



Good Grief NEWS

Good Grief
of Kansas inc

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

Stop, Look, Listen and Sit

When was the last time you did nothing? Do you ever just sit anymore? Do you ever just lie on your back in new-mown grass and watch the clouds dance by? Do you ever chase after butterflies, trying to give them a message to carry? Or dangle your toes in a pond or watch kids dash through a sprinkler?

Do you ever sit on a porch or patio and smell the grass, the flowers, the air? Do you even have a porch or patio, and do you know what sitting means? Do you own a rocking chair, or if so, when was the last time you sat in it? Have you read a book that wasn't non-fiction or "technical" in the last ten years, ten months, ten days?

Do you have magazine subscriptions that serve only to decorate your coffee table or have you actually read one of them, cover to cover, in the last year? Is there a clock in every room, more than three calendars in your life and how many watches to you own? Has the refrigerator become the "message center" in your home? Do you have a cell phone, a fax machine, a pager, email and call waiting? Do you have a home office and an office you "go to"? Do you have your sprinklers on a water timer, your lights on a night timer and your life on a Day-Timer?

Does everyone in your life have a computer? How many computers are in your home? Do you write thank you notes on email, and when was the last time you actually spoke to your best friend? Do you have a checkbook and a time worn cookbook or recipe box, or has your life become electronic? Is everything in your life computerized or super sized?

When was the last time you let a Popsicle melt inside your mouth or watched a caterpillar make its journey across the sidewalk? When was the last time you felt like soaking in a warm bath or standing in a steamy shower, mindless of the water bill? Are you on a "fixed income" both financially and emotionally?

When did you stop dreaming and start running?
When did the world end and the nightmare begin?
We're too busy or too tired or too hurt just to sit

anymore. Sitting has become a lost art, cast aside in the modern, fast food, quick stop, email, fax message world. Sitting has become a sin.

Dogs sit. Birds sit (well, perch). Babies sit. Kids sit. Grownups don't. Even if you used to sit, you probably gave it up as you joined the bereaved world. Sitting just becomes too painful. Sitting leads to thinking. Thinking leads to remembering. Remembering leads, to often, to tears and who needs those?

Sometimes, in our grief, we try to escape the hurt and the horrible by picking up the speed of our existence. We add activities, places to go and things to do, as if keeping busy will keep the hurt away. We run faster and faster, trying to outdistance the memories, the pain, the very thoughts that keep us connected to the horror of our loved one's death. If we stop too long, if we sit, we might begin to remember and to feel again, and what is there left to feel and remember except the hurt?

We become afraid of the dark, the daylight, the twilight and everything in between. We grow anxious for no particular reason. Our pulse quickens, our hands feel moist and our breath grows short. If only we could have a heart attack and die! But even that wish seems to elude us, and we begin to realize we aren't going to die, but have to figure out how to live through all of this grief. It seems safer to keep moving.

We're not the only ones running, however. The whole world seems to have speeded up lately. Is everyone running to or from something? We seem to be chasing something or hiding from something. Half the world seems to be too future-focused while the other half can't seem to let go of the past. "If only" and "what if" have become the watchwords of our culture.

We find ourselves wallowing in self-pity and despair. We become caught in the web of grief, and it seems too hard to break the threads of hurt. I sometimes

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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 North Entrance, Fireside Room (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 SW entrance door, Fireside Room (225 N Waco)
This group’s next session will be July 11 - August 29, 2011
 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.

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.

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.

June Celebration

Thursday, June 9th, 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.



