



Good Grief NEWS

2622 W. Central - Suite B112, Wichita, KS 67203 316-612-0700 MARCH 2011
Website: www.goodgriefokansas.org Email: info@goodgriefokansas.org



No "Finish Line" for Grief

Does grief ever end?

This is the most frequently asked question, both by those who mourn and by their friends and family. "Am I ever going to get over it?" "Will I ever recover from grief?" These are important questions because those who grieve, as well as those who care about grievers, need to understand and be realistic about the experience of grief.

How long does grief last?

I have been grieving the death of my best friend, Ralph, since he was killed in Viet Nam in 1968. I never thought that I was pathologically "stuck" at various times when I grow very sad and even tearful when a certain circumstance brings his life, his death and his loss into sharp awareness.

I have been glad, therefore, to increasingly find in the grief literature an acknowledgment that grief does not have a finish line, that "resolution," "moving on" and "closure" may be the wrong words and images to describe what we as human beings do inside of ourselves with losses that matter.

Continuing Grieving

In *Death Studies*, 1991, Bruce Horacek has challenged two common assumptions that have shaped much of the grief literature. First, that grief is time-limited and can be completed after one or two years; and second, that the main task of grieving is a "detaching" of emotional connection to the loved, but

now dead, person. He suggests an alternative model in which a griever may be able to adjust and adapt to a loss in terms of daily life and functioning, but continues to grieve indefinitely. Among other implications, he notes that those who serve grievers need to be careful that we do not place unrealistic expectations upon them to complete grief in some full manner. To expect a griever will "get over" the death of a spouse, parents, children and other significant persons adds to the burden of an already complex and emotionally demanding grief process.

Continuing Bonds

Similarly, Dennis Klass and others have published *Continuing Bonds: New Understandings of Grief* (Taylor & Francis, 1996), which questions the terms "time-limited," and "disengaging," "detaching" models of grieving, offering instead a more realistic appreciation of the fact that grievers form an inner sense of continued bond with deceased loved ones. Survivors hold the deceased in loving memory for long periods, often forever. This inner representation allows a sense of connection and interaction with the physically absent, but emotionally present, loved one. The paradox of grief in their view is that "good grief" seems to result in both a letting go and a remaining involved.

There really is no "finish line" for grievers.

Further, the expectation that a griever should "finish" and "get on" with living can often cause further anguish. Each griever needs to find the right way to live with the loss that fits him or her.

By Reverend Paul A. Metzler,
D. Min. Liverpool, New York
Bereavement Magazine September/October 1999

SCHEDULE OF GROUP MEETINGS FOR THE BEREAVED:

Mondays: 7:00 - 8:30 PM **SOUTH WICHITA**
 Grace Baptist Church – (1414 W Pawnee)
 Facilitators: Beth Holdeman & Bob Westerfield

Mondays: 7:00 - 8:30 PM **EAST WICHITA**
 Holy Cross Lutheran Church – Use South Door (600 N Greenwich)
 Facilitator: Mary Evans Meet in the “Parlor”

1st Monday of each month: 7:00 - 9:00 PM **CLEARWATER**
 Clearwater Church of Christ – Use West Door (13900 N Diagonal Road)
 Facilitator: Millie Whitlow

Tuesdays: 10:00 - 11:30 AM **DOWNTOWN WICHITA**
 RiverWalk Church of Christ – Use South Office Entrance — (225 N Waco)
 Facilitator: Lois Faflick & Mike Fulton

Tuesdays: 7:00 - 8:30 PM **DERBY**
 Derby Woodlawn United Methodist Church – (Woodlawn & Kay St.)
 Facilitators: Helen Fieandt & Lee Kerr

Tuesdays: 7:00 - 8:30 PM **WEST WICHITA**
 West Towne Baptist Church – (2000 N Maize Rd.)
 Facilitators: Bill Crow & Jan Leonard

SUICIDE SURVIVORS **CENTRAL WICHITA**
Mondays: 7:30—8:30 PM
 RiverWalk Church of Christ-Use South Office Entrance – (225 N Waco)
This group’s next session will be April 4 - May 23, 2010
 Call 316-612-0700 for more information. This group is for those who have suffered the loss of a loved one through suicide.
 Facilitators: Dave & Luanna Clark

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 see 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

No group meetings will be held if:

- ⇒ **Wichita:**
If the Emergency Accident Reporting Plan is in effect.
- ⇒ **Outside Wichita:**
Check with your facilitator.
- ⇒ **Never put yourself at risk.** If you think the streets are too dangerous to drive on, do not attend the meeting.

