunch / Lunch 10 am Country Café <u>TLC 5 PM</u>	7	8 Breakfast 10 am Spears Restaurant
9	10 SOSL Wichita 6:30 pm South Group 7:00 pm	11 Central Group 10 am West Group 6:30 pm Breakfast 9 am Livingston's 	12	13 Brunch / Lunch 10 am Country Café	14	15 Breakfast 10 am Spears Restaurant Craft Fair 10-4 
16	17 SOSL Wichita 6:30 pm South Group 7:00 pm	18 Central Group 10 am West Group 6:30 pm Breakfast 9 am Livingston's	19 W.A.Y. Group 7:00 pm	20 Brunch / Lunch 10 am Country Café	21	22 Breakfast 10 am Spears Restaurant
23 30	24 SOSL Wichita 6:30 pm South Group 7:00 pm	25 Central Group 10 am West Group 6:30 pm Breakfast 9 am Livingston's	26	27 Brunch / Lunch 10 am Country Café 	28	29 Breakfast 10 am Spears Restaurant

Contributions for last month(s) totaled \$907.88

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

October Contributors:

Janet Cunningham

Mike Tate

Paulette Traffas

Patrucia Mahan

James Denning

Anonymous

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:

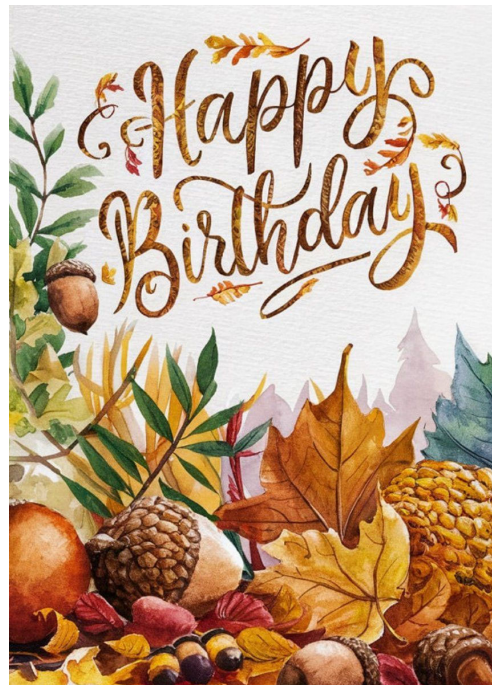
Good Grief of Kansas

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Wichita, Ks 67277

November Birthdays

Terry Seifert	1
David Eck.....	5
Bonnie Workman.....	6
Lisa Wake	10
Gracie Swanberg	12
Julie Montgomery.....	14
Janet Cunningham	15
Sue Griffin	17
Christine Tullis.....	17
Pat Brueggemann	20
Heather Glenn.....	22
Dawn M Kail.....	23
Richard M Escareno.....	24



All I Need to Know About Life I Learned from Santa -

- Encourage people to believe in you.
- Always remember who's naughty and nice.
- Don't pout.
- It's as much fun to give as it is to receive.
- Some days it's okay to feel a little chubby.
- Make your presents known.
- Always ask for a little bit more than what you really want.
- Bright red can make anyone look good.
- Wear a wide belt and no one will notice how many pounds you've gained.
- If you only show up once a year, everyone will think you're very important.

Whenever you're at a loss
for words,
say: **HO, HO, HO!**



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.

Ways to help support Good Grief of Kansas:

- 1) Donate online at www.goodgriefofkansas.org
- 2) Dillons Community Rewards at www.dillons.com
- 3) Facebook Fundraiser
- 4) Mail the coupon below with a donation in the monthly newsletter

Donate Online



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 _____



ARTS & CRAFTS FAIR AND BAKE SALE

Saturday November 15, 2025

10:00 AM – 4 PM

RiverWalk Church of Christ

225 N Waco Wichita, Ks

(Use SW Entrance)

Interested in bringing your wares? Just give us a call at 316-612-0700.

Deadline to register is November 8, 2025

1 table and 2 chairs will be provided for each booth

Name _____

Type of Craft _____

*Booth rental: Choose between \$20 flat fee or a minimum of 20% of your sales that day. Payment is due day of sale

A New Holiday to Celebrate Hope

Everything is still a mess! Life is topsy turvey, and I am now officially tired of it being that way. Everything has either been changed, moved, misplaced, thrown away, or just plain lost. I can't find whatever is left. The world cleaned house on me ad somebody lost my way! Where am I and who am I now?!

I was just beginning to figure things out (for the umpteenth time) when the universe waved its arms and sent ripples cascading through my life again. As soon as I find whatever I am looking for, it moves or gets lost. Whenever I do find what I want, I have forgotten what I wanted it.

