



Good Grief NEWS

Good Grief
of Kansas inc

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

Website: www.goodgriefokansas.org

Email: info@goodgriefokansas.org

RANDOM THOUGHTS

Do you know what you have taught me? Do you know what I have learned? Do you know how you have changed me? Do you know how I go on?

There are incredible voids in life. There comes an overwhelming sadness. There are the tremendous gifts of love and of sharing; there are the deepest pains of loss and suffering.

I have learned that I see more with an open heart than with open eyes, and it is when I feel like I have hit the bottom, that I find the roots and foundations that hold me together. When it looks like I have gone nowhere, I find myself in unknown territory. When I am too tired to go further, somehow I am guided to new beginning, and the distance between the flames of a bonfire and the stars that dance among the pine trees is nothing.

The God I thought I knew is not the one whom I have come to know. More can be accomplished in remaining still than in all the movement I might try. A moment can seem an eternity, and a lifetime is never long enough.

Love does more than endure, love becomes the strength that keeps me alive. I can love beyond the physical and feel comforted by love that is no longer spoken. I hear clearly words that are unspoken and am guided by wisdom from beyond. When I think I am ready, I find that I have more to learn.

Tears will never stop, and memories are never forgotten; laughter can happen; peace can reign. Darkness provides illumination, and light can be blinding. Passion never leaves us, it merely changes form.

Friends can mean well and hurt deeply, and strangers understand what they don't know. When I open my arms for a hug, and no one steps in, then I must remember how to love myself, and I am capable of doing so.

I cannot take away another's pain, I can only allow

myself to be present with the pain. I cannot create the healing, I can only encourage the desire to do so. I cannot convince another that it will be better, only that it will be different. The most difficult thing to do is to do nothing...more is spoken with silence with words.

I still get angry and annoyed, but I know now the worst that can happen — until the next time — and so I try to let the “little things” slide away. I am more patient and more kind, less tolerant of ignorance, but more willing to understand.

I know that I cannot change the world, but I can change the world of an individual who is lost. What I was so sure of is no longer, and things that I thought I forgot now come back to me as truths. True reality is not tangible and often not logical. When I least want to participate in life, life presents me with the most beautiful gifts. There are gifts that I give that I never knew I possessed, and gifts I receive come unexpectedly and without ribbons or bows.

Sometimes life seems unfair and unjust, yet it is all we have to work with. Sometimes it feels like it is too much effort to go on living, yet to give up is betrayal. Courage takes many forms, and to be “strong” can seem so very weak.

Pain strengthens, love heals, life is, sharing helps, the source of peace is in turmoil, joys surprise us, there is more, there is different, there is the legacy that nurtures, there is hope.

These are the random thoughts of a griever, a lover, a helper, a teacher, a student and a friend.

by Cecelia T. Periciballi-Clayton; Newton, NJ
Bereavement Magazine Jan/Feb 2001



When my grief cocoon
allows me to spread my wings,
my spirit will soar

haiku by Diantha Ain

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 NEXT 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.

January Celebration

Thursday, Jan. 12th, 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.



JANUARY 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Year's Day	2	3	4	5 Brunch/Lunch 10:30 am Mike's Steakhouse TLC MEETING 5	6	7 Breakfast 10 am Spears Restaurant
8	9 Suicide Survivor Group Session 7:30 pm BEGINS TODAY	10	11	12 Brunch/Lunch 10:30 am Mike's Steakhouse Dining Together 6 pm	13	14 Breakfast 10 am Spears Restaurant
15	16 Suicide Survivor Group Session 7:30 pm	17 GG Board Mtg. 5:00 pm 3rd floor, Lg Rm - 3204	18	19 Brunch/Lunch 10:30 am Mike's Steakhouse	20	21 Breakfast 10 am Spears Restaurant
22	23 Suicide Survivor Group Session 7:30 pm	24	25	26 Brunch/Lunch 10:30 am Mike's Steakhouse	27	28 Breakfast 10 am Spears Restaurant
29	30 Suicide Survivor Group Session 7:30 pm	31	Thank you, Carolyn Bennett, for your Donation -- roll of Forever Stamps.		Donation needs: Envelopes: # 6 3/4 Security and #10 Standard White Copy Paper: 11 x 17, 20lb	

A Special Thank You goes out to
"THE CLASSICS"
 for providing great entertainment for
 the Good Grief Christmas Party
 (December 10)



Dennis Battles
Lloyd McCombs
Ed Stephens

Willie Stephens
Joyce Wood
Richard Wood



**Christmas
 Sweater
 Vote
 Winners**



Most Creative

Judy Wells




Most Colorful **Mary Piotrowski**

Most Crazy **Debbie Selsor**

Each received a bundle of hand-made Christmas Cards.

 Contributions for last month totaled \$2,635.00.
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved. 

December 2011
Contributors:

- Mary Belcher 
- Dave Bloir
- Helen Clevenger
- Bill Crow
- Karen Dobbin
- Vi Fahler
- Michael Fulton
- Chuck Holdeman
-  Jan Leonard
- Betty Life
- George McCandless
- Ted McMurphy
- Jack Nelson
- Debra Selsor
- Jack Soltis
- Steve Stephens
- Carmen Suter
- John D. Tharp
- Wanda Turner
- Eugene Weber 

Memorial Gifts

In Loving Memory

In Memory of 60 years with my husband

Bruce Clevenger

died March 19, 2007

by Helen Clevenger

Gilbert F. Selsor

August 15, 1930 - January 28, 2008

by Debbie Selsor

Larry Spear

by Karen Dobbin

Kay E. Tharp

March 27, 2011

by John Tharp 

Lou Taylor

January 13, 2011

Missing you "little Brother"

by Steve Stephens

Memorial tributes/gifts always welcome.

