



Good Grief NEWS

Good Grief
of Kansas inc

2622 W. Central - Suite B112, Wichita, KS 67203 316-612-0700 FEBRUARY 2012

Website: www.goodgriefokansas.org

Email: info@goodgriefokansas.org

To Reach Out –

Like *“The Daring Young Man on the Flying Trapeze”*



As a child, I loved the song. Do you recall these words written by George Leybourne in 1868 in $\frac{3}{4}$ time:

*“He flies through the air with the greatest of ease,
This darling young man on the flying trapeze, His
movements are graceful, all girls he doth please, And
my life he’s purloined away.”*

At that time of my youth, I did not fully understand some of the language (like “purloined”) nor its meaning. Recently I delved into its origin. It contains a profound message for those in grief and seeking solace and wisdom.

Jules leotard, a Frenchman, was the original “daring young man.” At the Cirque Napoleon in Paris in 1859 while swinging onto a trapeze bar, he floated through the air for about fifteen feet. Then he reached out and grabbed onto another trapeze bar, swinging toward him. History was made. No one had ever released a hold from one bar before, grabbing onto the second, fifteen feet away.

It was one hundred twenty-three years later that seventeen-year-old Miguel Vasquez completed the first quadruple somersault. This amazing feat was accomplished with the invaluable assistance of his brother, Juan, who grabbed onto Miguel and pulled him out of the spin. Only by reaching out was Miguel saved from certain death. Here is how Juan described the vent: “Hanging upside down, I am swinging toward him as he is hurling toward me at seventy-five miles per hour. Now I am reaching for him; my hands are locked and holding!”

Isn’t the death of a beloved like “hanging upside down”? We don’t think we can bear the aching paid

another minute. At that moment, we are torn apart, powerless, helpless, unprotected.

Juan suggests a way of deliverance: “My hands are straining toward his, his hands are straining toward mine.” As grievers, we too must gradually let go, grab on, and REACH OUT.

This is the time to reach out to family and friends. We can’t expect them to “catch us” unless we express to them our lacerating terror. If we keep saying: “I’m fine,” how will they comprehend our panic. We need to gradually let go of the past, grab on, and REACH OUT.

This is the time to REACH OUT to support groups. They have had similar moments of dread and can understand what we are going through. As someone said: “I know that they have been through heartache and survived.” By gradually letting go, grabbing on and reaching out, we create lasting friendships as together we rebuild our shattered existence.

This is the time to REACH OUT for possible professional help. Of course, counseling is not a substitute for friends or family or faith. It does not mean that we are weak or mentally ill. It is our sign of courage that with a trained “listening ear,” we are letting go of the past, reaching out and grabbing on for vital and viable support through our lonely and frightening pilgrimage.

This is the time to REACH OUT to faith. Lament is the Biblical language for personal sorrow and even protest. In the darkness of our despair, we reach out to the One who may help us to accept the unacceptable with a sense of belonging, solace and peace. We are no longer completely alone.

“Hanging upside down” is unbearable suffering. Yet by REACHING OUT will the space between the grief pangs begin to lessen and the intolerable hurt becomes less intense. We must let go of what can no longer be attainable, grab on, and reach out. An open hand holds better than a closed one and may be crucial in pulling us out of our spin when we are “hanging upside down.”

by Rabbi Earl A. Grollman, DHL, DD

On Going **SELF-HELP SUPPORT GROUPS**

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

**** NEW LOCATION ****

The Regent - 2nd Floor "Activity Room" (2050 N Webb Road)

Facilitator: Mary Evans

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 South 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 & Carmen Suter

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 CURRENT session is January 9 - February 27, 2012.

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:

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



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.

February Celebration

Thursday, Feb. 9th, 2012 @ 6:00 PM

Copper Oven Café - 2409 W 13th

**Good Grief NEWSLETTERS
are now on our website!**


Go to www.goodgriefokansas.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.



FEBRUARY 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Brunch/Lunch 10:30 am Mike's Steakhouse TLC MEETING 5 pm	3	4 Breakfast 10 am Spears Restaurant
5	6 Suicide Survivor Group Session 7:30 pm	7	8	9 Brunch/Lunch 10:30 am Mike's Steakhouse Dining Together 6 pm	10	11 Breakfast 10 am Spears Restaurant RED BANQUET 6 pm
12	13 Suicide Survivor Group Session 7:30 pm	14 	15	16 Brunch/Lunch 10:30 am Mike's Steakhouse	17	18 Breakfast 10 am Spears Restaurant
19	20 Suicide Survivor Group Session 7:30 pm President's Day	21	22 Ash Wednesday	23 Brunch/Lunch 10:30 am Mike's Steakhouse	24 Flag Day	25 Breakfast 10 am Spears Restaurant
26	27 Suicide Survivor Group Session 7:30 pm Session Ends today	28 29 Leap Year!	DONATION Wish List: <u>Envelopes:</u> # 6 3/4 Security and #10 Standard <u>White Copy Paper:</u> 11 x 17, 20lb		Address Labels: 1" x 2 5/8" size — 30 per page <u>Pastel Colored Paper - Cream:</u> 8 1/2 x 11, 24 lb	



Red Banquet

Saturday, February 11th, 2012
6:00 pm

RiverWalk Church of Christ
 225 N Waco, Wichita (South Door)

Wear RED and bring RED food
 (Pot Luck)

Singer, **BRENDA LOWERY**, will be the entertainment for the event.
Guests are Welcome.

