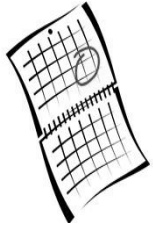




Good Grief NEWS

Good Grief
of Kansas inc

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



Bereavement & Questions ?

Beware the tyranny of the calendar! The first death anniversary date in particular is so difficult because we approach it with such dread. We circle the date on our calendars and tick off the days

and hours until it is finally here. There are people who take the day off from work, who don't want to go to school, who just feel as if they cannot face going out of the front door on that day. And what happens? The day comes and goes just as the last twenty-four hours did and as the next block of twenty-four hours will tomorrow.

What has changed? There are moments when we don't think we can make it another five minutes without this beloved person, and then we wake up one day to find that we indeed have lived twelve full months without the comfort of their presence. We are sometimes stunned to see that an entire year has passed so quickly. What is brought home to us is that even in the face of unbearable sorrow, the world keeps turning, and events continue to unfold – with us or without us.

The first anniversary also marks the passage of other "firsts." The first birthday, wedding anniversary, and all of the holidays have all come and gone with one always missing from the family photo. A year ago we would have laid odds that we would never emotionally make it through all of these events, but we did. That knowledge in itself can be a source of strength we didn't know we possessed. There is nothing quite like the "first" of any of these occasions, and once we have them safely behind us, we can face the next batch with confidence that their observance will not destroy us.

The first death anniversary is also unique as it is often accompanied by religious observance. The family gathers to attend a service and sometimes the unveiling of the headstone. This may be the first time the entire family has been together since the funeral, and it can be an emotionally charged affair. One of the realities in some families is that the death of our loved one did not, in fact, draw us closer but rather it may have cemented rifts already in place. This can bring its own layer of

sorrow to survivors, and while most people are on their best behavior during these occasions, it is apparent nonetheless. It may be best not to have expectations raised too high.

What to do? Have a plan for that day. If you are going to the cemetery, perhaps you would like to ask a family member or friend to accompany you. It may be that you would like to celebrate the life of your loved one by going out to dinner to toast his memory with people who knew and cared for him. What about volunteering your time at your local hospital or nursing home on that day? Many have given of their time in schools, served up lunch in a soup kitchen, visited a sick friend or someone who otherwise is confined to home. Giving of self to others is a surefire way not to stay fixated on our own losses for a few hours. Do something life-affirming as a way to make room on that date for the opportunity to create pleasant memories that will bring us comfort rather than be an occasion for dread.

One of the great pitfalls of the anniversary date is that we give it so much power, so much control, much more than it needs to have. Most people will tell you that they don't need a date on the calendar to remind them of what they have lost. It's omnipresent. But through it all, it may be of use to keep one point in mind. Despite the sorrow and the heartache, you and I are still here. We have an obligation to keep going, to live our lives with dignity and grace. The memory of the beloved is never honored when we ourselves refuse to go on.

And so, yes, some days will be better than others. Some mornings we will get out of bed and face the day with a sense of purpose, and other days we will want to draw the covers over our heads and shut out the world. We can close our door on the world, but we must expect it to be knocked on from time to time. Don't let yourself believe that you are back to square one. You're not. There will be moments when it's two steps forward and three backward, but in the end we will make it to the finish line of wholeness and purpose of life. The calendar is not our enemy. The fear of it is.

SCHEDULE OF GROUP MEETINGS FOR THE BEREAVED:**Mondays: 7:00 - 8:30 PM**Grace Baptist Church – (1414 W Pawnee)
Facilitators: Beth Holdeman & Bob Westerfield**SOUTH WICHITA****Mondays: 7:00 - 8:30 PM**Holy Cross Lutheran Church – Use South Door (600 N Greenwich)
Facilitator: Mary Evans Meet in the “Parlor”**EAST WICHITA****1st Monday of each month: 7:00 - 9:00 PM**Clearwater Church of Christ – Use West Door (13900 N Diagonal Road)
Facilitator: Millie Whitlow**CLEARWATER****Tuesdays: 10:00 - 11:30 AM**RiverWalk Church of Christ – Use North Entrance, Fireside Room (225 N Waco)
Facilitator: Lois Faflick & Mike Fulton**DOWNTOWN WICHITA****Tuesdays: 7:00 - 8:30 PM**Derby Woodlawn United Methodist Church – (Woodlawn & Kay St.)
Facilitators: Helen Fieandt & Lee Kerr**DERBY****Tuesdays: 7:00 - 8:30 PM**West Towne Baptist Church – (2000 N Maize Rd.)
Facilitators: Bill Crow & Jan Leonard**WEST WICHITA****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 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.



April Celebration**Thursday, April 14th, 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.



APRIL 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>>Financial Crimes and Scams >Sheriff's Department - S.E.N.I.O.R.S. Program April 14th - 7:00 pm Workshop at RiverWalk Church of Christ, 225 N Waco</p>					1	2 Breakfast 10 AM Spears Restaurant
3	4 	5	6	7 Brunch/Lunch 10:30 am Mike's Steakhouse TLC MEETING - 5 pm	8	9 Breakfast 10 AM Spears Restaurant
10	11	12	13	14 Brunch/Lunch 10:30 am Mike's Steakhouse Dining Together 6 PM Copper Oven	15	16 Breakfast 10 AM Spears Restaurant
17 Palm Sunday	18	19	20	21 Brunch/Lunch 10:30 am Mike's Steakhouse	22 Good Friday	23 Breakfast 10 AM Spears Restaurant
24  Easter	25	26	27 Administrative Professionals Day	28 Brunch/Lunch 10:30 am Mike's Steakhouse	29	30 Breakfast 10 AM Spears Restaurant

May 21st
Memorial Walk
 10:00 am
 RiverWalk Church
 225 N Waco



MARK YOUR CALENDAR

2nd Annual **Memorial Walk**
 May 21, 2011, 10:00 a.m.
 Begins at RiverWalk Church of Christ
 225 N Waco, Wichita, Kansas

Sponsor sheet for donations coming in May 2011 Newsletter.