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

JANUARY Birthdays

- Jo Hartman1
- Kelly Jones.....1
- Hershel Masters.....1
- Dalene Barton.....2
- Julie McCullough2
- Rosemary Mattox.....3
- Warren Gfeller.....4
- Bernita Mossman.....4
- Kendall Knox.....5
- Norene Broz.....7
- Alice Eichelberger.....8
- Annette Cook10
- James Eisenhower10
- Ken Keen10
- Richard Lewis11
- Dana Johnson.....12
- Glenda Vorse.....12
- Suzanne Avery13
- Helen Clevenger13
- Mary Ann Elliott.....13
- Lois Faflick13
- Marion L. Haynes.....13
- Betty Neugebaner.....13
- Sandy Peters13
- Janet Williams.....13
- Doris Linquist14
- Melissa Smith14
- Charles Kendall15
- Amy Spander15
- Junior Spreer15
- Angela Westerberg15
- Hubert McNamee.....16
- Carlene Swearingin16
- Ginny Charles17
- Sue House17
- Jim Macy.....17
- Carmen Lamberson18
- Evan Middleton18
- Arlene Newell.....18
- Norma Daniel.....19
- Joy Husted19
- Thelma Massions.....19
- Patsy Waller.....19
- Ruthella McBride20
- Betty Halstrom21
- Sharon Hottle21
- Lois Pardee.....21
- Willie Stephens21
- Cherri Tyler21
- Rebecca Wintz.....21
- Joan Shingleton22
- Angie Caulk.....23
- DeeAnn Fahnestock23
- Karen Morrison23
- Alan Schmidt.....23
- Judy Berg.....24
- Gerald D. Smith24
- Mona Wengler24
- Wanda Zimmerman24
- Rene Husted.....25

More January Birthdays...

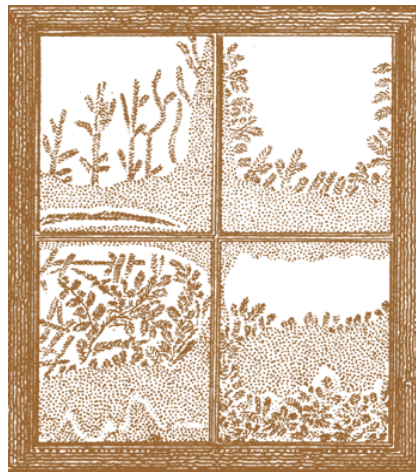
- Vicki Lies.....25
- Linette Garrison26
- Linda Kauffman26
- Mitzi Lance.....26
- Brandy Althouse27
- Dave Bloir27
- Fred Silver27
- Darlene Patee.....28
- Carolyn Sutherland.....28
- Janet Phelps.....30
- Bobbie Semstroth30
- Karen Burgardt31

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.

A WINTER VIEW

As I look out of my kitchen window today, I see a world of white, of bare brown trees and a gray, snow-laden sky. The weatherman said the wind-chill factor was negative ten to negative twenty degrees and to “be sure to cover all exposed skin before going outside.” If this were all I knew of my corner of my world, I would be very sad. But even though I can’t see it, I know that under all that white, there is still green grass, flowers, weeds and all kinds of critters that will survive this winter. I know that when the temperature rises, the sap will run inside the trees



and new bright green leaves will sprout. I know this with certainty, because I have experienced it every year of my life.

Isn’t grief a bit like the small picture? The cruel pain and ache of loss hurts. It looks like this is all there is and all I will ever feel. But I know there is a bigger picture out there. Just like my winter view, my grief view is limited. Experience has taught me that it, too, will change and improve in time. There will be new growth and some wonderful surprises. Can you see it?

By Christina Mesmer

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).

EXECUTIVE BOARD :

Terry Stephens, President
Rev. Rick Cline, Vice President
Kelly Blades, Secretary
Mary Evans, Treasurer

BOARD MEMBERS:

Marilyn Nichols
Merri Reed
Janet Williams

FOUNDER:

Phyllis L. Gadaire-Sauer

PROGRAM & OFFICE COORDINATOR:

Donna Rhodes

TRAINERS, FACILITATORS & SUBSTITUTES:

Catherine Allred	Jan Leonard
Nada Canfield	Ted McMurphy
Dave Clark	Jack Nelson
Luanna Clark	Beth Holdeman
Bill Crow	John Pardee
Mary Evans	Lois Pardee
Lois Fafflick	Mary Piotrowski
Helen Fieandt	Cathy Sexton
Mike Fulton	Carmen Suter
Betty Kelley	Bob Westerfield
Lee Kerr	Janet Williams

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@goodgriefofkansas.org and put "remove from mailing" in the subject line.**

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

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.

Marge Glazier



Real Estate for the Real World

Century 21 Grigsby

Cell 316-648-7415
Office 316-978-9200

Marge Glazier, Broker Associate



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