



Good Grief NEWS

Good Grief
of Kansas, Inc.

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

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

Sept 2019

Dear Survivor: A Letter to You

Eleanora "Betsy" Ross - Iowa City, Iowa

It is said that death is a part of life; that it is the other side of birth. I believe that death can also give meaning to life, a meaning that may escape you now while your grief is fresh and raw, but which may someday bring a special quality of peace to your spirit. As terrible as your loss seems now, you will survive it even though that may seem unbelievable right now. Once that happens, you will have touched upon a new and incredible inner strength.

But for now you may be a mixture of thoughts and feelings. Despair, longing, anger, guilt, frustration, questions and even understanding, tumble over each other, striving for but not quite reaching comprehensible sense and shape. You see relief - you need to heal. It is a journey, and you must work on it.

And so... Cry

The pain is real, but the tears are healing. Often we must struggle through an emotion to find the relief beyond.

And so... Talk

Talk to each other about your loss and pain. Don't hide or deny real feelings. Tell others that you need them. The more you deny something or address it in silence, the more destructive power it can claim over you.

And so... Search

Over and over, you will ask "Why?" It is a question you must ask. Though you may never find an

answer realize that it is still important to wrestle with the "why" question for a time. Eventually, you will be content to give up the search. When you can willingly let go of the need to question "why?", it will lose its hold over you, but it will take time.

And so... Speak

Speak as often and freely of your loved one as you need to. He or she will always be a part of you. Not to speak of the deceased denies his or her existence. To speak of the deceased affirms his or her life. Believe that in time, the pain of loss fades and is replaced by precious memories to be shared.

And so... Grieve

The time of sorrow can be used to draw a family together - or pull it apart. You may be one who needs to feel and express guilt so that eventually you will gain a more balanced view of your actual degree of responsibility. You may need to give yourself permission to feel and express anger even though you think it is inappropriate.

And so... Grow

We know we cannot control all that happens to us, but we can control how we choose to respond. We can choose to be destroyed by an experience or we can choose to overcome and survive it. When we choose to grieve constructively and creatively, we come to value life with a new awareness.

And so... Become

Become the most you can become. Enter into a new dimension of self-identity and self-dependence as you come to love others more fully and unconditionally. In letting go of love, we give it freedom to return to us. Become all that your love one's death has freed you to become.

And so... Accept

Accept that in some strange way, his or her death may enable you to reach out with a new understanding, offering a new dimension of love to others.

I believe in a loving god who is with us, offering strength, guidance and solace as we struggle with our anguish. I believe that as we regain balance and meaning in our shattered lives, we can come to see that death can indeed bring a new meaning to life. This is my prayer for all of us.

- Bereavement Magazine
July/August 2000



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 - 8:30 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.

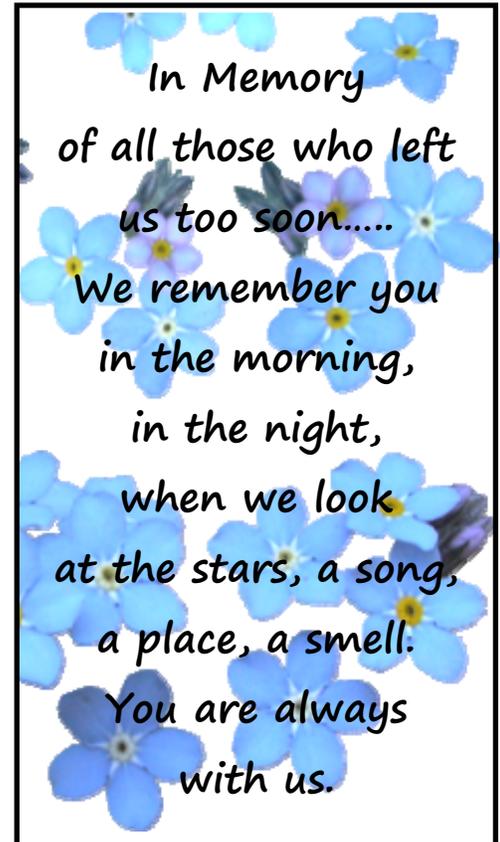
You are welcome to attend any support group of your choice.

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.



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)



September 2019

Let not one person take away your sparkle today.
Shine bright and have a fabulous day!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 SOSL Wichita 7:00 pm No South or East meeting tonight Office closed LABOR DAY	3 Central Group 10 am West Group 6:00 pm Clearwater 7:00 pm	4 W.A.Y. Group 7:00 pm	5 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café <u>TLC Meeting - 5PM</u>	6	7 Breakfast 10 am Spears Restaurant
8 GRANDPARENTS DAY	9 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	10 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm <u>GG Board Mtg 5PM</u>	11 W.A.Y. Group 7:00 pm	12 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	13	14 Breakfast 10 am Spears Restaurant
15	16 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	17 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	18 W.A.Y. Group 7:00 pm	19 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	20	21 Breakfast 10 am Spears Restaurant
22	23 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm 1ST DAY OF AUTUMN	24 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	25 W.A.Y. Group 7:00 pm	26 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	27	28 Breakfast 10 am Spears Restaurant
29	30 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	1	2	3	4	5

Far, but Near

By Peggy Werner - Rockford, Illinois

You may be gone, but I know you are near.
I can sense your spirit when an answer comes
To a long, drawn-out question
That has weighed heavily on my heart.
When I feel the darkness in my soul fading,
And when I muster up a little strength to go on,
It isn't like it used to be
when I could hear you laugh,

See your smile, and catch the twinkle in your eye.
I want to reach out and hug you,
But it's then that I have to listen with another ear,
See with different eyes and feel another touch.
Because it's a powerful spirit
that now surrounds me,
So full of love and help and healing, as always,
But now in a different way.
You may be gone, but I know you are near.