JUNE 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Thank you!</i> Valerie Quiroz <i>for your copy paper and envelope Donation.</i></p>			1	2 Brunch/Lunch 10:30 am Mike's Steakhouse TLC MEETING - 5 pm	3	4 Breakfast 10 AM Spears Restaurant
5	6	7	8	9 Brunch/Lunch 10:30 am Mike's Steakhouse Dining Together 6 PM Copper Oven	10	11 Breakfast 10 AM Spears Restaurant
12	13	14  Flag Day	15	16 Brunch/Lunch 10:30 am Mike's Steakhouse	17	18 Breakfast 10 AM Spears Restaurant
19  Father's Day	20	21  Summer begins	22	23 Brunch/Lunch 10:30 am Mike's Steakhouse	24	25 Breakfast 10 AM Spears Restaurant
26	27	28	29	30		

Thank you for participating and volunteering at the **Good Grief of Kansas Memorial Walk and Balloon Release** May 21st. The weather cooperated and it was a special time of remembrance. A new first for this event was the balloon release held just prior to the walk. There were almost twice as many participants as last year and \$3,000 was raised for the Good Grief organization. Good Grief of Kansas appreciates your support!



Save the Date...

**September 23rd and 24th
 GOOD GRIEF BOOK SALE**

We are collecting books NOW.
 Hardback books are greatly appreciated, plus intact
 Puzzles, Games, DVDs, CDs

Call the Good Grief Office
 about delivery options.
 316-612-0700

Contributions for last month totaled \$ 705.00.
 THANK YOU to those of you who make it possible for
 Good Grief to continue to serve the bereaved.

MAY 2010

Contributors:

- Mary Belcher
- Doris Berger
- Theresa Bishop
- Dave Bloir
- Bill Crow
- Norma Daniel
- Helen Fieandt
- Michael Fulton
- Marge Glazier
- Lee Kerr
- Jan Leonard
- George McCandless
- Ted McMurphy
- Jack Nelson
- John & Lois Pardee
- Norman Ritter
- Charmaine Shonk
- Elizabeth Sommerhauser
- Robert & Violet Stark
- Steve Stephens
- Carmen Suter
- Virginia Taylor
- Eugene Weber
- Connie Cross & Bob Westerfield

Memorial Gifts

In Loving Memory

Janell Miller

Birthday

by Charmaine Shonk

Golda M. Stephens

Rose M. Hilger

by Steve Stephens

Memorial tributes/gifts always welcome.

Note: For memorials with a special remembrance date, submit information one month early for timely publication.

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.



JUNE Birthdays

- Rick Bourne..... 1-Jun
- Mary Dietrich 2-Jun
- Kathy Matchette 2-Jun
- Sherrri Hiebert 3-Jun
- Howard Zwick..... 3-Jun
- Vada Long..... 4-Jun
- Shirley Looney..... 4-Jun
- Rhonda O'Neill 4-Jun
- Randy Rose 4-Jun
- Betty Shea..... 4-Jun
- Rita Brungardt 5-Jun
- Jan Honeisel 5-Jun
- Kaye Neely 5-Jun
- Ron Wenke 5-Jun
- Mike Furlow 6-Jun
- Twila Groves 6-Jun
- Marie Fullerton 7-Jun
- Elaine Phillips 7-Jun
- Joanna Steele 7-Jun
- Michael Bayouth 8-Jun
- Rosa Christoffer 8-Jun
- Lorraine Wagner..... 8-Jun
- Ron Robinson..... 9-Jun
- Norma Wood 10-Jun
- Marcia Clouse 11-Jun
- Judith Frock..... 11-Jun
- Sharon Mann 13-Jun
- Melinda Vest 14-Jun
- Hugh Long..... 15-Jun
- Marjorie L Osborn..... 15-Jun
- Theresa Bishop 16-Jun
- Nathan Shaffer 16-Jun
- Melvin Leonard..... 17-Jun
- Rita Crowe 18-Jun
- Sandy Smith..... 19-Jun
- Kay Tate..... 19-Jun
- Nancy Dark 20-Jun
- Harold Hill..... 20-Jun
- Donna Kostecki 20-Jun
- Dan Kreizel..... 20-Jun
- Betty Burton 21-Jun
- Doug Mould..... 21-Jun
- Beth Miller 23-Jun
- James A Crane..... 24-Jun
- Claude Griffith 24-Jun
- John & Lois Pardee 24-Jun
- Karen Polian 25-Jun
- Marge Sanger..... 25-Jun
- Brett Dearmore..... 26-Jun
- Gladys Regier..... 26-Jun
- Wilma Tanner 26-Jun
- Sheli Adams 27-Jun
- Marion Arnold 27-Jun
- Tamika Evans..... 27-Jun
- WayneFlowerday..... 28-Jun
- Nancy Mullen..... 30-Jun

