



Good Grief
of Kansas, Inc.

Good Grief NEWS

2622 W. Central - Suite 401B, Wichita, KS 67203
Website: www.goodgriefofkansas.org

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

May 2019

See me RED

With anger
Out of control,
Life's unpredictableness
Shaking me.
How could he die?

I lash out at those who make
Life more difficult ...
Those on the other end
Of a business phone call,
Who don't understand,
Who make no effort to be kind.

Those who call,
Asking for his things,
Not out of memory,
But out of greed.
How selfish and rude!
I scream the words,
Silently.

Even cards can make me see RED;
"I know you're strong," they say.
I know I am, but please,
Let me be weak.
Just for now,
Just for a moment.

See me GREEN

Taking control.
My house will be in order.
The living room will be
Vacuumed and dusted.
The yard will be mowed,
Weeded and watered.

I laugh at myself,
Yet, understand the need
To be in control.
And those around me?
They are amused, I'm sure,
But happy to oblige
And plunge into the work,
Beside me.

Colors

See me BLUE

Lonely, missing him.
Needing him by my side,
Yearning for his presence.

My heart aches with a pain
Unknown before, but now
A constant companion.
Crushing pain, I can't breathe.
I rub my chest to no avail.
The pain remains.

See me PURPLE

In a sea of tears.
Sobbing, the waves
Of despair roll in.
The pain in my heart
Becomes knife-like.
I think I cannot bear it
Another moment.
Then, mercifully,
The tide recedes.

See me YELLOW

Calm, exhausted.
The knowledge of the goodness
Of our love flows into me.
I become aware that it is
For eternity.
The memories,
special and precious,
A treasure box of all we had,
All we were together.

His words, forever imprinted in
His journal, an on-going gift
Telling me over and over again,
Of his love for me,
His "sweet companion."

See me BLACK

In the darkness, I am alone.
I am sinking into
Nothingness – a void.
No one can go with me.
Oh, it's so cold.
It's so black.
I cry out loud, "It's black.
I'm cold."
And, "Oh, God, I'm afraid."

Arms hold me, and cradle me.
A candle is lit,
To bring me back to the light,
To safety.

See me WHITE

Without feeling.
Too tired to feel,
Too overwhelmed to care
anymore.

If I care,
And remember,
The other colors will return.
I don't have the energy to be
Touched by the colors.

Oh, the RAINBOW

How it surrounds me ...
Bringing an awareness of both
The heights and depths of
Joy and sorrow.

How I love the peaks,
How I avoid the valleys.
And, yet, the valley gives me
A beautiful view of the peak.
If I can only open
My swollen eyes to see ...
And bask in the glow of
The colors.

*By Ramona F. Lyddon, Chester, CA
Bereavement Magazine March/April 1994*

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, Phyllis Nichols

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)
RiverWalk Church of Christ - (225 N Waco) Use SW entrance door, Fireside Room
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 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

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)



MAY 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:00 pm	30 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	1 W.A.Y. Group 7:00 pm	2 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café TLC Meeting - 5PM	3	4 Breakfast 10 am Spears Restaurant
5	6 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:00 pm	7 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	8 W.A.Y. Group 7:00 pm	9 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café - Memorial Marker submission deadline	10	11 Breakfast 10 am Spears Restaurant
12 	13 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:00 pm	14 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm Good Grief Board Meeting - 5PM	15 W.A.Y. Group 7:00 pm	16 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	17	18 Breakfast 10 am Spears Restaurant - Memorial Balloon Release 10:00 AM
19	20 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:00 pm	21 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	22 W.A.Y. Group 7:00 pm	23 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	24	25 Breakfast 10 am Spears Restaurant
26	27 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:00 pm Memorial Day	28 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	29 W.A.Y. Group 7:00 pm	30 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	31	1 Breakfast 10 am Spears Restaurant

Black Hole

By Linda Barry, Cromwell, CT
Bereavement Magazine July/August 1999

Such a big hole
so empty it aches.
How do I fill it?
How much will it take?

I try so hard
to fill up that space,
But nothing will fit
exactly right in that place.

So I scream out a song
as I dance with the pain.
There is nowhere to go
to get out of the rain.

My daddy is dead
his suffering is done.
Now I feel the pain;
my suffering's begun.

Love helped me to bear
all the failures and woe.
And in the end, it was love
that made me let go.

I'd bear ten times more
to lay him to rest.
It was all I could do;
I gave it my best.

But that wasn't enough
to alter the course
Of the events that would come
of the life that was lost.

The world goes around
and things seem the same.
Why can't they see
that everything's changed?

Now there's no hand to grasp,
only memories to hold.
But the love does not die
when the body gets cold.

And little by little
love fills in that hole
And will help me go on
'til I too am a soul.

