



Good Grief
of Kansas, Inc.

Good Grief NEWS

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

316-612-0700 March 2018
Email: info@goodgriefofkansas.org

Some people think that
to be strong is to never feel pain.
In reality, the strongest people are
the ones who feel it,
understand it, and accept it.

RANDOM THOUGHTS

*There's a grief that can't be spoken
There's a pain goes on and on
Empty chairs at empty tables
Now my friends
Have come and gone
— les miserables*

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 do 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 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 I am too tired to go further, somehow I am guided to a 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 comfortable 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 forms.

Friends can mean well and hurt deeply, and strangers understand that 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 than 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.

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.

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

By Cecilia Perciballi-Clayton -Newton, NJ
Jan/Feb 2001 Bereavement Publications



SCHEDULE OF GROUP MEETINGS FOR THE BEREAVED

Be sure to check the website for any changes to meeting schedules.

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)



March 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	27 Central Group 10 am Derby Group 7:00 pm West Group 7:00 pm	28 W.A.Y. Group 7:00 pm	1 Breakfast 9 am IHOP Brunch/Lunch 10 am Spears or Country Café TLC Meeting 5:00 PM	2	3 Breakfast 10 am Spears Restaurant
4	5 SOSL Wichita 7:00 pm SOSL Ark City 7:00 pm South Group 7:00 pm East Group 7:15 pm	6 Central Group 10 am Derby Group 7:00 pm West Group 7:00 pm	7 W.A.Y. Group 7:00 pm	8 Breakfast 9 am IHOP Brunch/Lunch 10 am Spears or Country Café	9	10 Breakfast 10 am Spears Restaurant
11 	12 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	13 Central Group 10 am Derby Group 7:00 pm West Group 7:00 pm	14 W.A.Y. Group 7:00 pm	15 Breakfast 9 am IHOP Brunch/Lunch 10 am Spears or Country Café	16	17 Breakfast 10 am Spears Restaurant 
18	19 SOSL Wichita 7:00 pm SOSL Ark City 7:00 pm South Group 7:00 pm East Group 7:15 pm	20 SPRING Begins Central Group 10 am Derby Group 7:00 pm West Group 7:00 pm 	21 W.A.Y. Group 7:00 pm	22 Breakfast 9 am IHOP Brunch/Lunch 10 am Spears or Country Café	23	24 Breakfast 10 am Spears Restaurant
2 	26 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	27 Central Group 10 am Derby Group 7:00 pm West Group 7:00 pm	28 W.A.Y. Group 7:00 pm	29 Breakfast 9 am IHOP Brunch/Lunch 10 am Spears or Country Café	30 	31 Passover begins Breakfast 10 am Spears Restaurant

Enchanted Moment

Like all things, so very beautiful,
You lasted a very brief time.
But sometimes the
briefest encounters
Can be so very sublime.

Like a Butterfly atop a flower,
Or a shell found at the seashore,
The enchantment of such a moment
Stays with us forever.

So fleeting was that moment
Of our union here on earth.



Yet always will it linger
And I'll honor it with great worth.

Never again in my lifetime
Will I ever hope to know
A love any greater than ours
Or a loss worse than your deathblow.

I embrace you in my everyday
thoughts,
With memories, both good and bad,
Because they are the sum of you,
And that moment we once had.

*by Kathy Winkler,
Middleburg Heights, Ohio*

Contributions for last month(s) totaled \$1,878.00.
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

February

Contributors:

- Gary Appelman
- Sue Bigler
- Dave Bloir
- Dave and Luanna Clark
- Janet Cunningham
- Robbie Evans
- Rhonda Hinkle
- Chuck Holdeman
- Keya Holt
- Ted McMurphy
- Royal Owens
- Lois Pardee
- Nancy Powell
- Randy L. Rowe
- Fred Silver
- Carmen Suter
- Nancy Vincent

Good Grief Red Banquet
 February 2018

Dillons Community Rewards
 \$141.40

South Group Donations
 Nov '17, Dec '17, Jan '18

Memorial Gifts

In Loving Memory

Danny Clark

By Dave & Luanna Clark

Angel Evans

By Robbie Evans

Memorial tributes and 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 of Kansas. However, your gift is very important. **We depend on donations from individuals and organizations to meet 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.

March Birthdays

- Maralene Balthazor ... 2
- Richard Sifford 2
- Sara Underhill 2
- Julie Newby 3
- Connie Westerfield 3
- Lee Harrell 4
- Crescent Reese 7
- Catherine Allred 10
- Esther Granados 12
- Rick Haywood 12
- Rosemary Gardner .. 13
- Elaine Marcotte 14
- Jim Yoder 14
- Kenneth Bradford 18
- Christy Beaman 19
- James Ismert 20
- Tracy Tyson 20
- Tina Friend 21
- Dee Troyer 21
- Phyllis Nichols 24
- Kim Brier 25
- Ray A Staats 25
- Angie Kryston 26
- Larry Lewis 26
- Trudy Bakker 31





Listen To The Music



My husband was dying, and I felt as if an alien had taken over my body. My life was in a time warp, spinning and spinning until one day, like an explosion, everything stopped and time stood still.