To print a sponsor sheet **now**, go to goodgriefokansas.org
 choose "Newsletter" tab and open "Memorial Walk Sponsor Sheet".

"New" Board Member

Good Grief of Kansas
 would like to welcome

Marilyn Nichols

Old Mission Mortuary

to our Board of Directors
 beginning March 2011.

Contributions for last month totaled \$ 810.00.
THANK YOU to those of you who make it possible for
Good Grief to continue to serve the bereaved.

MARCH 2010

Contributors:

Dave Blair
Harvey Cook
Cleta Cox
Bill Crow
Joan Diehn
Mary E. Evans
Lois Faflick
DeeAnn Fahnstock
Helen Fieandt
Michael Fulton
Marge Glazier
Jan Leonard
Kenneth Long
George McCandless
Ted McMurphy
Marlys Mohamed
Jack Nelson
John & Lois Pardee
Mary Piotrowski
Norman Ritter
Fred Silver
Jack Soltis
Robert & Violet Stark
Steve Stephens
Carmen Suter
Connie Cross &
Bob Westerfield
Carey Witham
Norma Wood

Memorial Gifts

In Loving Memory

Mary Cook

In Loving Memory

by Harvey Cook

David P. Leonard

April 14, 2004

by Jan Leonard

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.



APRIL Birthdays

Marsha Agard 1-Apr
James Dorsett..... 1-Apr
Jana Rosebaugh..... 1-Apr
Glynda Shoff 1-Apr
Dorcas Vann 4-Apr
Helen Duckett 5-Apr
Carole Martinez..... 5-Apr
Webster Quinius 7-Apr
Cynthia Rhodes 8-Apr
Debra Selsor 8-Apr
Teena Sage 9-Apr
Francelia Timmermeyer 9-Apr
Jerry Crowell10-Apr
Vi Fahler10-Apr
Larry Etheridge11-Apr
Russell Weldon11-Apr
Betty Wheat.....13-Apr
Ray Rancuret16-Apr
Kenny Pettit17-Apr
Angela Church.....18-Apr
Reid Cranmer19-Apr
Shirley Nusse19-Apr
Jean Schnabel.....19-Apr
Nancy Stark.....19-Apr
Elaine Brotherton.....20-Apr
Dennis Goans.....21-Apr
Dean Flock23-Apr
Myrna Ashurst24-Apr
Susy Crank.....25-Apr
Patsy Ninke25-Apr
John Brown26-Apr
Mary Falconbridge.....27-Apr
Elaine Ford27-Apr
John Kropf27-Apr
Jean McKellips29-Apr
Jerry Stegink29-Apr
Ellayne Drew30-Apr
Glenda Jones30-Apr

Let the Name Roll Over Your Lips...

Let the name roll over your lips,
as it has rolled over mine countless times
from the moment I first uttered it.
Hesitantly, intrigued by who it was behind the
name, yet, knowing at a place inside me
from which rises light and energy
and waters that carry me to places unknown,
that this would be a name above all names,
one that I would whisper through the night.

Let the name roll over your lips,
and remember with me the events of day and night
that were a testimony to a sacred life together.

Where we met at the table of communion,
the bread of our bodies offered up each day
and the cup of our very lifeblood poured out
in the hundreds of glances, touches, glares,
words spoken, silences shared,
creating a rhythm of life together.

We played a symphony that no one else wrote
and no one will ever play in the same way again.
In truth, it was more like free-form jazz,
all players knowing the major theme

while adding their own variations, not knowing
precisely where this collaboration was going but,
God, loving every minute of the ride.

Let the name roll over your lips,
remembering with me even if you never knew
this one for whom I grieve, and for whom my
heart aches so deeply.

Perhaps through your speaking this cherished
name you might come alongside, walking with
me to gravesite, touching casket one last time,
uttering words I hoped against all odds that I
would never say,

“Goodbye my love; goodbye. Remember me,
God, please, remember me!”

Let the name roll over your lips,
join me in the most cherished sacrament of my
days, and we will worship love to together.

*By Chaplain Richard Roberts
Davenport, Iowa
Bereavement Magazine May/June 2000*

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> Marilyn Nichols 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>Bill 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>Betty Kelley</td> <td>Bob Westerfield</td> </tr> <tr> <td>Lee Kerr</td> <td>Janet Williams</td> </tr> </table>	Nada Canfield	Thelma Massions	Leigh Carlson-Cox	Ted McMurphy	Dave Clark	Cathy Melrose	Luanna Clark	Randy Melrose	Bill Crow	Jack Nelson	Mary Evans	Beth Holdeman	Lois Faflick	John Pardee	Helen Fieandt	Lois Pardee	Mike Fulton	Mark Schwebke	Betty Kelley	Bob Westerfield	Lee Kerr	Janet Williams	<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>																							

Special Workshop - April 14th
 more details inside

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