



**Good Grief**  
of Kansas, Inc.

# Good Grief NEWS

2622 W. Central - Suite 401B, Wichita, KS 67203  
Website: [www.goodgriefofkansas.org](http://www.goodgriefofkansas.org)

316-612-0700 February 2019  
Email: [info@goodgriefofkansas.org](mailto:info@goodgriefofkansas.org)

## ROSE COLORED GLASSES

There are some days nothing helps. Silent pain echoes across the heart, leaving tear stains and shattered dreams. It hurts to move, to think, to breathe. It even hurts to be. On those days, when memories burn scars deep into the soul, there seems little relief.

All the coping tricks we have tried in the past seem to fail us, and we are left with a pain so deep that we fear we will be consumed by it. We firmly believe that we shall never again find hope or joy in this world. Our own death often seems the only escape.

That despair comes at the bottom of the valley. We have all stumbled across those treacherous rocks--many of us more than once. Just as we begin to think that we might survive, something tumbles us back into the darkness, and we are sure we have drowned.

What then? It is as if we are left without our dreams or our memories. Existence has become a void, filled with nothingness not even hurt. On those days, we cannot even feel our pain. We come to know that we can never return to the Land of Make-believe where Humpty Dumpty is put back together without a trace of the jagged edges where he broke into a million pieces and where everything lives happily ever after.

Those are the days when we must "put on" our rose-colored glasses and learn to "See" in new ways. I always carry my rose-colored glasses with me because I never

know when such a day is going to happen.

My special glasses give a rose hue to even the most dismal of views; but more important, people look at me differently. Maybe they see me differently because I see things in a new way.

Just putting on my rose-colored glasses gives me a lift. I know that whatever I am looking at or feeling hasn't really changed. I have changed! Whenever I have dared to laugh in the face of pain, the pain didn't change or go away. I simply changed the way I saw the pain or the emptiness or the hurt of grief.

Rose-colored glasses are simply a dramatic (and perhaps a little silly) change in perspective. But what's wrong with being silly sometimes? If I can catch my breath and gain a few seconds of relief from the emptiness of my grief, then they have created a miracle for me.

Wearing rose-colored glasses isn't denying anything. Rather, it is claiming it all. It is searching for joy and light and love, even in the darkest corners. Love is the reason we hurt, but on those days when all we can see is the hurt, then we feel we may be losing the love. Life does become good and warm and loving once again, but only when we have learned to trust enough to move through the hurt and to claim even that which hurts so terribly. It is a part of us, and as such cannot be ignored or abandoned.

Looking at the world through rose-colored glasses isn't being a

Pollyanna, it's being real in the most honest sense. It is an attempt to both accept and live what is instead of turning it all away and denying that love ever existed.

If you have laughed with your loved one, you have already worn rose-colored glasses. Don't forget them now. They helped you conquer mountains before and they will help you to see the other side of grief, someday.

Don't wait for joy to come to you ... Go find it. Search for it, insist on it every day. Wearing rose-colored glasses is a change in perspective, nothing more, nothing less. It is not a choice between pain or no pain, but how we manage the pain we feel.

The trick to those days is learning to live with what you got instead of wishing something else had happened. As you pick your next step through the valley, remembers that the rocks are everywhere, but so is the path! Don't let death rob you of your heart spaces ... The space where your loved one lives. Don't let death dominate the Spring places in your heart. Don't let death rob you of your rose-colored glasses.

*by Darcie Sims*



**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: 7:00 - 8:30 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 - (225 N Waco) Use South Office Entrance, Fireside Room  
Facilitators: Marjorie Watkins & Jack Elder**CENTRAL WICHITA****Tuesdays: 6:30 - 8:00 PM**West Heights UMC - (745 N Westlink Avenue) Use North parking lot off Delano Street,  
Building Entrance A2 "CHAPEL". Look for brown double doors just west of A1 Entrance.  
Facilitators: Evelyn Reece, Marsha Huffman, Bonnie Workman**WEST WICHITA****Tuesdays: 7:00 - 8:30 PM**Clearwater Church of Christ - (13900 N Diagonal Road) Use West Door  
Facilitators: Kathy Thomas & Linda Burris**CLEARWATER****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 - (225 N Waco) Use SW entrance door, Fireside Room  
Facilitators: Fang Richards & Marsha Huffman**CENTRAL WICHITA**

