



Good Grief NEWS

Good Grief
of Kansas, Inc.

2622 W. Central - Suite 108, Wichita, KS 67203
Website: www.goodgriefofkansas.org

316-612-0700 December 2017
Email: info@goodgriefofkansas.org



A New Holiday to Celebrate Hope



Everything is still a mess! Life is topsy turvey, and I am now officially tired of it being that way. Everything has either been changed, moved, misplaced, thrown away, or just plain lost. I can't find whatever is left. The world cleaned house on me and somebody lost my way! Where am I and who am I now?!

I was just beginning to figure things out (for the umpteenth time) when the universe waved its arms and sent ripples cascading through my life again. As soon as I find whatever I am looking for, it moves or gets lost. Whenever I do find what I want, I have forgotten what I wanted it.

I tried being efficient once and decided to buy everyone's birthday and holiday gifts early. I mean, whenever I saw something that would be "just right" for someone on my gift list, I bought it and stashed it away...someplace. When it came time to wrap it up and give it away, who could remember where it was hidden? Instead of spending the days before the holidays baking treats and singing songs, I was scouring the closets, the attic, the car trunk and my mother's basement, in search of the gifts I had so carefully put away. What a mess!

I forgot how awful the holidays can be, and now its time to be cheery again. Once I planned a wonderful holiday gathering and had everything done ahead of time. I mean everything. I had tried some

new recipes and even handmade table decorations and place cards. (Martha S. watch out!) It was a sight to behold. I was so proud of myself. I had not let grief "win" and I was "moving on," "getting over it" and "reconciling my life." I had invited lots of people to help me celebrate the holiday season. And even though I wasn't quite sure I wanted to celebrate, I was ready!

I turned on the porch light, poured the punch, lit the candles and waited. And waited. And waited. I had done everything...except mail the invitations. I guess I wasn't as "ready" to return to the Land of the Living as I thought.

It's hard to have a party with no guests. It's hard to want to live in the light if you don't have a flashlight or a light bulb. It's hard to know where you put the gifts if you can't remember what you bought or who you bought them for...or if the person you bought them for isn't here anymore.

Now what do we do? When the universe flip flops and upside-down is right-side-up and happiness seems impossible and the sights and sounds of the holiday season—any season—only annoy and hurt, what do we do to survive?

Survive? No, no, the world says we must learn to live again, but how do you do that when everything has changed and nothing fits, belongs or feels right. My clothes don't fit anymore. I can't find my shoes and I

can't find hope anywhere.

I think I left it some place or maybe it was stolen from me. That's it! Somebody stole my hope! Now tell me how to survive, let alone live without hope! Tell me that and maybe I'll listen.

Ways to Find Hope and Survive

- Brush your teeth...every morning. No matter what else happens, do that, and you are on your way to "recovery." Of course, if you don't want to recover, you still should brush your teeth. Just keeping a routine is a way to counteract the craziness. It is a "responsible adult" thing to do and is a start. Just do it your dentist, your mother and everyone you encounter will be glad you did.
- Take out the trash. Just get it out of the house. Someday you can try getting it out on the right day.

(cont'd on Page 6)



SCHEDULE OF GROUP MEETINGS FOR THE BEREAVED

Be sure to check the website for the most up-to-date meeting schedule.

Mondays: 7:00 - 8:30 PM

Grace Baptist Church – (1414 W Pawnee)
Facilitators: Bob & Connie Westerfield

SOUTH WICHITA

Mondays: 7:15 - 8:45 PM

East Point Church of Christ - (747 N 127th Street E)
Go to separate building north of playground
Facilitators: Adrienne Massey & Melissa Warnken

EAST WICHITA

Tuesdays: 10:00 - 11:30 AM

RiverWalk Church of Christ - Use South Office Entrance, Fireside Room (225 N Waco)
Facilitators: Marjorie Watkins & Jack Elder

CENTRAL WICHITA

Tuesdays: 7:00 - 8:30 PM

Derby Woodlawn United Methodist Church - Room 15E (Woodlawn & Kay St.)
Facilitator: Kathy Thomas & Linda Burris

DERBY

Tuesdays: 7:00 - 8:30 PM

WICHITA
Faith Renewal Church (formerly West Towne Baptist) - (2000 N Maize Rd.)
Facilitators: Evelyn Reece, Marsha Huffman, Bonnie Workman