SCHEDULE OF REGULAR SOCIALS:

Thursdays: Lunch/Brunch at 10:30 AM
 Mike's Steakhouse
 ⇒ 2133 S. Broadway
 Host/Hostess: John and Lois Pardee

Saturdays: Breakfast at 10:00 AM
 Spears Restaurant
 ⇒ 4823 West Maple
 Hostess: Janet Williams



Dining Together

Every month we will meet and eat together and celebrate birthdays of the month. Whether it's your birthday or someone else's birthday - come join in the celebration. The 2nd Thursday evening of each month at 6:00 PM.

March Celebration

Thursday, March 10th, 2011 @ 6:00 PM
Copper Oven Café — 2409 W 13th

Good Grief NEWSLETTERS are now on our website!

Go to www.goodgriefofkansas.org “Newsletter” tab

If you want to save a tree and get your newsletter at the website, please call or email to discontinue your paper-mailed newsletter.



MARCH 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Brunch/Lunch 10:30 am Mike's Steakhouse TLC MEETING - 5 pm	4	5 Breakfast 10 AM Spears Restaurant
6	7 	8	9 Ash Wednesday	10 Brunch/Lunch 10:30 am Mike's Steakhouse Dining Together 6 PM Copper Oven	11	12 Breakfast 10 AM Spears Restaurant <i>Set your clock ahead before bed...</i>
 13 Daylight Savings Begins. Sat. night - set your clock ahead 1 hour.	14	15 Good Grief Board Meeting 5 pm - 3rd floor Conference room	16	17 Brunch/Lunch 10:30 am Mike's Steakhouse St. Patrick's Day	18	19 Breakfast 10 AM Spears Restaurant
20 1st Day of Spring	21	22	23	24 Brunch/Lunch 10:30 am Mike's Steakhouse	25	26 Breakfast 10 AM Spears Restaurant
27	28 	29	30	31		

Telling Our Story

As we speak our pain, we heal.
 As we let out the poison, we share our heart.
 Our tears are outlets for our screaming souls.
 We need to share our suffering, we hope you can stay with us.
 Our healing can be found in your silence, your caring.
 If you listen and not judge, hear and not advise,
 we can heal and we will be grateful.

If you tell us how to be, if you deflect our pain...we will run.
 Embrace us, Let us be as we are.
 Do not be afraid, you have not caused our suffering.
 But you can ease it with patience and understanding.
 We don't want you to know how we feel.
 We want you to let us feel what we know.
 Let us tell our story of sadness and you will share our healing victories.
 Let us tell our story of a broken life and you will also hear the story
 of our children's lives and ... you will smile with us.

*Rob Anderson, Sugar Grove, IL; Bereavement Magazine - Fall 2006
 Reprinted with permission from Bereavement Publications, Inc. 888-604-4673*

Good Grief of Kansas would welcome donations of the following items:

Book of Forever Stamps

Envelopes

Moisture seal. 24lb. 500 count.
 # 6 3/4 Security and
 # 10 Standard

White Copy Paper

8 1/2 x 11 inch, 20lb, 94 bright and
 11 x 17 inch, 20lb, 94 bright.

Contributions for last month totaled \$1,780.00.
THANK YOU to those of you who make it possible for
Good Grief to continue to serve the bereaved.

