



Good Grief NEWS

Good Grief
of Kansas, Inc.

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

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

How do we DO grief? This question was hinted at in the title for a reason. Grief is hard work. There are tasks that worry us and tasks that weary us. There are dictums telling us what we should DO next, and then we feel abandoned, lost, in a world all our own, wishing that someone would come along and tell us what to DO. We go to our favorite restaurant, only to discover that we left our appetite at home. We sit in a darkened living room, knowing we should eat. We wander to the darkened kitchen, stunned by the brightness of the refrigerator light, facing the tantalizing mix of sour milk, stale bread and some odd-colored slices of cheese. Are we supposed to DO grief this way? Why did my loved one die? Someone find me a map?

For a time (I don't know how long!), the pains of our loss control us, maybe even condemn us by loading us up with thoughts such as, 'You abandoned me like everyone else does,' 'I want to be alone' or 'This is so unfair.' Again, how DO we DO this? Then, the time will come, sometimes humbly, sneaking in through the back door, maybe in the whirlwind of another crisis. Exhausted, we crawl forward or maybe in circles, as we follow the long path of grief.

We get lots of advice. Some of it is even helpful. Others seem to be directive. We need a friend, not a boss or a tour guide. Even our best friends will get it wrong sometimes, but we forgive them because they came to us out of love. We pick up reminders at a movie, watching television, stopping for a drink or a meal after work. A stranger

Going by the Book:

Do We Have to Grieve this Way?

can offer sage advice before disappearing into the night without our thanks. We could go to worship and feel the love of God. Often the best 'advice' comes when we are not looking for it. It's when we get stuck that we welcome the lifeline of rescue.

Can you move away from DOing to considering? You do have some options and, if you want, you can develop your own pathway. Some relatives and friends may not be the right people to seek out. Maybe they will be. It's hard to keep trying and being condemned by a slammed door. Sometimes the door-slamers share your loss and are equally stuck in their own sorrow. Maybe, often at an unplanned time, there will be a moment when the door opens a crack and someone is there to welcome you.

I want to share some thoughts or ideas for you to consider. I don't want to call them tasks because then they become more things to DO. These may or may not be helpful for your. One quick comment – please don't disregard these suggestions entirely, thought you may feel free to seize your own ideas. What doesn't fit one day may be the perfect fit later on.

You have only so much of your SELF to share. Be judicious. Be good to yourself. That is not being selfish, but healthy.

Don't run from familiar roles and tasks. My grandson can hurt, too, and may not understand what is happening. He always

has a hug and a kiss. What a gift to "Pop-pop!"

Let others bless you. You can bless them, too.

Read a book. Work out. Take a nap. What about your hobbies? No one can (or should) grieve 24/7.

Religion and spirituality may not be comfortable places for you. You might get the worst advice from some members, even from religious leaders. You may also feel welcomed in love, appreciate the music, a reading or a prayer and made to feel very welcome. Could it be that you are finally in a safe place with a safe and helpful person?

Live from day-to-day. Today's load is enough. Tomorrow isn't here yet and yesterday is gone.

Make healthy choices, but not at the expense of rest, play and occasionally 'pigging out.'

Consider the family rituals that may have been lost along the way. Or, you choose to create new rituals.

Stop trying so hard to DO your grief. Let 'good' grief BE your guide and strength.

*by Rev. Richard B. Gilbert, Ph.D., D. Min., CT
Bereavement Publications, Inc. - Summer 2012*



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: 6:30 - 8:00 PM >> NEW LOCATION & TIME<< WEST WICHITA**West Heights UMC - Use South parking lot, Entrance G, Fellowship Hall
(745 N Westlink Avenue)
Facilitators: Evelyn Reece, Marsha Huffman, Bonnie Workman**Tuesdays: 7:00 - 8:30 PM**Derby Woodlawn UMC - Room 15E (431 S Woodlawn Blvd in Derby)
Facilitator: Kathy Thomas & Linda Burris**DERBY****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 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: Jim Yoder 316-727-0663**CENTRAL WICHITA****1st and 3rd Monday: 7:00 - 8:00 PM *Suspended Until Further Notice* 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.

*If you or someone you know is in need of help, be sure to contact the National Suicide Prevention Lifeline at (800) 273-8255.***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.

OFFICE SUPPLY
NEEDS:**Envelopes:****# 6¾ Security****# 10 Standard****(Dollar Tree envelopes work just fine)****Colored Paper:****Pastel - 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)**



June 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	29 Central Group 10 am **West Group 6:30 pm Derby Group 7:00 pm	30 W.A.Y. Group 7:00 pm	31 Breakfast 9 am IHOP Brunch/Lunch 10 am Spears or Country Café	1	2 Breakfast 10 am Spears Restaurant
3	4 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	5 Central Group 10 am **West Group 6:30 pm Derby 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	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 **West Group 6:30 pm Derby Group 7:00 pm	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 South Group 7:00 pm East Group 7:15 pm	19 Central Group 10 am **West Group 6:30 pm Derby 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 	22	23 Breakfast 10 am Spears Restaurant
24	25 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	26 Central Group 10 am **West Group 6:30 pm Derby 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	30 Breakfast 10 am Spears Restaurant

YOU TELL ON YOURSELF

Author unknown

You tell on yourself by the friends you seek,
By the very manner in which you speak,
By the way you employ your leisure time,
By the use you make of dollar and dime.

You tell what you are by the things you wear,
By the spirit in which your burdens bear,
By the kind of things at which you laugh,
By the records you play on the phonograph.

You tell what you are by the way you walk,
By the things of which you delight to talk,
By the manner in which you bear defeat,
By so simple a thing as how you eat.
By the books you choose from the well-filled shelf:

In these ways and more, you tell on yourself.