WEST

Wednesdays: 7:00 - 8:00 PM

W.A.Y. Widowed and Young (Ages 20's, 30's, 40's, 50's)
Nursery available for infants through age 2. Ages 3 and up welcome to participate in church Bible classes or teen groups
RiverWalk Church of Christ - Use SW entrance door, Fireside Room (225 N Waco)
Facilitators: Fang Richards & Marsha Huffman

CENTRAL WICHITA

SURVIVORS OF SUICIDE LOSS

Mondays: 7:00 - 8:00 PM

RiverWalk Church of Christ - (225 N Waco) Use SW entrance door (door closest to the river). Look for the Good Grief sign on the door. If the door is locked, please knock loudly. Room 106. Please call the facilitators for more information or to make your reservation. This group is for those who have suffered the loss of a loved one through suicide.
Facilitator: Jim Yoder 316-727-0663

CENTRAL WICHITA

1st and 3rd Monday of each month: 7:00 - 8:00 PM **NEW GROUP ARK CITY**

Mid American Credit Union (1610 N. Summit Street, Arkansas City) – Community Room (north side of credit union). Please call the facilitator for more information or to make your reservation. This group is for those who have suffered the loss of a loved one through suicide.
Facilitator: Kathy Harbert 620-441-7271.

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 feel 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.

OFFICE SUPPLY NEEDS:

Envelopes:

6¾ Security and #10 Std Pastel Colored Paper - Cream:

8½ x 11, 24 lb

Schedule of Regular Socials:

Thursdays: Breakfast at 9:00 AM

IHOP - 11855 E Kellogg Drive
(Hostesses: Cindy Swan, Adrienne Massey)

Saturdays: Breakfast at 10:00 AM

Spears Restaurant - 4823 West Maple
(Hostess: Janet Cook)

Thursdays: Lunch/Brunch at 10:00 AM

Spears Restaurant - 4823 West Maple (Host/Hostess: Chuck & Beth Holdeman)

OR

Country breakfast Café - 2804 S Seneca Street (Hostess: Lois Pardee)



December 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	28 Central Group 10 am Derby Group 7:00 pm West Group 7:00 pm	29 W.A.Y. Group 7:00 pm	30 Breakfast 9 am IHOP Brunch/Lunch 10 am Spears or Country Café	1 Good Grief of KS CHRISTMAS PARTY 6:00 pm - RWCC	2 Breakfast 10 am Spears Restaurant
3	4 SOSL Wichita 7:00 pm SOSL Ark City 7:00 pm South Group 7:00 pm East Group 7:15 pm	5 Central Group 10 am Derby Group 7:00 pm West Group 7:00 pm	6 W.A.Y. Group 7:00 pm	7 Breakfast 9 am IHOP Brunch/Lunch 10 am Spears or Country Café TLC Meeting 5:00 PM PEARL HARBOR DAY	8	9 Breakfast 10 am Spears Restaurant
10	11 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	12 Central Group 10 am Derby Group 7:00 pm West Group 7:00 pm GG Board Mtg. 5pm - GG Office	13 W.A.Y. Group 7:00 pm	14 Breakfast 9 am IHOP Brunch/Lunch 10 am Spears or Country Café	15	16 Breakfast 10 am Spears Restaurant
17	18 SOSL Wichita 7:00 pm SOSL Ark City 7:00 pm South Group 7:00 pm East Group 7:15 pm	19 Central Group 10 am Derby Group 7:00 pm West Group 7:00 pm	20 W.A.Y. Group 7:00 pm	21 Breakfast 9 am IHOP Brunch/Lunch 10 am Spears or Country Café 1ST DAY OF WINTER	22	23 Breakfast 10 am Spears Restaurant
24	25 NO MTGS TODAY SOSL Wichita South Group East Group CHRISTMAS DAY	26 Central Group 10 am Derby Group 7:00 pm West Group 7:00 pm	27 W.A.Y. Group 7:00 pm	28 Breakfast 9 am IHOP Brunch/Lunch 10 am Spears or Country Café	29	Saturday 30 Breakfast 10 am Spears Sunday 31 New Year's Eve

Good Grief of Kansas

Christmas Party

Friday, December 1st, 2017 - 6:00 pm

RiverWalk Church of Christ - 225 N Waco, Wichita

(use NW door, river side of building)

Please bring finger food or dessert to share.

**Bring a non-perisable food item
for Simple House.**



Hearts 4 Him will provide the evening's Christmas entertainment. They are a dynamic Gospel male 9-voice group, and includes Jim Yoder, Good Grief's Survivors of Suicide Loss group facilitator and John Denver's uncle, Dave Deutschendorf. The group was formed in 2001, and has performed on stages large and small in the central states area.