Contributions for last month(s) totaled \$840.00.
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

April

Contributors:

- Janet Cunningham
- Mike Gillihan
- Esther Granados
- Charles Hanson
- James R. Harris
- Bill & Thelma Lynch
- Dewayne H. McGuire
- Ted McMurphy
- Jay McNeil
- Jarree Miller
- Wes Nelson
- Lois M. Pardee
- Mary Piotrowski
- Rosa Lee Sarachek
- Carmen Suter
- Nancy Vincent

*Remember to send
your donation to:*

2622 W Central
Suite 401B
Wichita, KS 67203

Dillons Community Rewards

\$139.77

South Group Donation

April 2019



Memorial Gifts

In Loving Memory

Vicente "Boy" Granados

Happy Heavenly Birthday little Brother

By Esther Granados

Carole Nelson

By Wes Nelson

Alvin Sarachek

By Rosa Lee Sarachek

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.

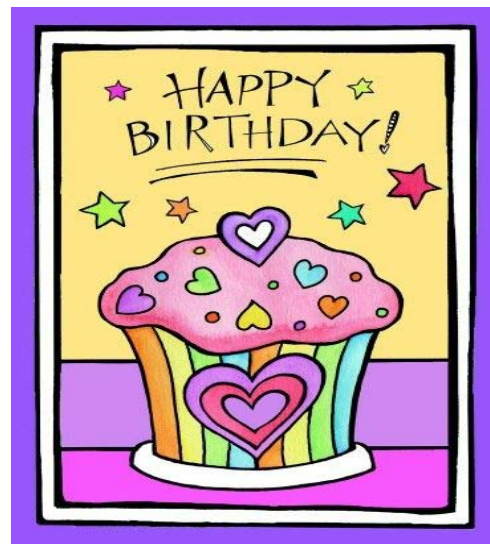
Memorial tributes and gifts always welcome.

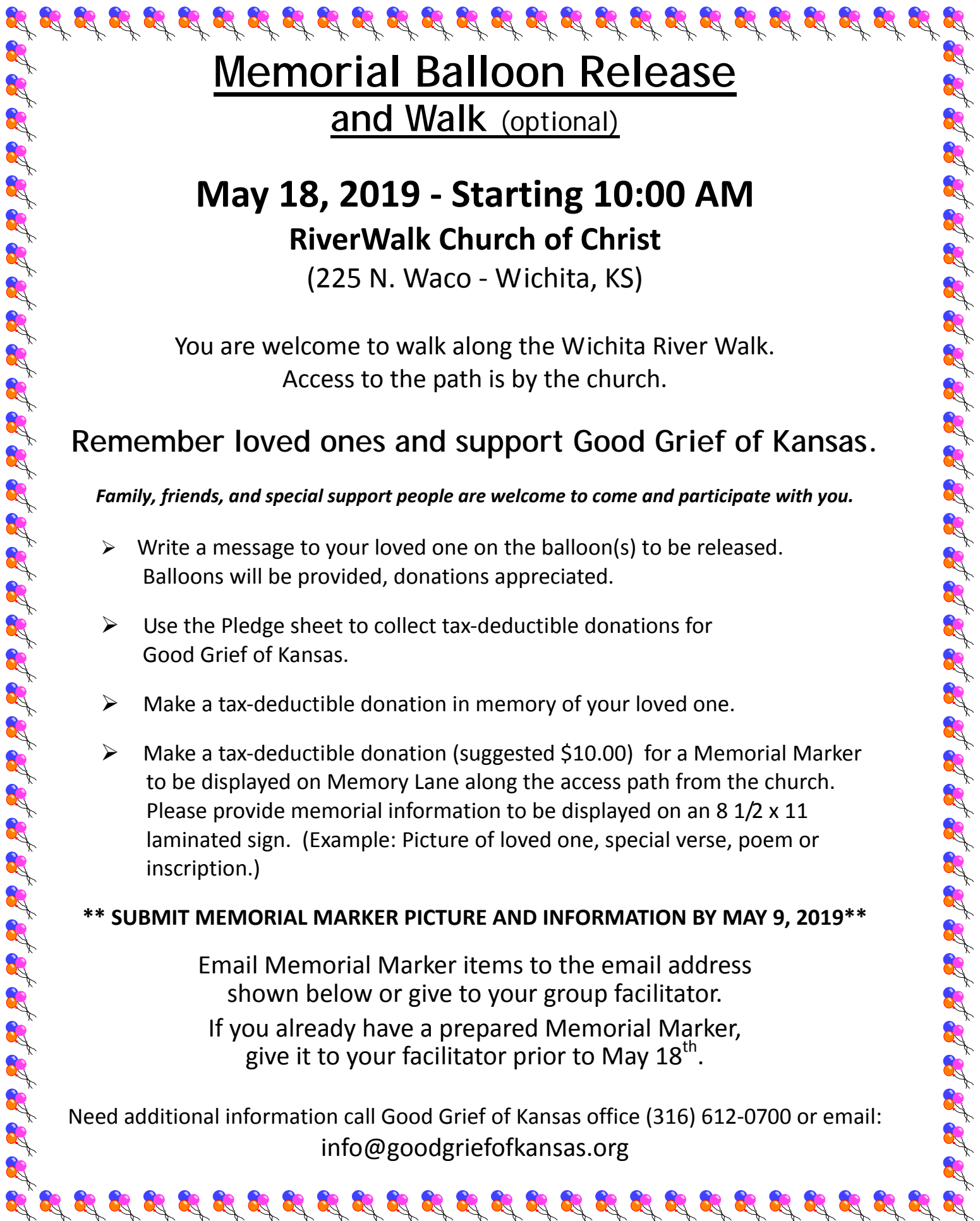
Note: For memorials with a special remembrance date, submit information one month early for timely publication.

