



Good Grief NEWS

PO Box 12865 Wichita, KS 67277
Website: www.goodgriefofkansas.org

316-612-0700

May 2024
Email: info@goodgriefofkansas.org

Geese and Grieving: Lessons We Can Learn



I recently observed a formation of geese flying overhead, and as I watched them fly in their formation, I came to realize that they have lessons to teach us about grief.

The first lesson is related to the V formation in which geese fly. By flying in V formation it creates up-lift for the bird immediately following, and enables the whole flock to have at least seventy-one percent greater flying range than if each bird flew alone.

⇒ When we are grieving, we don't have to handle our grief alone. By allowing others to help us we can handle our grief experience a little easier, knowing that others understand the pain of our loss. It helps "normalize" the experience.

The second lesson that geese teach us about grief is that when a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone and quickly gets back into formation.

⇒ Knowing that we are not the only ones dealing with grief can help us find a sense of understanding and support. The burden of trying to "go it alone" can be overwhelming. In addition to allowing family and friends to help us along our grief journey, there are bereavement support groups that can help us find strength for the "journey" of grief.

The third lesson that geese teach us relates to sharing responsibilities. When the head goose gets tired, it rotates back in the wing and another goose flies point. Geese honk from behind to encourage those up front to keep up their speed.

⇒ Sometimes we need to step back and allow others to help us with our responsibilities. Grief work is hard work, and sometimes we have to let go of things in order to deal with our grief. Sometimes we may feel like we are alone in our grief, but if we listen closely, we may be able to hear the support of others who want to help-if we allow them.

And the last lesson we can learn is that when a goose gets sick or is wounded and falls out of formation, two other geese will fall out with that goose and follow it down to lend help and protection.

⇒ We need to offer that type of support to those who are grieving the death of a loved one. Be concrete with offers to help rather than "call if I can do anything." Offer assistance with yard work, banking, cleaning, meals, etc. Don't be afraid to be with those who are grieving; they need our support. It is during this time that we need to stand by each other!

by: Jan Borgman

****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)

May 2024

Today I choose JOY!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 W.A.Y. Group 7:00 pm	2 Brunch/Lunch 10 am Country Café <u>TLC Mtg 5 PM</u>	3	4 Breakfast 10 am Spears Restaurant
5 	6 SOSL Wichita 6:30 pm South Group 7:00 pm	7 Central Grp 10 am West Grp 6:30 pm SOSL Ark City 6:30 pm Breakfast 9 am Livingston's	8	9 Brunch/Lunch 10 am Country Café	10	11 Breakfast 10 am Spears Restaurant 
12 	13 SOSL Wichita 6:30 pm South Group 7:00 pm	14 Central Grp 10 am West Grp 6:30 pm Breakfast 9 am Livingston's	15 W.A.Y. Group 7:00 pm	16 Brunch/Lunch 10 am Country Café	17	18 Breakfast 10 am Spears Restaurant
19	20 SOSL Wichita 6:30 pm South Group 7:00 pm	21 Central Grp 10 am West Grp 6:30 pm SOSL Ark City 6:30 pm Breakfast 9 am Livingston's	22	23 Brunch/Lunch 10 am Country Café	24	25 Breakfast 10 am Spears Restaurant
26	27 SOSL Wichita 6:30 pm South Group 7:00 pm 	28 Central Group 10 am West Grp 6:30 pm Breakfast 9 am Livingston's	29	30	31	

*One day you'll wake up and all of a sudden
the weight of the last few weeks,
months or even years
will be lifted off your shoulders.
You can't control when that day comes,
all you can do is stay strong
and trust that it is coming.*



Contributions for last month(s) totaled \$405.00
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

April Contributors:

Janet Cunningham

Michael Tate

Carmen Suter

Jim Denning

Jim Gorsuch

Donations can be mailed to

PO Box 12865
Wichita, Ks 67277

Or

Online at
goodgriefofkansas.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

May Birthdays

- Jerry A Boyd*.....4
- Donald C Brown*7
- Jeanne A MvMillen*7
- Jarree Miller*9
- Kiley Sandoval DeLao*..... 10
- Ray Moore*..... 11
- Patty Nicholoo* 11
- Theresa Pitzer*..... 12
- Olivia Hall*..... 14
- Sharon Turner* 15
- Kay Stevens*..... 16
- Scott Powell*..... 17
- Abel L Vasquez*..... 17
- Sheryl Jackson*..... 19
- Mary Piotrowski*..... 19
- JoAnn Reesman*20
- Bob McKay*24
- Teresa Wasinger*24



Please Note

Donate Online →

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 _____

An Analytical Evaluation of My Grieving

My life changed on July 7, 2004. I lost my wife, Marilyn, to cancer on that day. I think of myself now as being in one of the following stages of grief and working hard to live in the meadow.

