



Good Grief
of Kansas inc

Good Grief NEWS

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

SEPTEMBER 2011

Website: www.goodgriefokansas.org

Email: info@goodgriefokansas.org

I've Learned...

- To take one day at a time.
- Not to say, "if only," "I should have," etc.
- To appreciate what I've got and not moan about what I "don't got."
- To appreciate life and not take it for granted.
- If today is bleak, tomorrow can be better.
- To appreciate the moments when I can laugh.
- That without my support group, I would be lost.
- How very much I need my "new" friends.
- Not to take my health for granted.
- What is trivial.
- That if my energy level is low, I don't push myself.
- The importance of exercise.
- That grief is not time-bound.
- That no one grieves like me; everybody grieves differently.
- That the pain never goes away, but it does get "softer."
- That no one can comfort me the way Jesus can.
- To allow the grief, pain and loss to become a part of me.
- That there is a reason to keep on living (and loving).
- That joy does return...only in a different way.
- To turn "it" over to the Lord.
- That someday we will be together again.
- Not to let Satan steal my happiness.
- To ride "the wave" of denial, anger, depression and acceptance.
- To accept that I may never know why.
- It's okay to say, "No."
- Not to blame people when they don't understand.
- The ability to face adversity (courage).
- To be strong and resolute.
- The importance of support and encouragement.
- That there is friendship and family, OR, family and friendship!
- That I need others who have been there to help me through this journey.
- That love never dies.
- That time is an ally.
- That every moment really matters.
- That eventually you do want to go on and live again.
- That I must create a "new normal" for myself.
- That I Must re-invest the energy I gave to my child into something/someone else.
- That over time, I have more control over my grief.
- That I will always have tears on my heart.
- That only in the articulation of grief does it diminish.
- That making new traditions helps.
- That over time, the cemetery brings peace and solitude...not just tears.
- How the pain and grief I feel one day isn't necessarily the way I will feel the next day.
- That I can laugh again and not feel guilty.
- That also with all the pain and despair, joy and happiness have found a place in my life again.
- Our society is deficient in death education and really doesn't know how to respond to the grieving person.
- Some people want to see and be around "happy" people and only have so much to give for those who are grieving.
- Everyone grieves differently, and there is no "right" or "wrong" way to grieve.
- There is no time frame for "getting on with your life" after the death of your loved one.
- Strangers can give more than some relatives.
- You don't always have until tomorrow.
- You don't have to have money to be rich.
- A broken heart will mend...almost.
- We are all connected and need each other in such a special way.
- Many times we are touching lives and helping each other in time and space that we don't even realize.
- The support of family and friends is invaluable.
- That "normalizing" the sense of being totally insane is helpful.
- There may be difficulty when people say we are "coping so well."
- It may help to focus on the very small things, because you will not be able to make sense of the larger picture.
- To attempt to feel comfort in the warmth or scent of a cup of hot tea in my hands, the smell of a flower, the proximity of someone who cared.
- The daily searing pain gets less raw, and sometimes I can have moments of joy.
- To watch the sunset every day.
- I can smile when I remember him.
- I had to go with my feelings and trust in our love.
- It takes years of baby-stepping and falling.
- To be humble, grateful and a little more selfish, aware, honest and looking forward to my life, rather than living my loved one's death.
- What I would give for just ONE more day!
- It feels awfully good typing this into the computer.

- Compiled by Nancy Ludt

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

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 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 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

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.

September Celebration

Thursday, Sept. 8th, 2011 @ 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.



SEPTEMBER 2011



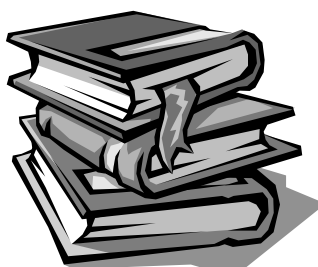
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Thank you...Denise Guando for your donation of Envelopes and Copy paper to Good Grief of Kansas.</p>				<p>1 Brunch/Lunch 10:30 am Mike's Steakhouse TLC MEETING 5 pm</p>	<p>2</p>	<p>3 Breakfast 10 am Spears Restaurant</p>
<p>4</p>	<p>5 Labor Day</p>	<p>6</p>	<p>7</p>	<p>8 Brunch/Lunch 10:30 am Mike's Steakhouse Dining Together 6 pm Copper Oven</p>	<p>9</p>	<p>10 Breakfast 10 am Spears Restaurant</p>
<p>11 Patriot Day</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15 Brunch/Lunch 10:30 am Mike's Steakhouse</p>	<p>16</p>	<p>17 Breakfast 10 am Spears Restaurant</p>
<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22 Brunch/Lunch 10:30 am Mike's Steakhouse 9 am to 3 pm Senior Expo-booth</p>	<p>23 Autumn begins BOOK SALE</p>	<p>24 Breakfast 10 am Spears Restaurant BOOK SALE</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29 Brunch/Lunch 10:30 am Mike's Steakhouse</p>	<p>30 BOOK SALE TIMES EACH DAY 9:00 am - 5:30 pm</p>	

We really need some **strong backs** to move books from our holding location to the Meadowlark Room - Thursday, September 22nd. Call 612-0700 to help.