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think we are afraid to break those threads, because we begin to fear that hurt is the only connection we still have with our loved ones. We get too focused on what we've lost to ever inventory or treasure what we had and still have. Sometimes we don't even look at the pictures because we only experience pain and renewed grief. Sometimes we miss what is because we only search for what was.

Grow quiet. Be Still. Learn to listen. Begin to hear. Somewhere deep inside us is the one voice we never listen to. Somewhere deep within our beings are the answers to our fears, our prayers, our hopes. We spend so much time chasing after others' advice when the secret of survival lies right within ourselves. Scientists call it instinct. Some call it faith. I call it truth. Each species knows what it needs to survive, and only when we can come to the quietness of ourselves, can we begin to hear.

We carry souvenirs of our hurts, each stored away until time to add them to the next hurt, thus piling up one hurt after another, all to be carried forever in our being. Each hurt adds a new layer to our outer shell and eventually we begin to resemble a rather large onion, made up of layer upon layer of hurt. These hurts leave scars, some big, some small, but all significant in their pain. Each scar must have a place in our being, so we become a carefully organized mass of layers, each with a symbol or with some "stuff" that represents it.

I'm not sure an onion is the perfect example of grief, however. After sitting for some time and thinking about all of this, I have decided that an artichoke is a better image of me. When you peel an onion down, removing every single layer (hurt), all you end up with are tears. An artichoke, on the other hand, has layers like an onion, except each leaf (layer) has a tiny pricker on the end - just like life does. But when I peel an artichoke, re-

moving each layer, when I finally get to the end, there's a heart. And that's right!

No matter how hurried I get, no matter how fast I run or how far away from the inner me I get, there is still a heart. Whatever hurt we are carrying begins to weave itself into our very beings and eventually becomes a part of our history - a part of us. It's in the heart that hurt is stored, but that is also where hope and healing begin.

So, sometime in your journey, take the time to just sit. Turn on the answering machine and run away - to within. Dance in daisy fields, wade in icy streams and blow bubbles in the afternoon. Don't get lost in the hurry of today, don't get too busy with "stuff" to cherish what is within you. Nothing is lost. It is all there, waiting for you to retrieve it, hold it, experience it again and then, to let it place itself wherever it needs to, within you. We lose nothing although some things seem far away.

You don't stop loving someone just because they died, and we don't forget them just because we hurt a little less as healing begins to come. Finally, as we stop, look, listen and hear, the knowledge comes.

Even though death comes, love never goes away. Grow quiet. Sit a spell and reconnect to the magic, the wonder and the joy that dwells within. Trust me. You have it inside you. They loved us. We loved them. We still do.

Shhhhhhhhhhh
Love is trying to speak.



By Darcie D. Sims, Ph.D., CGC, CHT
Louisville, Kentucky
Bereavement Magazine July/August 1999

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).

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Mission Statement:

Good Grief of Kansas provides grief support for persons who have lost a loved one through death.

Program Outreach:

- Widowed Support Group
- Young Widowed Support
- Suicide Loss Support
- Other Family Loss Support (parent/child)
- Social Support
- Seminars/Workshops
- Community Presentations
- Counseling Referrals

Good Grief of Kansas is a TAX EXEMPT non-profit 501(c)(3) organization funded by:

- Memorials, Gifts and Donations
- Sedgwick County Department on Aging

To be removed from this mailing, call 316-612-0700

This agency uses the Kansas relay service. TDD 1-800-766-3777

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