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**SURVIVORS OF SUICIDE LOSS****Mondays: 7:00 - 8:00 PM**RiverWalk Church of Christ - (225 N Waco) Use NW entrance door. This door is usually  
locked, knock loudly - Room 106. Please call the Facilitator before attending, to ensure  
materials are available. This group is for those who have suffered the loss of a loved one  
through suicide.  
Facilitator: Jim Yoder 316-727-0663**CENTRAL WICHITA***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.

**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:****# 6 Security****# 10 Standard**

(Dollar Tree envelopes work just fine)

**Colored Paper:****Pastel - Cream****8½ x 11, 24 lb**

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**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**

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



# FEBRUARY 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28 SOSL Wichita 7:00 pm  South Group 7:00 pm East Group 7:00 pm	29 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	30  W.A.Y. Group 7:00 pm	31 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	1	2  Breakfast 10 am Spears Restaurant  <b>Groundhog Day</b>
3	4 SOSL Wichita 7:00 pm  South Group 7:00 pm East Group 7:00 pm	5 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	6  W.A.Y. Group 7:00 pm	7 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café  TLC Meeting - 5PM	8	9 Breakfast 10 am Spears Restaurant  <b>Red Banquet 6 pm RWCC</b>
10	11 SOSL Wichita 7:00 pm  South Group 7:00 pm East Group 7:00 pm	12 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	13  W.A.Y. Group 7:00 pm	14 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café  <b>Valentine's Day</b>	15	16 Breakfast 10 am Spears Restaurant
17	18 SOSL Wichita 7:00 pm  South Group 7:00 pm East Group 7:00 pm  <b>President's Day</b>	19 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	20  W.A.Y. Group 7:00 pm	21 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	22	23 Breakfast 10 am Spears Restaurant
24	25 SOSL Wichita 7:00 pm  South Group 7:00 pm East Group 7:00 pm	26 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	27  W.A.Y. Group 7:00 pm	28 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	1	2 Breakfast 10 am Spears Restaurant

# Red Banquet

Saturday, February 9, 2019 6:00 pm

RiverWalk Church of Christ 225 N Waco, Wichita  
(use NW Door - around back)

**Bring finger food to share.**

Mary Ann Fenske will bring the jewelry again.

**Wear RED ♥ Play Bingo**

Quests are Welcome.



Contributions for last month(s) totaled \$895.00.  
 THANK YOU for your donation which makes it possible for  
 Good Grief of Kansas to continue to serve the bereaved.

# January

Contributors:

- Robert & Sharon Allison
- Mary Belcher
- Dave Bloir
- Lorraine Boyd
- Kevin Burgardt
- Jim Commerford
- Janet Cunningham
- Sharon Dunning (Dec)
- W. H. Ford
- Maria E. Garcia
- Mike Gillihan (Dec)
- Marge Glazier
- Marsha Huffman
- Lisa Kelly (Dec)
- Beverly McGee
- Ted McMurphy
- Jarree Miller
- Mary Lou Norris
- Lois M. Pardee
- Fang Richards
- Gwen Sandefur
- Carmen Suter  
(Dec and Jan)
- Nancy Vincent
- Bonnie Workman

Special Birthday contributions were made by the following in honor of Janet Cook's birthday.

Kevin Burgardt    Marsha Huffman  
 Fang Richards    Gwen Sandefur  
 Bonnie Workman

*Memorial tributes and gifts always welcome.*

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

*Memorial Gifts*

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*In Loving Memory*

**Matthew Allison**  
*By Rob & Sharon Allison*

**A. J. Belcher**  
 We miss him so much ~ 12-30-09  
 Hard to believe you have been gone 9 years.  
*By Mary & Michele Belcher*

