



# Good Grief NEWS

Good Grief  
of Kansas Inc

2622 W. Central - Suite B112, Wichita, KS 67203

316-612-0700

NOVEMBER 2011

Website: [www.goodgriefokansas.org](http://www.goodgriefokansas.org)

Email: [info@goodgriefokansas.org](mailto:info@goodgriefokansas.org)

## *Because We Love -- Grieving Through the Holidays*

*"La Vida es sueno y sueno de  
Suena." Life is a dream and a  
dream of a dream. — Caldron*



Dreams of the past...a swelling rush of powerful recollections never to be felt again. The mystic element and enchantment of the holidays within our midst; holly, mistletoe, the glitter of the Kwanzaa and Chanukah lights to enjoy. Bah...humbug! What about the myriad broken hearts floating upon a sea of grief filled with sorrow?

When an individual has lost a loved one, the season for cheerfulness not only eludes the bereaved, it can be downright devastating; somehow the void in our lives is too intense. The pressure to "fit in" or to exclude gladness and delight seems to evade us. Instead we may be overcome with feelings of anger, panic, depression, regrets, and loneliness. We cannot be fixed on a course of jubilation if we are consumed by negative sensations. As waves of emotion pour over us, we are carried away to thoughts of yesteryear. A simple tune, an aroma, a familiar face may be too much for us to bear.

The Jewish high holidays are specially difficult to deal with. The theological concept of the sacred day of Atonement states that it shall be "a holy convocation to you and you shall afflict your souls." It is so profoundly agonizing to endure this particular day without the scores of loved ones who have gone beyond the outer reaches of the universe. An so we plead for courage, wisdom, and order to find grace within ourselves. We beseech our Creator to lead us to a healing place. "Mima amakim, krati'cha." — Out of the depths, I call to you.

Grief may be unpredictable and events once anticipated with pleasure may not necessarily make

us feel happy nor merry. Although holidays, anniversaries, and birthdays produce unique challenges, there are definitely ways to cope and make some sense out of these stressful times. For the bereaved, it is important to stay connected to your feelings. Express your emotions, be gentle with yourself and learn to address your pain. Incorporate memories of the deceased into your present life by making a memory quilt, writing a poem, releasing a balloon or lighting a candle. Find ways of giving little bits of yourself through an act of charity or a good deed. These are surely acts of love and gratitude. Be concerned about another's feelings and thoughts. Create light where there is darkness. As a metaphor for peace and healing, radiance represents a balance between sadness and hope. We are blessed with the ability to regenerate life and find fulfillment once again. It is perfectly acceptable to express sensitivity, sentimentality, and spirituality to symbolize our innate desires to recapture that which was lost. T.S. Eliot said,



*"Footfalls echo in the memory  
Down the door we never opened  
Into the rose garden."*

At holiday time, when we become reflective and engrossed in our thoughts to find a relevant means to assuage our grief, it is worth remembering that our souls need not be imprisoned in the past. We are capable of discovering new passages, new doors to open and eventually of stepping into a garden that is purposeful and awesome in its majesty.

We are stronger than our tears!

*By Iris Morganstern  
New York, New York  
Bereavement Magazine*



## 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 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 &amp; 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 will be October 3 - November 21, 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 for 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, 20 lb, 92 bright

11 x 17 inch, 20 lb, 92 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



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.

### **November Celebration**

**Thursday, Nov. 10th, 2011 @ 6:00 PM**

**Copper Oven Café - 2409 W 13th**

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




Go to [www.goodgriefokansas.org](http://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.



# NOVEMBER 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Brunch/Lunch 10:30 am Mike's Steakhouse <b>TLC MEETING 5 pm</b>	4	5 Breakfast 10 am Spears Restaurant
6  Daylight Saving Time ends. Turn clock back 1 hour	7 Suicide Survivor Group Session 7:30 pm	8	9	10 Brunch/Lunch 10:30 am Mike's Steakhouse Dining Together 6 pm Copper Oven	11  <b>Veterans Day</b>	12 Breakfast 10 am Spears Restaurant
13	14 Suicide Survivor Group Session 7:30 pm	15	16	17 Brunch/Lunch 10:30 am Mike's Steakhouse	18	19 Breakfast 10 am Spears Restaurant
20	21 Suicide Survivor Group Session 7:30 pm <b>ENDS TODAY</b>	22	23	24 Brunch/Lunch 10:30 am Mike's Steakhouse <b>THANKSGIVING DAY</b>	25	26 Breakfast 10 am Spears Restaurant
27	28	29	30			

## GOOD GRIEF BOOK SALE



**THANK YOU! THANK YOU! THANK YOU!**



This year's book sale again brought in almost \$1600.  
Thank you to all the volunteers who helped with this large project.  
Thank you for your donations. Thank you for shopping at the sale.