The hospice nurse said, "I'm sorry, he's gone." The pastor, in prayer, lifted his head, then slowly moved it up and down. As I walked down the hall, even the clock had stopped. The chatter in the room had stopped. It was as if all life had stopped, including my own.

Somehow, I carried on that day. I told his ninety-three-year-old mother in the nursing home that she had lost another of her children. Her reply, "A mother shouldn't outlive her children, somehow that doesn't seem right." She had outlived four at that time.

That night, the first time in months, I fell fast asleep, exhausted. Suddenly, I woke with a start. Had it really happened? My husband isn't gone; he is sleeping in the other room. Reluctantly, I slipped out of bed and turned on the light, but the hospital bed had been stripped, and he was gone. It wasn't a dream; it was real. This had been his den before it was turned into a hospital room through the help of hospice. He had loved his den, he would never leave it. But he did; he was gone.

During the days ahead, even after the room became a den again, I would slip in there looking for him in the chair at his desk. I would put my face in the pillow he had napped on. I would go into the bathroom and smell his shaving cologne. I always thought he would be back. After all, he loved me too much to ever leave me.

It wasn't until two years later, that I realized he was gone, and he wasn't coming back. For some reason, I was still alive, and I had to find out what that reason was.

Eventually, I moved to an apartment with a beautiful view of the park where I watched spring come again in a whole new light - not with the grief spring brought before. I saw the blossoms and heard the birds. I found myself laughing again. Through all this, I heard my husband, as he said so many times, "If something happens to me, I want you to get on with your life." It was like a refrain of an old song - long silent - but now I was singing it, and before long a chorus joined me in *The Song Of Life!*

By Bev Dimmitt, Ottumwa, Iowa
Bereavement Magazine July/August 1998

BREATHING LESSONS

Take a deep breath.

If you're grieving a loved one, chances are you haven't taken a deep breath for quite some time. The physical and emotional distress of grief can do an enormous amount of harm to the mind and body. We become so caught up in our pain, we literally forget to breathe.

For thousands of years, eastern philosophers referred to breathing as the link between mind and body, a belief that is now accepted by the medical profession. Studies have shown that deep, slow breathing can strengthen the heart, tone muscles, slow down the effects of aging, increase energy, improve digestion, and alleviate certain emotional problems. It can even help us lose weight by improving our metabolism.

Shallow breathing, the kind that is so prevalent during grief, fills only the upper parts of our bodies with air. It never occurs to us that the headaches, back pain, indigestion or depression that plague us during the darkest days of our lives might be caused by our bodies simply crying out for oxygen.

A doctor once told me that 80% of his patients complaining of heaviness in the chest following the death of a loved one are breathing improperly. Could this be part of the reason why so many survivors are at a greater risk of dying from infectious diseases and cancer? Three years after bereavement, grieving spouses over sixty-five have a natural death rate 50% higher than normal.

Babies and children breathe with their whole bodies. Most people are so caught up with work, family and the details of their lives, they store but a quarter of the air their lungs are capable of storing.

Take a deep breath. Take lots of deep breaths. Stand tall and concentrate on the center of energy just above your navel where each breath should begin and end. Stretch your diaphragm by filling your stomach with air, and you'll feel the tension fade away and a surge of new energy take its place.

In her delightful book, *A Natural History of the Senses*, Diane Ackerman writes, "At this moment you are breathing some of the same molecules once breathed by Leonardo da Vinci, William Shakespeare, Anne Bradstreet or Colette. Inhale deeply. Think of *The Tempest*. Air works the bellows of our lungs, and it powers our cells."

Take another deep breath and absorb a little bit of Shakespeare. It's not only good for the body, it's good for the soul.

By Margaret Brownley, Simi Valley, CA
Bereavement Magazine March/April 2002

Turning Words to Water

The more profound the grief, the more profuse the tears. For most, but not for everyone, the grief for a beloved will manifest itself in tears. To cry is to be human, just as to laugh is to be human. To laugh heartily is to live fully, and to cry with deep sobs is to grieve fully. As we age into maturity, we may experience moments of paradox when we realize that joy and sorrow can exist simultaneously. We may find ourselves laughing even as we are crying. Our tears being symbols of both our sadness and our gladness.