FEBRUARY 2010

Contributors:

Mary Belcher
Don Bland
Dave Bloir
Leigh Carlson Burgess
Dave and Luanna Clark
Bill Crow
Alice Duncan
Mary E. Evans
Michael Fulton
W.D. "Chuck" Holdeman
Jan Leonard
Kenneth Long
George McCandless
Ted McMurphy
Dorothy Mitchell
Jack Nelson
John & Lois Pardee
Mary Piotrowski
Norman Ritter
Debra Selsor
Robert & Violet Stark
Steve Stephens
Carmen Suter
Connie Cross &
Bob Westerfield

Memorial Gifts

In Loving Memory

Danny Clark
March 4, 1987 - October 22, 2007
by Dave & Luanna Clark

Eddie Jabara
by Charlotte Jabara

Lewis F. Taylor
"little brother"
by Steve Stephens

Memorial tributes/gifts always welcome.

Love Gifts

At this time there are no dues or fees to belong to Good Grief. However, your gift is very important. We depend on donations from individuals and organizations to meet a large portion of 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.



MARCH Birthdays

Cassie Field	1-Mar
Shirley Patton.....	1-Mar
Marie Krisciokaitis.....	3-Mar
Lee Harrell	4-Mar
Jerry Stigge.....	4-Mar
Amy Cleeves.....	5-Mar
Hazel Dowty.....	5-Mar
Dustie Rivera	5-Mar
Karen Campbell	6-Mar
Angela Rotola	6-Mar
Monty Miller.....	7-Mar
Robert Stark.....	8-Mar
Janet Talley.....	8-Mar
Paul Harder.....	9-Mar
Deborah John	9-Mar
Marian Lux	9-Mar
Catherine Allred.....	10-Mar
Julie Billingsley	10-Mar
Betty D. Leavell	10-Mar
Phillip Peer	10-Mar
Christopher Garcia	11-Mar
Debbie Brown.....	12-Mar
David Wall	12-Mar
Cheri Hill.....	13-Mar
Delores Wilkes.....	14-Mar
Mattie Jo Savute.....	15-Mar
Charlene Demovic.....	17-Mar
Patsy H. Dunn	17-Mar
Ann Kildow	17-Mar
James Ismert.....	20-Mar
Glenda Leonard.....	20-Mar
Susan Stockton	20-Mar
Gerald Hall	21-Mar
Carol Palmer	21-Mar
Janet Pryor	21-Mar
Arleta Wiebe.....	21-Mar
Brenda Jennings.....	22-Mar
Regina Kropp	23-Mar
Suzanne Dirks	24-Mar
Warren Gladhart	24-Mar
Norma Longar	24-Mar
Carol Dickerson.....	25-Mar
Larry Lewis	26-Mar
Nancy Phipps	26-Mar
Delores Quasebarth	26-Mar
Lois Spence.....	26-Mar
Barbara Deen	28-Mar
Wesley Haring	29-Mar
Lee Kerr.....	29-Mar
Michael Williamson.....	29-Mar
Shary Puczowski	30-Mar
Gene Sears	30-Mar
Mark Calvin	31-Mar
Julia Farner	31-Mar
Ginger Houchin.....	31-Mar
Karen Neer	31-Mar

The Healing Tears

I still sit and think about how much I miss her, and my tears flow freely. Over the years my heart had become one with hers, and now it aches from being torn apart. I wonder if the torn tissues of what is left of my heart will ever heal. The pain is so real, but I can't reach the open wound within my chest.

Then a voice speaks to me. It's not a voice I can actually hear, but one I can clearly understand. The voice tells me that he has come to wash out the wounds I feel within me. He tries to be gentle but warns me that tender wounds always hurt when they are touched. He goes on to say that he is using her tears to wash out my wound. Her love for me is within these tears and will help to ease the pain and bring healing to me. And, he explains, she has saved the tears that she sheds for me, for him to bring to me.

I ask him why he has waited so long to come to me, and his reply is that he has been with me many times, but in my grief and confusion my

mind was searching for her so much that I did not notice him. Then I remember the times when my hurt arose suddenly, with no warning. This must have been when he was tending to my broken heart.

As I start to wipe the tears from my face, he quickly stops me, and hands me a pure white cloth. He tells me to collect my tears into this cloth so that they can be taken back to her, for her heart is also torn and hurting and needs to be cleansed with my tears of love.

