



Good Grief
of Kansas, Inc.

Good Grief NEWS

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

316-612-0700 July 2019
Email: info@goodgriefofkansas.org

Widowhood: Guilt, Anger, Blame and Regret

The profound loss felt by widows and widowers is often accompanied by feelings of anger, blame, guilt or regret. These feelings are understandable when a spouse dies and usually subside with time. If they persist, however, they can cause sadness and despair and prolong the healing process.

Looking back and dwelling on what could have been is an exercise in futility. Blaming yourself for what you "should" have done and for the mistakes you think you made is a 20-20 hindsight trap. For example, did you ever make a "stupid" mistake? If you think you did, have you ever made a "smart" mistake? A mistake is just that - it is neither smart nor stupid. Assuming you made a mistake implies you can predict the future. Can you roll back time and know for sure how it would have really turned out? Can you be certain doing something different would have worked better or would have avoided the outcome? We make the best judgments we can at the time and the outcome does not determine the quality of the judgment. A positive or negative outcome does not make your decisions either good or bad, what happened is just the unpredictable outcome.

Anger in the death of a spouse can take many forms,

such as: "He/she died on me" or "I don't want to have to deal with this" and a host of other examples of strong resentment. Anger can lead to blaming someone, something or ourselves. Candidates for blame include the medical profession, the government, one's society and a very long list of "others". The blame game guarantees that you will feel like a loser as the feeling eats away at you.

People vary in the standards they set for themselves, from the perfectionist to the laid-back "whatever" opposite. Regrets about some aspect of marriage simply reflect that life is not an uninterrupted, perpetual joy and that a perfect and conflict-free marriage is rare. An objective appraisal of the marriage by the surviving spouse may indeed produce regrets such as "Could I have been more loving?"

"Could I have been more understanding?" "Should I have asserted myself more?" "Was I too selfish in my demands? Those regrets need to be balanced with remembering that it takes two to make a relationship. Were there positives in the marriage to remember? Was it basically a good marriage? A satisfactory marriage? Or not? It was what it was. You can't rewind, and there is no way to know that any change on your part would have

made a better marriage. However, if regrets lead to a re-appraisal of your way of relating to people, that can be a positive outcome.

If you are giving yourself a major guilt trip or obsessing in the areas of anger, blame or regret and if looking backward prevents you from comfortably moving forward in your new life, re-read this essay and consider the possibility that you are being much too hard on yourself. If these feelings are intense and do not resolve, there is always the option of seeking professional help. Working one-on-one with a trained and experienced counselor can help you to explore and work through the negative thinking that may block your progress.

*By Robert Friedman, Ph.D. - Los Angeles, CA
Bereavement Publications Spring 2009*



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: Deana King, Jenny Mitchell, David Span**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.

OFFICE SUPPLY NEEDS:**Envelopes:****# 6 Security****# 10 Standard**

(Dollar Tree envelopes work just fine)

Colored Paper:**Pastel - Cream****8½ x 11, 24 lb****Let's Clear Up Some Confusion**

Currently, the Good Grief Office is only occupied when administrative work needs to be completed on site (i.e. newsletter creation/ mailing, introduction letters creation/ mailing, bill paying, etc.). There are no groups that meet at this location. Please call before you drop by to avoid a wasted trip.

You may have noticed that the "mailing" suite number (401B) and "physical" suite number (402) of Good Grief of Kansas are different. This quirkiness happened when the office moved July 2018. It is just an oddity that came with the new location. Thanks for your understanding.

Schedule of Regular Socials:**Thursdays: Breakfast at 9:00 AM****IHOP** - 11855 E Kellogg Drive
(Hosts: Cindy Swan, John McBride)**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)



JULY 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:00 pm	2 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	3 W.A.Y. Group 7:00 pm	4 INDEPENDENCE DAY Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café NO TLC Meeting tonight. See you August 1	5	6 Breakfast 10 am Spears Restaurant
7	8 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:00 pm	9 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm Good Grief Board Meeting - 5PM	10 W.A.Y. Group 7:00 pm	11 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	12	13 Breakfast 10 am Spears Restaurant
14	15 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:00 pm	16 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	17 W.A.Y. Group 7:00 pm	18 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	19	20 Breakfast 10 am Spears Restaurant
21	22 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:00 pm	23 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	24 W.A.Y. Group 7:00 pm	25 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	26	27 Breakfast 10 am Spears Restaurant
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	31 W.A.Y. Group 7:00 pm	1 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café TLC Meeting - 5PM	2	3 Breakfast 10 am Spears Restaurant

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



Contributions for last month(s) totaled \$765.00.
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

June

Contributors:

- Janet Cunningham
- Sharon Dunning
- Cheri Gartin
- Betty Kelley
- Terry Langford
- John McBride
- Ted McMurphy
- Jarree Miller
- Phyllis Nichols
- Lois M. Pardee
- Mary Piotrowski
- Carmen Suter
- Nancy Vincent

Remember to send your donation to:

2622 W Central
 Suite 401B
 Wichita, KS 67203



Memorial Gifts

In Loving Memory

Wayne Dunning

By Sharon Dunning

Cora J. McBride

In loving memory
 Gone to Heaven
 7 years already
 12-17-1944 ~ 7-23-2012

By John J. McBride

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.