Contributions for last month(s) totaled \$1,013.00.
THANK YOU for your donation which makes it possible for
Good Grief of Kansas to continue to serve the bereaved.

November

Contributors:

Gary Appelman
Dave Bloir
Charles Brown
Janet Cunningham
(October & November)
Mike Dillmon
Rob Evans
Marge Glazier
Chuck Holdeman
(October & November)
Ted McMurphy
Theresa Pitzer
Terry Sauer
Jack L Smith
Carolyn Stanek
Carmen Suter
Nancy Vincent
Chuck Watkins

Dillons Community Rewards
\$148.02 (31 households)

South Group Donation
October 2017

Thank you **Marilyn C.** for your generous
envelope donation - November 2017

Memorial tributes and gifts always welcome.

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

Memorial Gifts

In Loving Memory

Marie Bloir

Marie, it's been 8 years since you have
been gone for the holidays.

We all miss you!

By Dave Bloir & Family

Angel Evans

By Rob Evans

Robert (Bob) Pitzer

By Theresa Pitzer

Phyllis Gadaire-Sauer

December 11, 2003

By Terry Sauer

Bob Stanek

By Carolyn Stanek

Carol A. Smith

Miss & Love You, "Mom"

By Jack L. Smith

I wish to express my profound thanks
for the love shown me by the **Tuesday
night Good Grief Group, meeting at
Faith Renewal Church on Maize
Road.** I have been blessed to be able to
share some of their stories, as they
work through their own private grief. I
also appreciate all the help they have
given me through the past years. Their
donation/gift to me is being passed on,
in their honor, for the benefit of Good
Grief of Kansas.

Thanking all of you again!

Carmen Suter

West Group facilitator - Retired

December Birthdays

Peggy Green	1
Betty Tatro	2
Carol Collins	3
Sharon Koller	3
Jenny Robberson	3
Andrew Denning	4
Shalom Nickel	5
Michelle Foster	6
Susan Crisp	7
Rhonda Hinkle	7
Stephanie Parker	7
Craig Burris	8
Connie Eugea	8
Molly Anderson	11
W. H. Ford	12
Pat Joy Doherty	14
Chuck Watkins	15
Gaylene Shoup	18
Kathy Byrd	19
Marge Bauers	21
Amanda Little	21
Jackie Evans	23
Sharon Kay Jefferson ..	23
Rachel Miller	23
Lea Capps	25
Lila Walker	25
Bob Hirschmann	26
Melissa Warnken	26
Jim Commerford	27
Carolyn Stanek	27
Martha Bradley	28
Deb Tresner	29
Jon W. Sandefur	31



Beatitudes For Those Who Comfort

Blessed are those who do not use tears to measure the true feelings of the bereaved.

Blessed are those who do not always have a quick "comforting" answer.

Blessed are those who do not make judgments on the bereaved's closeness to God by their reaction to the loss of their loved one.

Blessed are those who hear with their hearts and not with their minds.

Blessed are those who allow the bereaved enough time to heal.

Blessed are those who admit their uncomfortableness and put it aside to help the bereaved.

Blessed are those who do not give unwanted advice.

Blessed are those who continue to call, visit, and reach out when the crowd has dwindled and the wounded are left standing alone.

Blessed are those who know the worth of each person as a unique individual and do not pretend that they can be replaced or forgotten.

Blessed are those who realize the fragility of bereavement and handle it with an understanding shoulder and a loving heart.

By Jackie Deems



Christmas Alone

I awoke to hear the carolers
Making music in the street
I hummed along the tuneful song
As I rose up to my feet.

Realization then set in
To a feeling I've never known —
This year would be very different
As I'd be spending Christmas alone.

The holly is not so jolly
And the lights have lost their glow
It isn't any fun, now
To go playing in the snow.

There's no one to go shopping for
The gifts and wraps and tree;
The bells now toll with hollow sound
And the children have lost their glee.

You all may face a time in life
When you are all alone
The kids are gone, the spouse has died
And left an empty home.

Loneliness is tolerable
And you busy yourself through the year
But the days and the nights are dimmed by the lights
Showing Christmas will soon be here.

It's at this time you remember the past
And the people who shared in the joy
Of preparing the meal or going to church
Or seeing a child get a toy.

But now you must find a way to go on
That is different than you've ever known
A new way to celebrate, even though you will be
Spending your Christmas alone.