Contributions for last month totaled \$600.00.
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

January 2012
Contributors:

- Dave Blair
- Bill Bobbitt
- Martin C. Cook
- Bill Crow
- Mary Evans
- Lois Faflick
- Jack Grubb
- Mary Herridge
- Kenneth Long
- George McCandless
- Ted McMurphy
- Jack Nelson
- John & Lois Pardee
- Erma Schuster
- Fred Silver
- Jack Soltis
- Steve Stephens
- Carmen Suter
- Ron Zafuta

Memorial Gifts

In Loving Memory

Lee Kelley

January 11, 1997

by Betty Kelley

*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.



FEBRUARY Birthdays

- Shirley Abbey..... 1
- Cathy Keezer..... 2
- Gary Stoops..... 2
- Lowell Blair 3
- James Blundell 4
- Wade Henning..... 4
- Nancy Stone 4
- Peggy Grell..... 5
- Lana Symonds..... 5
- Mary Orr 6
- Jessica Roets 7
- Ashley Whipple..... 7
- Liz Bradshaw 8
- Nancy Formsma 8
- Barbara Foster..... 9
- Twila Irvin..... 10
- Marjorie Wright 10
- Connie Nance..... 11
- Darlene Shultz..... 11
- Jack Elder..... 12
- Belva Engel 12
- Teresa Moores..... 12
- Jeremy Luthi..... 13
- James Wasser..... 13
- Spencer W. Yancey 13
- Beverly Cox 16
- Eileen Fessenden..... 17
- Carmel L. Elkins 19
- Clinton Helena..... 19
- Carol Maybee 19
- Barbara Phillips 20
- Bob Moody 21
- Claudia Davis 22
- BJ Rapp..... 22
- Juanita Harrell 23
- Jerry Siler 23
- Anna Seaton..... 25
- Jane Dexter 26
- Eddie Glenn..... 28
- Linda Sain..... 29

ATTENTION! ★ **ATTENTION!**

Several ★ Good Grief of Kansas facilitators will be retiring in the near future after many years of dedicated service.

To continue the valuable work of our organization, we are asking for qualified volunteers to consider attending training and leading or co-leading a support group.

Please contact the Good Grief Office for more details. ★

Is That You, Boo?

It was an endearing term. I don't know how it started, but whenever I thought I heard my husband I would say, "Is that you, Boo?" His name was Bob and that was a loving term I called him.

Bob died of cancer as I held him in my arms and told him it was okay to go. I didn't want him to go, but he was suffering and I knew I had to let him leave.

After his death, I missed him so. Bob was my best friend, we used to talk for hours about everything. I had asked him to watch over me and let me know what to do, and he said he would.

It was so strange that the antique clock stopped when they pronounced him dead as I was walking down the hall. It stopped at the same time four weeks after that. I wanted to say, "Is that you, Boo?"

I grieved – oh, how I grieved for him. It was strange, a flower came up volunteer in my rock garden. It had never been planted. One, strange flower.

I wanted to say, "Is that you, Boo?"

As I sat out on the deck, a bird came close to me, not a bit afraid, as if it were my friend. I wanted to say, "Is that you, Boo?"

One Mother's Day he had given me a lilac bush and asked me to take a piece with me wherever I went after he died. It was so strange, after the blossoms left and Bob left, there was one branch that was brighter and greener than the rest of the bush. I wanted to say, "Is that you, Boo?"

One day when my time has come as I go toward that light, I will see someone, and I will say, "Is that you, Boo?"

And he will say, "Yes, this is Boo."

By Bev Dimmitt



Insurance For Living Medicare Plans



Martin Cook • (316) 942-0835

Annuities • Life & Health • Long Term Care • Disability Income

Martin Cook is available to help you with your insurance needs and questions. Call him at (316) 942-0835.

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 of Kansas may be designated at the time of funeral arrangements or they may be sent directly to Good Grief of Kansas 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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Good Grief of Kansas, Inc.
2622 W Central Suite B112
Wichita KS 67203

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RETURN SERVICE REQUESTED

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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 & Donations**
- **Sedgwick County Department on Aging**

To be **REMOVED** from this mailing, **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.**

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

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Marge Glazier



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