### The following volunteers helped make the sale run smoothly:

Catherine Allred  
Nada Canfield  
Martin Cook  
Nella Criss  
Mary Evans  
Vi Fahler  
Lee Harrell

Beth & Chuck Holdeman  
Dan Jackson (Mary's son-in-law)  
Betty Kelley  
Jan Leonard  
Mary Piotrowski  
Cheryl Schulte  
Debbie Selsor

Terry Stephens  
Kristina Strom (book dealer)  
Carmen Suter  
Larry Suter (Carmen's son)  
Bob Westerfield  
James Whitfield  
Janet Williams

Contributions for last month totaled \$755.00  
 THANK YOU to those of you who make it possible for  
 Good Grief to continue to serve the bereaved.

## October 2011

### Contributors:

Mary Belcher  
 Judy Berg  
 Dave Bloir  
 Dave & Luanna Clark  
 Bill Crow  
 Mary E. Evans  
 Helen Fieandt  
 Michael Fulton  
 Marge Glazier  
 Jack Grubb  
 Chuck Holdeman  
 Lee Kerr  
 Jan Leonard  
 Kenneth Long  
 George McCandless  
 Ted McMurphy  
 Jack Nelson  
 John & Lois Pardee  
 Jae Pierce-Baba  
 Mary Piotrowski  
 Robert & Theresa Pitzer  
 Carmen Suter

## Memorial Gifts

*In Loving Memory*

### Danny Clark

March 4, 1987 to  
 October 22, 2007

*by Dave & Luanna Clark*

### Tina Martinez

October 18, 2006

*by Robert & Theresa Pitzer*

*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.



## NOVEMBER Birthdays

David Campbell	1
Gwen Hensley	1
Diane Cruitt	2
George Finley	3
Sandra Garber	3
Ruth Kile	5
Mrs. Omer Wiseman	5
Della Garrison	6
Jan Leonard	6
Paul McNeill	6
Sophie Seymore	6
Mike Frobenius	7
Chuck Holdeman	7
Marcie Lepcke	7
Gladys Ruff	7
Jacque Tilgner	7
Kara Kalamon	8
Carlita Springer	8
Iva Jean Elwell	9
Dawson F. Fields	9
Dee Gregory	9
Mickey Keplar	9
Donata Ball	10
Lilyan Smith	10
Lea Bradley	11
Lou Ann Hale	11
Paul Suderman	11
Vinita Hawthorne	12
Robyn Kitterman	12
Gwen Brenneis	13
Jackie Dugger	13
Viola Shelly	13
Lisa Hilyard	14
Karen Rhyne	16
Angela Simler	16
Nada Canfield	17
Kim Shields	17
Deanna Matta	20
Felix Tos	20
Jeanette Dow	21
Mary Nolan	21
Elmer Stahlecker	22
Norma Wheeler	22
Ginny Brown	23
Jack Baker	24
Jinna Jeffery	24
Tiffany Meyer	24
Mary Jane Stowinsky	25
Karla Pringle	26
Ron Zafuta	26
Ron Lamp	27
John Morrison	27
Linda Cramer	28
Ervin Harmdierks	28
Eugene Thompson	28
Victoria Gonsalves	29
Mary Miller	29
Ashley Dearmore	30
Lindell Franz	30
Gina McDonald	30

## Thanksgiving and Christmas

*And so, now it's Thanksgiving  
And what shall we do?  
Though we've tried and we've cried,  
We are not over you.*

*And so, now it's Christmas  
And what have we done?  
It's so hard to do anything  
When you're missing someone.*

For many of you reading this, these words will have an all too familiar ring. They are just some of the thoughts and fears you have been grappling with, some for the first time, as you face these holidays, some again this year as you face another holiday and perhaps wonder if it will be easier than the one before.

For many of us, particularly in the first weeks and months after the death of a loved one, ordinary days are hard, every day is hard. How can we possibly be expected – to feel like celebrating? – like participating? – to act like we are happy? – to not notice the empty chair at the table? – that someone's stocking hangs empty this year?

In this season of giving, perhaps you feel as though you have nothing to give. In this season of giving thanks, perhaps you feel that everything good that you had left with your loved one who died.

Perhaps you are feeling empty, scared, lost, and alone. Perhaps you feel like a phony as you smile and pretend that everything is fine; all the while thinking: "If they only knew!"

This year, whether it is the first, the second, the third, or the tenth since our loved one died, WE, those who are to have grieved, have gifts to give to ourselves and to one another. Perhaps it is a hug or a hand on a shoulder. Perhaps it is listening without judgment or advice. Perhaps it is not expecting as much from ourselves or from others. Perhaps it is a message of hope or a word of encouragement. Perhaps it is letting yourself say or hear the words: "I love you" or "You did the best you could."

Let our gift this season be the willingness to give to others and allow others to give to you those things that money cannot buy. Perhaps your gift is allowing others to see your brokenness and to come alongside of you in your pain. Perhaps your gift is to come alongside of someone in their brokenness and pain. Perhaps...it is both.

"For it is in giving that you receive..."

by Deb Kosmer, Oshkosh, Wisconsin - Bereavement Magazine

### 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

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Phyllis L. Gadaire-Sauer

**PROGRAM & OFFICE COORDINATOR:**

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**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 Faflick	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**

*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  
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Cell 316-648-7415  
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**Marge Glazier, Broker Associate**



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