By Elaine Caldwell, Detroit, MI
Bereavement Mag. Holiday Issue



'Tis the Season of Miracles

Feeling depressed, lonely, disheartened and down-trodden? Lucky you. According to pastor Jeff Cheadle of the Simi Valley Presbyterian Church in California, you are a candidate for a miracle. What a wonderful season this is; both Hanukkah and Christmas celebrate miracles.

When the Macabees defeated Antiochus' army and the Jewish Elite, they celebrated their victory in the Temple in Jerusalem. They found a small cruse of oil containing enough for only one night of light, but the oil miraculously burned for eight days. The "miracle of lights" is celebrated each year with the lighting of candles for eight days. Christians celebrate the miraculous birth of Christ, born to the Virgin Mary.

Celebrating miracles becomes somewhat of a challenge following the loss of a loved one. During the darkest days of our grief, we might even question whether miracles even exist. A miracle, Webster's Dictionary tells us, is an extremely outstanding or unusual event, thing or accomplishment.

Miracles are getting harder to come by these days. Modern medicine and technology have made even the extremely outstanding an everyday occurrence. Our ancestors would have thought traveling across country in only a few hours was a miracle. Still, miracles exist for those of us who pay attention — and we don't have to look far. Life is a miracle. When you consider all the millions of cells that have to come together just to make life possible, it is a wonder any of us are here.

The brain is a miracle, allowing us to learn and grow and process our world, allowing us in an instant to recall a loved one's face, a loved one's laugh. The heart is a miracle, allowing our love to transcend death. The soul is a miracle, allowing us to commune with God and feel a loved one's presence.

Today, look for miracles in your life. Take a walk in nature, study the family photo albums. Think of the miracle of birth. If you can't celebrate the holidays, celebrate a miracle.

*By Margaret Brownley, Simi Valley, CA
Bereavement Magazine Nov/Dec 2003*



(cont'd from Page 1)

- Eat whatever you want. Skip the "oughts" and "shoulds" right now and concentrate on the comfort foods. You can't eat this way forever, but you might as well take advantage of your grief and treat yourself. If you find you can't eat "a thing," send it to me, and I'll help. We'll diet together next month.
- While you are buying a gift for yourself, buy one for your loved one as well. Wrap it up and give it away to someone who might not otherwise have a gift. When you pass on the love you shared together, it can never die.
- Breathe. In and out. In and out. It's that simple and that hard. Some days just breathing is all you can manage. Other days it's a bit easier so relax and enjoy those moments when you can remember your loved one's life instead of focusing only on the death.
- Put something that reminds you of your loved one in your pocket and every time you need a hug, just pat your pocket and recall the loving connection between you. I carry a rock with me always, to remind me of the steadiness, security, and sturdiness of his love. I've carved the word HOPE on that rock so I won't forget what hope is all about.

Hope isn't a place or a thing. Hope isn't the absence of pain or sadness or sorrow. Hope is possibility. Hope is the memory of love given and received.

Surviving really isn't too hard. Living can be. No matter how crazy the world or out of "sync" you feel, don't lose the treasure of your loved one's presence in your life. You don't have to say good-bye. You don't stop loving someone just because they died. In addition to carrying a rock in my pocket, I've decided to create a new holiday for the bereaved. Since we can't remember what day it is or how we are supposed to behave, we'll just celebrate everything all at once. You'll get one card a year and just keep opening it on whatever days are appropriate for you. I love you and want to send my thoughts and hugs, but with all the changes always occurring in my life, I just may serve watermelon in December and frost the cookies bunny pink in October. Whatever. I'm trying and that's what counts! Hand in there. It gets better, honest. I just can't remember when.

HAPPY NEWSVALEASGRADUAWEEN
GIVNGMAS (that's I love you in HOPE)

*Darcie Sims
November/December 1998
Bereavement Publications, Inc.*

Reclaiming Our Joy

Shortly after my son's suicide in 1993, a wise counselor told me not to let death take away my joy. At the time, those words fell on deaf ears. But, as the days passed and healing began, that guidance became my mission to somehow reclaim my joy after experiencing the incomprehensible suicide death of my child.

The powerful and overwhelming emotions that embody the grieving process tend to be magnified during the holidays - a time when memories of our missing loved ones are especially painful. Family gatherings are wearying reminders of the stark reality of our own loss. Here are some steps that we can take together to endeavor to recover our God-given joy during a difficult holiday season.

Plan ahead for the pitfalls of holiday bereavement. Educate yourself in the fine art of surviving the holidays and equip yourself for the season. Beware of the expectations of others and choose to get through the holidays your way!