It is time for the 3rd Annual **GOOD GRIEF OF KANSAS BOOK SALE!**

Friday, September 23rd and Saturday, September 24th, 2011

Sedgwick County Extension Education Center - Meadowlark Room



You can help by:

- 1) donating books
- 2) purchasing books at the sale
- 3) volunteering to sort books
- 4) volunteering to help run the sale
- 5) volunteering to set up or take down

**Be sure to call the office
before bringing any
books to that location.**

316-612-0700

Contributions for last month totaled \$630.00
THANK YOU to those of you who make it possible for
Good Grief to continue to serve the bereaved.

August 2011

Contributors:

Catherine Allred
Mary Belcher
Dave Bloir
Lisa Bolander
Bill Crow
Lois Faflick
Helen Fieandt
Michael Fulton
Marge Glazier
Jack Grubb
Maxine Hilton
Lee Kerr
Jan Leonard
George McCandless
Ted McMurphy
Jack Nelson
Carol Pearce
Lois Siemers
Jack Soltis
Steve Stephens
Willie Stephens
Virginia Taylor
Ron Zafuta

Memorial Gifts

In Loving Memory

Naomi Morgan

August 8th, 2009

In loving memory

by Lisa Bolander & Family

Harley Pearce

By Carol Pearce

Lela Stephens

By Willie 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.



September Birthdays

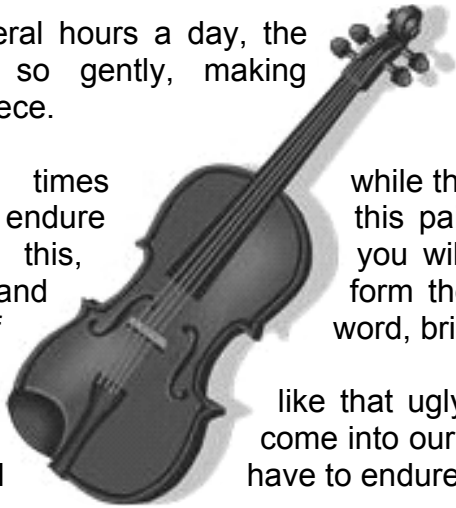
Susan Delhotal	1
JoAnn Brown	3
Esther Friesen	3
Linden Orr	3
Marge Burden	4
Kathy Randels	5
Jack Thomason	5
Angie Wilson	5
Cathy Duff	6
Frieda Hemment	6
Marlys McFerren	7
Kathy Rogers	7
Neta Moeller	8
Adolph Thiessen	8
Sharon Gilmer	9
Mary Fitchpatrick	10
Denise Guando	10
Sherri Tolleson	10
Marguerite Birzer	12
Eva Courchaine	13
Martin Ramirez	13
Joan Diehn	15
Emily Dukes	15
Elizabeth Sommerhauser	15
Tommie Francis	16
Betty Kelley	16
Helen Ross	16
Jill Spillman	16
Greg Mingle	17
Bob Strait	18
Paula Theisen	18
Kathy Thomas	18
Joan Drollinger	19
Deona Madrigal	19
Jean Regan	19
Debbie Rush	19
Pamela Elliott	20
Karen Funcheon	20
Oleta Huston	21
Cheryl Urban	21
Craig Daniels	22
Kathy Hain	22
Donna Lattin	22
Judith Jessee	23
Marvin Sellberg	23
George McCandless	24
Randi Bunn	25
Eddie Goble	25
Charlotte Jabara	25
Darlene Paxson	25
Wendy Dodd	28
John Olsthoorn	28
Charmaine Shonk	28
Diana Mershon	29
Bonnie Waybright	29
Vicky Crawford	30
Anita Farnsworth	30

The Ugly Old Board and the Violin

For several hours a day, the and ever so gently, making piece by piece.

Several times have to endure don't do this, shape and piece of

Are we suffering Why do I



old man held the ugly old board in his hands. Carefully, precise cuts and gouges, he chipped away at it, bit by bit,

while the board was being whittled, the board would ask, "Why do I this pain?" and "Why me?" The whittler answered, "Because if I you will remain an ugly old board." His plan was to continue to form the board so that it would someday be a violin, a beautiful word, bringing music into the world.

like that ugly board? Are we being whittled? When times of pain and come into our lives, we may also feel like that board, wanting to ask God, have to endure this pain?" and "Why me?"

Without enduring pain and suffering, we also would remain "an ugly old board." Experiences, such as the death of a loved one, shape us and define for us what is important in life. The emotions, the feelings, the heartache of our painful experiences can fine-tune us into being more compassionate and caring toward others. To our surprise, we discover that the simple things in life - the hugs, the frequent expression of "I love you," the colorful sunrises, the gorgeous but quickly fading sunset, good health, loyal friends and caring family - are far more important than accumulating money and things in life. It is then that we become more like the violin, a beautiful piece of wood, bringing music into the world.

Are you the ugly board or a violin in the hands of the Master?

*By Peg Reuther, Mandan, North Dakota
Bereavement Magazine, Spring 2006*

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 Faflick	Mary Piotrowski
Helen Fieandt	Cathy Sexton
Mike Fulton	Carmen Suter
Betty Kelley	Bob Westerfield
	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

*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.

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



Real Estate for the Real World

**Marge Glazier
Century 21 Grigsby**

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

RETURN SERVICE REQUESTED

NON-PROFIT
ORG.
U.S. Postage
PAID
WICHITA, KS
Permit No. 426

Good Grief of Kansas, Inc.
2622 W. Central Suite B112
Wichita KS 67203