**John David Boyd**  
 January 22 would have been his 80th birthday  
*By Lorraine Boyd*

**Vincent Connery**  
*By Mary Lou Norris*

**Carol Ann Smith**  
 Love you "Mom" always will  
*By Jack L. Smith*

**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.

# FEBRUARY Birthdays

- Eddie Glenn .....1
- Kelsey Vinopal .....1
- Veronica Bates .....2
- Martha Sturgill .....2
- Ed Reed .....3
- Lindsay Cornish .....4
- Randy Pianga .....4
- Danielle Ellis .....7
- Jack Elder .....8
- Mike Gillihan .....8
- Diana Kramer .....10
- Margaret Wooldridge .....10
- Rosie Hacker .....12
- Deana King .....13
- Connie Ohler .....13
- Peggy Grell .....16
- Clarence Nickelson .....16
- Debra Null .....19
- David Laws .....20
- Betty McAnulty .....23
- Barbara Phillips .....23
- Sarah Samuels .....25
- Tami Spain .....25



**GOOD GRIEF OF KANSAS, INC. ~ SURVEY 2019**

2622 W Central - Suite 401B, Wichita, KS 67203

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

This survey has been developed to better understand the various needs of Good Grief attendees -- what is working, what is not, and what you would like to see developed. Please supply contact information so we may follow up on the suggestions made.

**Group Support Meetings**Start time  good  suggestion (specify) \_\_\_\_\_Length of meeting  good  suggestion (specify) \_\_\_\_\_Location (keep in mind current locations are free)  good  suggestion (specify) \_\_\_\_\_Group Discussion Topics  good  suggestion (specify) \_\_\_\_\_Facilitator(s)  helpful  suggestion \_\_\_\_\_**Socials (circle all you have attended)**

Lunch/Brunch/Breakfasts

Red Banquet

Christmas Gathering

Soup Supper (in past years)

Ice Cream Social (in past years)

Other Suggested activity you would like to see offered (details) \_\_\_\_\_

**Informational Programs/Workshops**Hold in conjunction with group support meeting  yes  noHold in conjunction with socials  yes  noHold as a separate event  yes  noHow often  quarterly  monthly  other (specify) \_\_\_\_\_**Topics:** Personal Safety Identity Theft Wills and Trusts Investments Retirement/Financial Future Planning Westar presentation Other (specify) \_\_\_\_\_ Mental Health/Depression Volunteering Part-time work for Seniors Creating a Monthly Budget Clutter/Organization Weatherman presentation**Fundraising You Would Support** Private Donation Bingo Fundraiser Memorial Balloon Release/Walk Eating establishment with % of sales going to Good Grief I know a corporate sponsor I can contact Other Suggestions (specify) \_\_\_\_\_**We welcome any other comments you might have:** \_\_\_\_\_

*Feel free to use the enclosed donation envelope to return your survey to Good Grief of Kansas.*



# BP?

## What does “BP” mean?

“Pass this on to other BPs if you can,” it said in the letter that accompanied the library books.

That puzzled me. From the context, it was clear that the writer was not referring to **Blue Peter** or even **British Petroleum**, but it took me a while to work out that the letters stood for “**Bereaved Parents**,” let alone remember that I am one, too.

Before long, I was finding **BPs** everywhere. I thought about the **Bleak Picture** of my son dying of cancer, then the **Black Period** following his death in January, 1999. I remembered how early grief often seemed to be a **Bottomless Pit** and the mere idea of getting up in the morning **Bordered** on **Pointless**.

**Bereavement Pain** came and went. Friends only trying to soothe and help sometimes inadvertently chose the wrong words, causing my **Blood Pressure** to soar.

Watch their sons and daughters graduate happily from university was enough to bring my feelings to the **Boiling Point** and make me feel guilty at the same time. Even the **Beautiful Photograph** of my son served as a constant reminder that there would be no more **Birthday Parties** for him. His younger brother and sister would never enjoy his **Brotherly Pat** on the back again, and his father had lost a **Brilliant Partner** in solving computer problems.

But the **Balance of Payments** situation dictated that I do a little work at least. Much to my surprise, I discovered that I could in fact apply some **Brain Power** to other matters and that concentration improves with practice. Sure, there are still plenty of **Bad Patches**, but when that happens, I have learned to simply **Back Peddle** until I can sense a **Better Phase** ‘round the corner.