ONE: This stage is very deep in a forest of trees. It is dark and very scary. I cannot seem to move or do anything, because I cannot see where I am going. I am just there.

TWO: This stage is closer to the edge of the forest. I can see the shapes of the trees and sometimes I can move around - but I get lost easily. I am beginning to want to get out of the forest.

THREE: This stage is on the edge of the forest and I can see beyond. I can now move much easier and I am trying to get to the edge. It is not as scary here and I am probably spend more of my time here than anywhere else. I still want to get out of the forest, but it is kind of comfortable at times.

FOUR: This stage is out of the forest and into the meadow, but also into very tall grass. I am not as afraid of things here and am willing to search through the grass to find my way out. I can see a bright light in the center of the meadow. Sometimes I get lost and end up back in the darkest part of the forest, but I do not stay there long. It is still a confusing journey. It is not as comfortable here. I am more frustrated at not moving ahead and going back to the forest when it is not where I want to be.

FIVE: This stage is just past all the tall grass. I is a brook with fast-moving water that falls over large stepping stones. The stones and water are cold and scary. I think I am doing well while getting across the stream, but I slip and fall. When I wake up, I am back in the forest or on the grass and I have to start all over again. This is not comfortable, but has made me more determined to get across. I can see what is on the other side and I am working harder to get there now.

SIX: This is the center of the meadow and it has soft, very green grass and lots of beautiful flowers. It is very calm here and many things feel better. I can laugh here and not feel pain as intensely. I am thinking that I am home free now, but no, some of the flowers are now drooping and not so alive anymore. Then I wake up and I have to cross that brook again. It is getting easier because I have found the big rocks that are not as wet and slippery as the others, and so I can make it back to the meadow faster.

The following are some of the areas of my grief that are important to me and where I am at this time. I am all over the place on most issues, but have tried to focus on the meadow and how to best get and stay there.

Is it real? I have been to the meadow on this one, but I have also found myself back in the forest. Over all the meadow is looking pretty good.

The pain of it all! I think I am close to the meadow, but I am not there for long. I am mostly at the comfortable edge of the forest. I just keep missing and wanting her so. I may stay at the edge of the forest for a while.

Getting my life back on track! I am mostly in the tall grass wondering around, but some parts of my everyday tasks are being performed in the meadow. I am breaking out of the grass more often.

Doing my firsts! I have visited the meadow many times to do things for the first time without my gal by my side. It has been hard to do, but I think I am doing the best in this area. It is a time to reflect, and most of the memories that surface are pleasant and put a smile on my face. It helps me to stay connected to the rest of the world.

Comfort from outside! I have found that I am in the comfortable part of the forest on this one. I am lonely. So, to fill the void, I do reach out to close friends and relatives. For the most part, they have been very supportive. Some of my most comforting conversations have come from the most unexpected people. I am also getting tired of always talking about where I am and how I am doing. I am going to be ok. I think this is good because the focus on "I" is not as strong as it once was. I want to reach out to other people's lives and find out what they are doing and enjoying.

My children! I have not reached the meadow on this one. I worry a lot about both of my children. I have a daughter and a son. They are a huge part of my life. Although they are both living on their own, I still feel responsible for their well-being. My son can talk freely about his mom and often does. My daughter is having a very difficult time. I help them both as best I can. The written word by e-mail or letter seems to help my daughter. I think that she has not given herself the time that she needs to grieve.

House Cleaning! I am in and out of the meadow. It all depends on how much energy I have and who I think may be coming into my abode. I cannot seem to get the household chores under control. I have lost mail, forgotten things, put food in the oven and left it there until I could smell the burning, forgotten to remove clothes from the washing machine, moved from one part of the house to retrieve something and when I got there forgot what I went there for...the list is endless. I am working very hard to learn the task of running a household.

Food and eating! I was in the woods for a long time on this one. I have just begun to cook and be more aware of what I am putting into my mouth. I can cook. I am a good cook, but have to plan for it. I found out that if I don't cook, I don't eat. I am not able to reproduce the food that Marilyn made so well. I am also getting better at shopping for food and my list is getting longer.

The Future? I don't want to relive the months and days leading up to Marilyn's death. They keep creeping in from time to time. Possibly, after the one-year anniversary of her death, I will be more likely to be in the meadow more often. I don't like the dark part of the forest, but if I am there again, I will know a little bit better how to get out of it.

I will always remember this quotation that I read somewhere:

**“Courage does not always roar. Sometimes courage is the small voice
at the end of the day that says: I will try again tomorrow.”**

Anonymous

*Don Meyer wrote this self evaluation after attending a support group for 6 months

Meyer, Don W, *An Analytical Evaluation of My Grieving*, July/August 2005.

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Good Grief News

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Deona Madrigal	Marjorie Watkins
Julie Montgomery	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

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PLEASE NOTE

New address
PO Box 12865
Wichita Ks 67277

Phone number
remains the same
316-612-0700