I ask him how long will it take these tears to heal our hearts. His reply is that the healing will not be complete until our tears are co-mingled upon our cheeks as we once again are able to embrace each other. But until then, he will travel back and forth between us, working to ease our pain.

*By Willie Becker
DeRuyter, New York
Bereavement Magazine March/April 2001*

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 _____

MEMORIAL GIFTS

Memorials to Good Grief may be designated at the time of funeral arrangements or they may be sent directly to Good Grief in memory of Anniversaries, Birthdays, Memorial Day, Christmas, any special date or as you may wish.

When Good Grief receives a memorial gift, we mail an acknowledgment card to the grieving family when applicable and we mail a tax-deductible receipt to the individual gifting the memorial. If you have questions, please call the Good Grief office (612-0700).

<p><u>EXECUTIVE BOARD :</u> Terry Stephens, President Rev. Rick Cline, Vice President Kelly Blades, Secretary Mary Evans, Treasurer</p> <p><u>BOARD MEMBERS:</u> Merri Reed Janet Williams</p> <p><u>FOUNDER:</u> Phyllis L. Gadaire-Sauer</p> <p><u>PROGRAM & OFFICE COORDINATOR:</u> Donna Rhodes</p> <p><u>TRAINERS, FACILITATORS & SUBSTITUTES:</u></p>	<p><u>Program Outreach:</u></p> <ul style="list-style-type: none"> • Widowed Support Group • Young Widowed Support • Suicide Loss Support • Other Family Loss Support (parent/child) • Social Support • Seminars/Workshops • Community Presentations • Counseling Referrals 	<p><i>This agency uses the Kansas relay service. TDD 1-800-766-3777</i></p> <p>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., at 316-612-0700 or with SCDOA/CPAAA at 316-660-5240 or 800-367-7298.</p>																										
<table border="0"> <tr> <td>Nada Canfield</td> <td>Thelma Massions</td> </tr> <tr> <td>Leigh Carlson-Cox</td> <td>Ted McMurphy</td> </tr> <tr> <td>Dave Clark</td> <td>Cathy Melrose</td> </tr> <tr> <td>Luanna Clark</td> <td>Randy Melrose</td> </tr> <tr> <td>Billy Crow</td> <td>Jack Nelson</td> </tr> <tr> <td>Mary Evans</td> <td>Beth Holdeman</td> </tr> <tr> <td>Lois Faflick</td> <td>John Pardee</td> </tr> <tr> <td>Helen Fieandt</td> <td>Lois Pardee</td> </tr> <tr> <td>Mike Fulton</td> <td>Mark Schwebke</td> </tr> <tr> <td>Glenda Frye</td> <td>Bob Westerfield</td> </tr> <tr> <td>Betty Kelley</td> <td>Janet Williams</td> </tr> <tr> <td>Lee Kerr</td> <td></td> </tr> <tr> <td>Janice Leonard</td> <td></td> </tr> </table>	Nada Canfield	Thelma Massions	Leigh Carlson-Cox	Ted McMurphy	Dave Clark	Cathy Melrose	Luanna Clark	Randy Melrose	Billy Crow	Jack Nelson	Mary Evans	Beth Holdeman	Lois Faflick	John Pardee	Helen Fieandt	Lois Pardee	Mike Fulton	Mark Schwebke	Glenda Frye	Bob Westerfield	Betty Kelley	Janet Williams	Lee Kerr		Janice Leonard		<p>Good Grief of Kansas is a TAX EXEMPT non-profit 501(c)(3) organization funded by:</p> <ul style="list-style-type: none"> • Memorials, Gifts and Donations • Sedgwick County Department on Aging 	<div style="text-align: center;"> <h2>Marge Glazier</h2>  <p>Real Estate for the Real World</p> <h3>Century 21 Grigsby</h3> <p>Cell 316-648-7415 Office 316-978-9200</p> <p>Marge Glazier, Broker Associate</p> </div>
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<p>Mission Statement: Good Grief of Kansas provides grief support for persons who have lost a loved one through death.</p>	<p>To be removed from this mailing, call 316-612-0700</p>																											

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