Working my way through all those paperbacks on loss and grief in the library is no

guarantee that I will **ByPass** the pain of the **Bereavement Package**, but there is always something to comfort and make me realize that I still have a lot of spiritual **Buddy Pals** out there.

I think I know what **BP** means now. And it seems to me that the **Best Plan** for **Bereaved Persons** is to be kind to ourselves, and whenever that **Blocked Pipe** feeling threatens to reach the **Breaking Point**, we must just **Be Patient** and wait until the **Bout of Pain** gives way to a **Brighter Period**.

*By Sue Grant, Regensburg, Germany  
Bereavement Magazine Nov/Dec 2001*



# The Whos and Whats

If you're a Winnie the Pooh fan you know that sometimes he sits around wondering who is what and what is who.

The whats and whos following the loss of a loved one sound something like this. Who am I? Who do I trust? What do I believe in? What is the meaning of life? As unsettling as these questions may be, they are a necessary part of forming a philosophy of life.

My personal philosophy is pretty basic. Our nine year old complains about some imagined injustice and I tell him, "life's not fair," or, "that's the way the cookie crumbles." A personal or career setback sends me scurrying around to make lemonade out of lemons.

The signs in my home speak to the who and what questions I've asked myself over time. One, a picture of Winston Churchill, reminds me to "Never give up." A sign over my sink reads "Life takes a toll, bring change." This one is posted next to my computer. "A dead-end is a great place to make a U-turn" On those days when I'm tempted to regret my past, there's this. "It's never too late for a happy childhood."

When I'm in a self-critical mood, the sign that reads "Be patient, God's not finished with me yet" puts me in a more positive frame of mind.

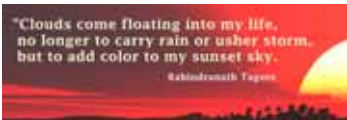
During the darkest days of my grief, I found comfort in the scripture hanging on the bathroom mirror, "For God so loved the world..."

Words of wisdom to live by, words that speak to the whos and whats of my life.

In his book, Happiness is a Serious Problem, author and radio host, Dennis Prager, writes "without a philosophy of life, we do not know how to react to what life deals us. Without being able to place events into perspective – which comes from having a philosophy of life – we are at the mercy of events. Our ship has no destination and no compass."

Even if we have a compass, sometimes it points in only one direction. Our philosophy is sound for the little annoyances of every day life but falls short when dealing with real tragedies. That's why it's necessary to go through the whos and whats, periodically, to keep your philosophical compass in good working order.

A philosophy of life doesn't insure smooth sailing ahead, but it does improve navigating skills. So decorate your home and office with those wise little sayings that keep you on track. Meanwhile, never give up; if life gives you lemons, make lemonade – and don't forget, a dead-end is a great place for a U-turn.



By Margaret Brownley, Simi Valley, CA  
Bereavement Magazine July/Aug 2000

## DILLONS COMMUNITY REWARDS

### Dillons Plus Card Instructions

**Step 1:** Go online to [www.dillons.com](http://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 Dillon's 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 AQ480 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](http://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 AQ480 to see organization name, select, then click on "enroll to complete your enrollment". You are done! Every time you use your Dillon's 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.

### 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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WICHITA, KS  
Permit No. 426

RETURN SERVICE REQUESTED

*Remember to complete and  
return the enclosed  
2019 Survey on Page 5.*

**Red Banquet**  
February 9, 2019  
*See page 3 for details*

[www.goodgriefokansas.org](http://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  
Marsha Huffman  
Frank Jarmer  
Adrienne Massey  
Lois Pardee  
Mary Piotrowski  
Evelyn Reece

Fang Richards  
Cathy Sexton  
Debbie Selsor  
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

**To be REMOVED from  
this mailing**

call 316-612-0700 or  
email your name and address as  
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to [info@goodgriefokansas.org](mailto:info@goodgriefokansas.org)  
and put "remove from mailing"  
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- Memorials, Gifts & Donations

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**Marge Glazier**



Real Estate for the Real World

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Marge Glazier, Broker Associate