July Birthdays

Matt Herndon	3
Shirley E Smith	5
Reni P. Keen	6
Mary Jane King	8
Wes Nelson	8
Phyllis Winn	9
Linda Burris	10
Bob Jacobs	10
Mildred Metzger	12
Sandy Miller	13
Edgar J. Evans	14
Joyce Gedraitis	15
Linda Marshall	17
Hattie Jeffrey	19
Philip Jeffreys	20
Sharon Dunning	21
Frances Healy	22
Karen Pulver	22
Ted McMurphy	24
Sarah Grow	26
Tammy Cuadra	27
Cathy Melrose	27
Bob Westerfield	28
Bill Stilwell	29
Eugene Byrd, Jr.	30
Earleta Godderz	31



*May you have as big a
 BIRTHDAY CAKE
 as your merry heart
 could possibly desire!*



Widowhood

“Sleep eludes my weary soul,
The nights are long and dreamless;
But yet I’d rather stay in bed
Than ace a day of oneness.”

Those were my words some years ago.
I’ve gone through many phases,
Emerged to function normally –
New life that still amazes.

The first reaction was of shock;
It seemed it was a dream.
I fell into a jaundiced view,
Knocked down my self-esteem.

Then when the numbness wore away,
My feelings changed to anger.
How could he leave me all alone
To face a life of danger.

I felt that God abandoned me;
The doctors hadn’t tried.
Everyone seemed so remote
There was no one on my side.

Self pity then became my friend,
Depression followed later.
When solitude invaded my life,
I sought a compensator.

Life is empty, time stands still,
A quietness surrounds.
Shock and anger start to fade,
But loneliness abounds.

Never did I wake up
On a beautiful new morn
Decide my grief was over
And no longer felt forlorn

The process was so gradual,
As I learned again to smile.
Advancement came with little steps
Before life seemed worthwhile.

Finally, I reached a point
And clutched the strength I earned.
I cam through many obstacles;
The corner finally turned.

You, too, can make it on your own
Accept your new-found role.
No longer are you half of one
All by yourself you’re WHOLE.

By Elizabeth McCarus - Alexandria, Virginia
Bereavement Magazine July/August 1998



A New Year

The beginning of my “New Year” is in the month of July – not in January. July 26th is the beginning of a “New Year” for me since my son, Joe’s death on July 25, 1994.

I hate the day of July 25th – my “New Year’s Eve.” There are no parties, there is no champagne, no balloon fall from the ceiling, no horns blow, there is no dancing, no mistletoe, no one wishes me “Happy New Year,” and the only music I hear are the bag pipes playing “*Amazing Grace*.”

There is no laughter on my “New Year’s Eve” – only tears and a sick feeling throughout my whole body. While memories haunt me of that July 25th early morning telephone call that changed my life forever, I want this dreadful day to be over.

On my “New Year’s Eve,” I visit Joe’s grave, with memories running rampant through my mind as I tell him again how much I love him and how terribly I have missed him in the last year.

July 25th and 26th are just “another day” to everyone else, but to me they are the most important days in the year and in my life. July 25th is the longest day of my year. I anxiously watch the clock ticking toward midnight, but no one says, “Happy New Year.” As I lean back in my chair, I sigh with relief that I have made it through another year of our family not being complete.

I start another year with anticipation, wondering if this year will be less painful than the last. In my mind, I hope so, but in my heart, I know it will never be. For the rest of my life, my new year will be in July instead of January. January first means so little now compared to the new year that I start on July 26th. It makes little difference which year it is. Now, the important number is how many years it has been since Joe’s accident.

My “New Year’s” resolutions are that I will try to cope better with this silent raging storm in my heart. I will keep writing my book about Joe, as it helps me to cope with his death. Through my book, I hope Briana in some way, will know her daddy even though she will not remember him.

Fully realizing the severe pain a parent suffers when losing a child, my goal is to extend a helping hand to those bereaved parents who are also hurting so. As this year ends and I begin a new one, I ask God to grant me the strength to get through another year without Joe and to extend my hand to help a bereaved parent who is hurting as I am.

By Donna J. Fank, Ashby, MN; Bereavement Magazine July/August 1998



Is That You, Boo?

It was an endearing term. I don't know how it started, but whenever I thought I heard my husband I would say, "Is that you, Boo?" His name was Bob and that was a loving term I called him.

Bob died of cancer as I held him in my arms and told him it was okay to go. I didn't want him to go, but he was suffering, and I knew I had to let him leave.

After his death, I missed him so. Bob was my best friend, we used to talk for hours about everything. I had asked him to watch over me and let me know what to do, and he said he would.

It was so strange that the antique clock stopped when they pronounced him dead as I was walking down the hall. It stopped at the same time four weeks after that. I wanted to say, "Is that you, Boo?"

I grieved - oh, how I grieved for him. It was strange, a flower came up volunteer in my rock garden. It had never been planted. One, strange flower. I wanted to say, "Is that you, Boo?"

As I sat out on the deck, a bird came close to me, not a bit afraid, as if it were my friend. I wanted to say, "Is that you, Boo?"

One Mother's Day he had given me a lilac bush and asked me to take a piece with me wherever I went after he died. It was so strange, after the blossoms left and Bob left, there was one branch that was brighter and greener than the rest of the bush. I wanted to say, "Is that you, Boo?"

One day when my time has come as I go toward that light, I will see someone, and I will say, "Is that you, Boo?"

And he will say, "Yes, this is Boo."

By Bev Dimmitt, Ottumwa, Iowa
Bereavement Magazine March/April 1994

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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Good Grief News

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Office Manager

Marsha Huffman

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Rhonda Hinkle	Marjorie Watkins
Marsha Huffman	Melissa Warnken
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Adrienne Massey	Connie Westerfield
Lois Pardee	Bonnie Workman
Mary Piotrowski	Jim Yoder
Evelyn Reece	

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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