I tired being efficient once and decided to buy everyone's birthday and holiday gifts early. I mean, whenever I saw something that would be "just right" for someone on my gift list, I bought it and stashed it away...someplace. When it came time to wrap it up and give it away, who could remember where it was hidden? Instead of spending the days before the holidays baking treats and singing songs, I was scouring the closets, the attic, the car trunk and my mother's basement, in search of the gifts I had so carefully put away. What a mess!

I forgot how awful the holidays can be, and now its time to be cherry again. Once I planned a wonderful holiday gathering and had everything done ahead of time. I mean everything. I had tried some new recipes and even handmade table decorations and place cards. (Martha S. watch out!) It was a sight to behold. I was so proud of myself. I had not let grief "win" and I was "moving on," "getting over it" and "reconciling my life." I had invited lots of people to help me celebrate the holiday season. And even though I wasn't quite sure I wanted to celebrate, I was ready!

I turned on the porch light, poured the punch, lit the candles and waited. And waited. And waited. I had done everything....except mail the invitations. I guess I wasn't as "ready" to return to the Land of the Living as I thought.

It's hard to have a party with no guests. It's hard to want to live in the light if you don't have a flashlight or a light bulb. It's hard to know where you put the gifts if you can't remember what you bought or who you bought them for...or if the person you bought them for isn't here anymore.

Now what do we do? When the universe flip flops and upside-down is right-side-up and happiness seems impossible and the sights and sounds of the holiday season—any season—only annoy and hurt, what do we do to survive?

Survive? No, no, the world says we must learn to live again, but how do you do that when everything has changed and nothing fits, belongs or feels right. My clothes don't fit anymore. I can't find my shoes and I can't find hope anywhere/

I think I left it some place or maybe it was stolen from me. That's it! Somebody stole my hope! Now tell me how to survive, let alone live without hope! Tell me that and maybe I'll listen.

Ways to Find Hope and Survive

- Brush your teeth...every morning. No matter what else happens, do that, and you are on your way to "recovery." Of course, if you don't want to recover, you still should brush your teeth. Just keeping a routine is a way to counteract the craziness. It is a "responsible adult" thing to do and is a start. Just do it Your dentist, your mother and everyone you encounter will be glad you did.

- Take out the trash. Just get it out of the house. Someday you can try getting it out in the right day.
- Eat-whatever you want. Skip the "oughts" and "shoulds" right now and concentrate on the comfort foods. You can't eat this way forever, but you might as well take advantage of your grief and treat yourself. If you find you can't eat "a thing," send it to me, and I'll help. We'll diet together next month.
- While you are buying a gift for yourself, buy one for your loved one as well. Wrap it up and give it away to someone who might not otherwise have a gift. When you pass on the love you shared together, it can never die.
- Breathe. In and out. In and out. It's that simple and that hard. Some days just breathing is all you can manage. Other days it's a bit easier so relax and enjoy those moments when you can remember your loved one's life instead of focusing only on the death.
- Put something that reminds you of your loved one in your pocket and every time you need a hug, just pat your pocket and recall the loving connection between you. I carry a rock with me always, to remind me of the steadiness, security, and sturdiness of his love. I've carved the word HOPE on that rock so I won't forget what hope is all about.

Hope isn't a place or a thing. Hope isn't the absence of pain or sadness or sorrow. Hope is possibility. Hope is the memory of love given and received.

Surviving really isn't too hard. Living can be. No matter how crazy the world or out of "sync" you feel, don't lose the treasure of your loved one's presence in your life. You don't have to say good-bye. You don't stop loving someone just because they died. In addition to carrying a rock in my pocket, I've decided to create a new holiday for the bereaved. Since we can't remember what day it is or how we are supposed to behave, we'll just celebrate everything all at once. You'll get one card a year and just keep opening it on whatever days are appropriate for you. I love you and want to send my thoughts and hugs, but with all the changes always occurring in my life, I just may serve watermelon in December and frost the cookies bunny pink in October. Whatever. I'm trying and that's what counts! Hand in there. It gets better, honest. I just can't remember when.

HAPPY NEWSVALEASGRADUAWEEN GIVNGMAS
(that's I love you in HOPE)





Good Grief News

Good Grief of Kansas, Inc.
PO Box 12865 Wichita, KS 67277

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November 15th
See page 6 for details



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Good Grief News

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

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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



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your name and address as it
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Newsletters may also be
viewed on-line by going to
www.goodgriefofkansas.org

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- Memorials, Gifts & Donations

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Please note, this is a
volunteer position.