Crying allows us to express the deepest parts of ourselves in a way that far exceeds the capability of the spoken word. We are not all poets, and the deep love felt for the one from who we are now separated may be best expressed through tears. In the world of grief, words are often inadequate. Tears help us bridge the gap between where we are in our grief today and where we need to move toward tomorrow. Tears are a reminder that we have not forgotten our loved one. Tears connect us at a deeper level to the suffering we are feeling. Our tears remind us that we are suffering and that part of who we are has been torn apart. We need to honor the tears that run down our cheeks for they are drops of wisdom from inside of us. This innate wisdom turns our words into water when our sobs are too great for words. Our tears are reminders to grieve boldly and courageously in the manner that each of us needs to do as an individual testament of our love.

Often a sense of embarrassment is associated with crying, a feeling of being out of control. An original meaning of the word "embarrass" was, "to hinder the freedom of movement." When our tears embarrass us, we become prisoners to our emotions. We become locked up or bound down by our feelings. We are unable to express our feelings freely as we need to. Whether grief is one day old or one year old, or whether grief is timeless, grief by its very nature gives permission to cry. Do not allow your freedom to cry to be hindered by anyone. And most importantly, do not hinder yourself from crying the tears that still need to be shed.

by Timothy Nickel, Elizabethtown, PA



Just Sit With Me

This article should be in the hands and hearts of everyone who wants to be a grieving, healing partner for someone who has suffered a loss. It is for those who "get it" to the extent they can and for those who don't "get it," but still want to help. As we all know, a hug, a heartfelt handshake, a silent partner can do much for our healing and our hope.

In the end, we all grieve alone, but to have partners in healing can go a long ways towards helping us recapture our smiles and bring our loved one's lives back to us.

1. Know that you have incredible power. Your support today, tomorrow, and forever will be paramount to our healing. Stick with us and you will see our smiles return.

2. Understand that our grieving and healing will never end. We will never be over it or completely healed. We will grieve the death of our loved ones forever, but it doesn't mean we need to lead a grief-stricken life. That is where you can help.

3. When we talk about our pain and our tears flow, don't try to make them go away. They are doing good things for us. Our tears are like the steam valve on a pressure cooker. We need them as a way of releasing our suffering.

4. We know we scare you at times, because we are so distraught, but don't look at us as a problem to be fixed so you will feel better. Don't make our healing about what is best for you. We know you want to help, but advice and "should dos" only invalidate our feelings and push us away.

5. Don't try to change us. We will never be the person you once knew - too much has happened to us. Let us be who we are, a grieving, healing person who one day will be similar to that complete person you knew. We want to feel better, we are looking for answers where sometimes there are none. Be patient with us, we know we can be frustrating for you. You may think we are not trying, but we are, with all our might, all of the time.

6. Be an empathetic listener. There is incredible power in saying nothing. Don't feel like you need to fill the silence with words. A gentle hug, a hand held, a simple nod of the head says you care.

7. We will never stop missing our loved one. We think about him just as often as you think about your loved ones who are alive. And that is the way it will always be. If you see us out to dinner or at the show, dancing and smiling, don't think we have healed and no longer need you. Those are our masks. Like any deep wound that scars over, the pain of that wound lives in us forever and stays with us.

(cont'd on Page 7)

(cont'd from Page 6)

8. We love to talk about our loved ones. They still live. Not like they used to, but their spirit and life force live within us, and we love hearing their names spoken and your stories about their memories validate their lives. If we cry when you talk about them, you didn't cause our tears. Those are tears from a grateful heart, because you remembered our loved ones.

9. Our loved one's birthdays and death days are days we will not forget...ever. You can never remind us they died, but you can remind us they lived through your sharing. You have the power to help us heal by acknowledging those days with a card or a call. Whether it is our first year, our tenth or thirtieth year without our loved ones, when you contact us, you are remembering their lives and that is powerful to us.

10. We know that you hurt, too. The loss of a loved one was a loss for you also. We can help each other heal by staying involved in each other's lives.

11. If you are reluctant to call or come by, don't be afraid of us. When you show up, you show you care. Even if all you can do is cry in our arms or over the phone, it helps us to know your tears are for us. That helps us heal, and you, too.

12. Finally, if you are a healing partner who can stay with us forever, we will never be able to put into words how grateful we are for your support. When we smile a genuinely happy smile as our lives heal, much of that joy will be because of you. You have that kind of power and we, and our loved ones, will be eternally thankful you had the courage, strength, and most of all, patience to wait for us to return.



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.
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Wichita KS 67203

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SAVE THE DATE

May 19, 2018
Memorial Balloon Release
and Walk Fundraiser

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

www.goodgriefokansas.org

316-612-0700

Good Grief News

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Bonnie Workman
Jim Yoder

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

Program Outreach:

- Widowed Support Group
- Survivors of Suicide Loss Support Groups
- Other Adult Family Loss Support (parent/child)
- Social Support
- Seminars/Workshops
- Community Presentations
- Counseling Referrals

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