May

Birthdays

- Robbie Evans 2
- Bill Bobbitt 4
- Jerry A. Boyd 4
- Angelique Combs 4
- Pam Tucker 4
- Jeanne A. McMillen 7
- Mikayla Shane 8
- Jarree Miller 9
- Brenda Mulvaney 9
- Kiley Sandoval DeLao 10
- Jacqueline Atherstone 11
- Theresa Pitzer 12
- Carolyn Mollohan 13
- Olivia Hall 14
- David N. Koert 16
- Scott Powell 17
- Alice Shelton 17
- Jean Elgin 18
- Eva Lois Bailor 19
- Jeanette Grantstein 19
- Sheryl Jackson 19
- Mary Piotrowski 19
- JoAnn Reesman 20
- Carol Shouse 25
- Kelly Blades 27
- David Scraper 27
- Dana Walker 31





Memorial Balloon Release and Walk (optional)

May 18, 2019 - Starting 10:00 AM
RiverWalk Church of Christ
(225 N. Waco - Wichita, KS)

You are welcome to walk along the Wichita River Walk.
Access to the path is by the church.

Remember loved ones and support Good Grief of Kansas.

Family, friends, and special support people are welcome to come and participate with you.

- Write a message to your loved one on the balloon(s) to be released. Balloons will be provided, donations appreciated.
- Use the Pledge sheet to collect tax-deductible donations for Good Grief of Kansas.
- Make a tax-deductible donation in memory of your loved one.
- Make a tax-deductible donation (suggested \$10.00) for a Memorial Marker to be displayed on Memory Lane along the access path from the church. Please provide memorial information to be displayed on an 8 1/2 x 11 laminated sign. (Example: Picture of loved one, special verse, poem or inscription.)

**** SUBMIT MEMORIAL MARKER PICTURE AND INFORMATION BY MAY 9, 2019****

Email Memorial Marker items to the email address shown below or give to your group facilitator.

If you already have a prepared Memorial Marker, give it to your facilitator prior to May 18th.

Need additional information call Good Grief of Kansas office (316) 612-0700 or email:
info@goodgriefofkansas.org

Accept the things you cannot change, they say

But how can you face the empty plate
across the table,
his chair sits vacant
where once sat a friend, relishing eggs and bacon.

The puzzle page is stark and white
with nary a mark made upon it.

His avid scrutiny of each little square
no longer present, no longer there.

The dog has adopted his big recliner
I now pick up trash
and fill the trash liners.

The tools in the garage lay very still
His capable hands no longer there
to diddle and whittle, to hammer and screw.

How can I keep this house going without you?

Laughter is silenced
Reassurance gone

Now stark reality
and facing a home
with just one member
and a dog and cat.

How can one be satisfied
with only that?

*This poem was submitted by group attendee Lorraine Boyd.
Lorraine's friend, Jane Ray, wrote this poem (March 2019)
in memory of Donald L. Spradlin, her companion for 32
years. ~ Thank you, Jane ~*

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 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

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 _____



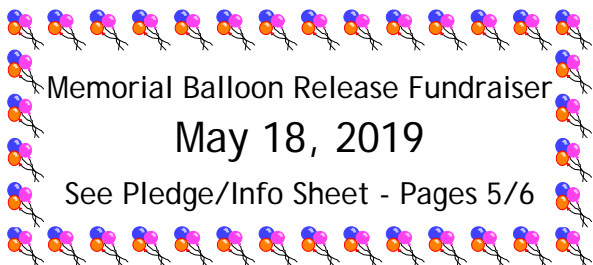
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RETURN SERVICE REQUESTED



Memorial Balloon Release Fundraiser

May 18, 2019

See Pledge/Info Sheet - Pages 5/6

www.goodgriefokansas.org

316-612-0700

Good Grief News

Executive Board

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Kelly Blades, Secretary
Mary Evans, Treasurer

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Merri Reed
Ted Swan
Jim Yoder

Founder

Phyllis L. Gadaire-Sauer

Office Manager

Donna Rhodes

Trainers, Facilitators & Substitutes

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Janet Cook
Thomas Downer
Jack Elder
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 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.

Good Grief of Kansas is a TAX EXEMPT non-profit 501(c)(3) organization funded by:

- Memorials, Gifts & Donations

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

Marge Glazier



Real Estate for the Real World

Century 21 Grigsby

Cell 316-648-7415

Office 316-978-9200

Marge Glazier, Broker Associate