Give yourself permission to grieve during the holidays instead of denying your emotions. Resist the urge to "shut down" emotionally until next year. Trust me, the feelings will still be on that shelf on January first, and they may be even more powerful and destructive than they were in December.

Choose to be around safe, supportive people during the holidays - people who will let you have your grief. Make a conscious decision to stay connected to God and His people at a time when you may prefer isolation. We serve a loving, comforting God, and there is great healing in His community. Reach out and take the light and love that others offer during the holidays, and in turn, give whatever you can to those who reach out to you.

By Linda Flatt, Henderson, NV, Bereavement Mag. Nov/Dec 2000



DILLONS COMMUNITY REWARDS

Dillons Plus Card Instructions

Step 1: Go online to www.dillons.com

Step 2: (If you already have an online account please go to instruction below.)

Click on Community/then Community Rewards. Click on Create Account, enter email address and password, select preferred store, then click on create account at the bottom of the page.

Step 3: Add Dillons Plus Shoppers Card - Enter the 12 digit number from the back of your Dillons Plus Card or alternate phone number and your last name, then click on save.

Step 4: This will bring up Account Summary page, scroll to bottom of page and at Community Rewards, Click Edit button.

Step 5: You will be asked your organization number - enter 10192 or Goo to see organization name, select, then click on "enroll to complete your enrollment". You are done! Every time you use your Dillons card, your total \$\$'s will be credited to Good Grief of Kansas. Ask your friends & family to select us too!

Already have a Dillons Account?

Step 1: Go online to www.dillons.com

Step 2: Click on Community/then Community Rewards

Step 3: Sign In - enter email and password, then enroll now.

Step 4: You will be asked your organization number - enter 10192 or Goo to see organization name, select, then click on "enroll to complete your enrollment". You are done! Every time you use your Dillons card, your total \$\$'s will be credited to Good Grief of Kansas. Ask your friends & family to select us too!

If you have any problems, please call the Good Grief office and leave a message. *More details may be found on the Good Grief website.*

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 \$ _____

Send Memorial acknowledgment to:

Name _____

Address _____

City State, Zip _____



ANONYMOUS PLEASE

I would like more information

My phone # is () _____

My Name _____

Address _____

City, State, Zip _____



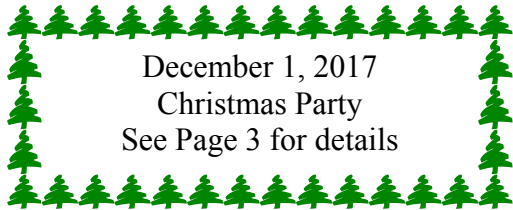
Good Grief News

Good Grief of Kansas, Inc.
2622 W Central - Suite 108
Wichita KS 67203

Good Grief
of Kansas, Inc.

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

RETURN SERVICE REQUESTED



December 1, 2017
Christmas Party
See Page 3 for details

Attention: Amazon shoppers!

Good Grief of Kansas is registered with
Amazon Smile. Here's the link.
<http://smile.amazon.com/ch/48-1134597>

*Remember **Good Grief of Kansas** when writing your year-end donation checks.*

www.goodgriefokansas.org

316-612-0700

Good Grief News

Executive Board

Rick Cline, President
Kelly Blades, Secretary
Mary Evans, Treasurer

Board Members

Marilyn Nichols
Merri Reed
Ted Swan
Jim Yoder

Founder

Phyllis L. Gadaire-Sauer

Office Manager

Donna Rhodes

Trainers, Facilitators & Substitutes

Linda Burris
Janet Cook
Thomas Downer
Jack Elder
Kathy Harbert
Rhonda Hinkle
Beth Holdeman
Chuck Holdeman
Marsha Huffman
Frank Jarmer
Adrienne Massey
Lois Pardee
Mary Piotrowski

Program Director
Janet Cook

Evelyn Reece
Fang Richards
Cathy Sexton
Debbie Selsor
Carmen Suter
Cindy Swan
Kathy Thomas
Marjorie Watkins
Melissa Warnken
Bob Westerfield
Connie Westerfield
Bonnie Workman
Jim Yoder

Program Outreach:

- Widowed Support Group
- Suicide Loss Support
- Other Adult 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

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.
Newsletters may be viewed
on-line by going to
www.goodgriefokansas.org.

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. by mail or to info@goodgriefokansas.org.

Marge Glazier



Real Estate for the Real World

Century 21 Grigsby

Cell 316-648-7415
Office 316-978-9200
Marge Glazier, Broker Associate

Mission Statement:

Good Grief of Kansas provides grief
support for persons who have lost a
loved one through death.