Contributions for last month(s) totaled \$687.25
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

May

Contributors:

Gary Appelman
 Sue Bigler
 Dave Bloir
 Richard M. Escareno
 Robbie Evans
 W. H. Ford
 Mike Gillihan
 Marge Glazier
 Ted McMurphy
 Alice Miles
 Nancy J. Newlon
 Norma Nosker
 Lois Pardee
 Mary Piotrowski
 Evelyn Reece
 Gayla Shrank
 Kaye Stevens
 Carmen Suter
 Nancy Vincent
 Rodney Wake
 (for April 2018)
 Marjorie Watkins

Memorial Gifts

In Loving Memory

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.

June Birthdays

Judy Wherritt	1
Dawn Lindow	2
Jamie Musson	6
Michael Bayouth	8
Charlene Tucker	9
Royal Owens	10
Douglas Cravens	11
Jane Vaughan	11
Lois McClelland	13
Rita Bohlman	14
John Bigley	16
Sherry Roeser	16
Shannon Campbell	19
Janet Patterson	23
Lisa Kelly	24
Angie Polzin	24
Marsha Volz	25
Eldon Sholtess	27
Jack L Smith	29
Olivia Weber	29
Kristy Canterbury	30
Betty D. Kelly	30



Dillons Community Rewards

\$137.99

South Group Donations

April 2018

Memorial Balloon Release

May 19, 2018

This event raised a little over \$1,400.00 for Good Grief of Kansas, Inc. Thank you to all the volunteers who helped make this event a success! If you were unable to attend and would like to donate to this event, funds are still being accepted.

Mark your calendar now for next year's event, May 2019.



Surprised By Sorrow

On this still, Saturday morning, I hold a sick child and study the scarred backs of my hands. A slipped crescent wrench, a gouging screwdriver, an unforgiving piece of metal, shards from broken glass and splintered wood cuts have left their marks.

And I'm afraid for little Sophia, eighteen months old today. What scars will life leave on her? Can I protect her, not just from broken glass, but more importantly from a broken heart?

As she drifts off to sleep in my arms, I think of those I work with in my role as a grief counselor. So many sad people with broken hearts and painful memories from stillbirths and miscarriages, loss of love and loved ones.

Must we accept the inevitability of pain and heartbreak? Mature people face life as it really is, pretending about nothing. Yes, life can be intolerable and overwhelming at times. To be sure, we don't need to seek out pain and suffering in order to be good people. Life doesn't have to be full of misfortune, suffering, drabness or misery. It does not have to be grim to be important. But as suffering is inevitable, then the deepest strength must come through testing.

I cannot dictate how society will treat Sophie in the years and decades to come. Instead of wishing her a life of roses kissed by dew, and sunshine, joy and laughter all life through, perhaps as the poem goes, I should "wish her a love of life instead – an inquiring mind and eyes that look ahead, tenderness and courage, work and play, faith and hope enough for each new day."

I'll be sure she gets to spend time with her grandfather, who knows so many things about life and love and pain and sorrow. Our culture says to avoid pain, pursue only pleasure. Our culture says to be suspicious, not to trust, not to believe, to be afraid of everything. But while we can't shroud ourselves and our children against pain and calamity, we can come to accept our limitations and trust in God, no matter what life brings.

Deep in our hearts, hope replaces insecurity. We receive purpose and renewed direction. We gain an understanding and compassionate heart, along with a wisdom we never had before.

"We learn, with time, that if God in this or that instance does not choose to take away the suffering, or utterly remove the evil, he does send grace and power," Christian author Philip Yancey points out.

Armed with that power, we work through our grief and depression, gaining freedom from immobilizing dependencies, addiction to others' approval, and residing in regret or worry. As we allow Him to salve our pain and hurts, we will be able to touch, talk about and accept your wounds.

This process takes time. It's almost as if we have to go through the pain to get to this kind of faith and peace.

Tenderly, I lay feverish Sophie in her crib. I hope I am learning compassion for others in their afflictions, because resounding through the epistles are messages to nurture, listen, share burdens, encourage, uplift and love.

Maybe we could add three more ingredients to this recipe, one concocted by the late Jim Valvano. This former coach of the championship North Carolina State basketball team struggled valiantly against cancer. Before he died, I saw him at one of those athletic awards banquets they often televise. It took quite a long time for Jim to walk up to the microphone. As he was recounting his life of basketball and his fight against cancer, he saw a cue card.

"Thirty seconds, they're saying to me. Ha! Like I care. I'm about to die, and they're telling me thirty seconds! No, I've got this podium now, and I'm not going to give it up until I tell you what I've got to say." A few minutes later he finished with, "Take it from me, a man who's about to die. The secret to life is to do three things: Take time every day to think, to cry and to laugh."

I still want to protect Sophie from pain, and her hands and heart from the scars of life. But maybe we discover that pain can make us better somehow.

by Jeff Zhorne, Pasadena, CA
Bereavement Magazine May/June '98



Beatitudes For Those Who Comfort

By Jackie Deems

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.



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 _____



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RETURN SERVICE REQUESTED

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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Cindy Swan
Kathy Thomas
Marjorie Watkins
Melissa Warnken
Bob Westerfield
Connie Westerfield
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 Group
- Other Adult Family Loss Support (parent/child)
- Social Support
- Seminars/Workshops
- Community Presentations
- Counseling Referrals

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- Memorials, Gifts & Donations

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Marge Glazier



Real Estate for the Real World

Century 21 Grigsby

Cell 316-648-7415

Office 316-978-9200

Marge Glazier, Broker Associate