Contributions for last month(s) totaled \$1,075
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

August

Contributors:

Lois Pardee

Jarree Miller

Ted McMurphy

W H Ford

Janet Cunningham

Nancy Vincent

Jennifer Youngers

Monica Cissell

Bruce Garren

James Harris

Debbie Kipple

Mike Dillman

Ray Staats

Anonymous

Remember to send
your donation to:

2622 W Central
Suite 401B
Wichita, KS 67203



Memorial Gifts

In Loving Memory

Alvin Kemmerer

In Memory of Marilyn Kemmerer

Shane Steinkamp Memorial

Softball Tournament

In Memory of

Shane Steinkamp

Theresa Pitzer

In Memory of Bob Pitzer

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.

September Birthdays

Johnny Burns	1
Esther Friesen	3
Savannah Schneider	3
Janis Powell	4
Jo Ann Chance	5
Gary Patterson	6
Sid Sowers	7
Terri Norgren	11
Sharon Harris.....	13
Nancy Powell.....	15
Elizabeth Sommerhauser.....	15
Betty Kelley.....	16
David Miller.....	17
Michael P Goldsbury.....	18
Wanda Tevis.....	18
Kathy Thomas.....	18
Melissa Leslie	19
Deona Madrigal	19
Jean Regan	19
Sonia Slabe	19
Linda Gross	20
Carol Spurgeon.....	22
Claudia Jernigan.....	24
Teresa Schneider	25
Jeannie Cole.....	27
Sherry Lamm	28
Charmaine Shonk.....	28
Billie Tucker	28
Bel Griffin	29



My apologies to the August birthdays. I had the birthdays correct, just failed to change the heading to say August.

Relationships and Blackberries

Having the Cobbler Without the Thorns

One of my favorite desserts has always been blackberry cobbler. I love the small town restaurants that make homemade cobbler smothered with Blue Bell ice cream. This craving for cobbler began the summer my family moved to the country. There was this little café in town that was known for this dessert. It was a small slice of heaven, but it was a long walk to get there. We lived on a dirt road about two miles outside of town. Good exercise, but not an easy walk. Texas summers can be brutal and the sun will melt the energy within you. You can actually feel the heat from the road through the soles of your shoes. It is also a lonely walk. Although, there were times I could have held a conversation with my stomach because the growling was so loud.

Despite the searing heat, it was a picturesque setting with flowers decorating the sides of the road. As I walked, I began to notice the blackberry bushes sprinkled among the different plants. The berries were as big as my thumb and looked ready to burst from the juices within. I could almost taste the sweetness of biting into them. The berries seemed to grow with my impatience, as did the distance to that little café. The cobbler became a far away and unobtainable goal while those berries were within a few steps.

I was oblivious, however, to what was hidden beneath the leaves of the bushes. I felt the scratches of thorns as I stepped further away from the road. With each step there were more thorns, and I tried pushing the bushes away. I was now completely surrounded and my intuition screamed for me to “get out!” But those berries were just within my grasp. At this point I could not see where I was stepping and those fire ants were not very forgiving. I found a tree to lean against and brush the ants away but failed to notice the poison ivy surrounding the trunk. I quickly grabbed the berries within reach and followed my path back to the road.

What a sight! My legs were bleeding; I had welts from the ant bites and would soon be covered in calamine lotion to combat the poison ivy. As I opened my hands to examine the prize, I could feel the frustration sinking in. These were not the berries I had seen from the distance. They were much smaller and still had the reddish tint from being picked too soon. The sting of bitterness replaced the sweet taste I had imagined. The growl of my stomach reminded me of the emptiness that was still there. As I stood in the middle of the road, my thoughts shifted back to the café. I had a renewed sense of appreciation and understanding of what went into that cobbler. Those berries may

have looked good but that cobbler was the best! Only the sweetest berries were chosen, and it was made with patience and love. I just needed to stay on the road.

Having stood in the midst of thorn bushes, I can see how this applies to relationships as well. I had been widowed in 1998. After the death of my wife, I felt the void of being single again. I thought I could fill that emptiness with another relationship. Like the berries, relationships had become a distraction. Disappointments would scrape me with each step away from the road. The sting of a broken marriage left welts on my heart. Loneliness was like the poison ivy irritated when scratched.

As I continue on this journey, I have a renewed sense of appreciation and understanding for God’s perspective on relationships. Like the cook in that little café, He only chooses what is best and it is made with patience and love. I just need to stay on the road. Once again, it is good exercise but not an easy walk. There are days when I feel too tired to continue. I still feel the heat from the road. The silence of the house screams with emptiness. Distractions continue to grow on the side of the road. Lurking within are the thorns, anthills and poison ivy. Insanity is defined as doing the same thing over and over again expecting a different result. Although you may earn a spot on the show, Fear Factor, nose-diving into a bed of fire ants will not leave you fulfilled.

Thankfully, there are resources to keep us from doing this. It is through the local support groups that we realize we are not alone. Support groups provide the protective environment where we can express our feelings and learn from the experiences of other people. Together we can turn individual healing into community healing. We can also find the encouragement to keep walking. Above all, the people in our lives can help us focus on the destination rather than the detours.

As a reminder of this destination, I carry a memory of that little café. I remember sitting in the corner booth gulping down an ice-cold coke after the long walk. The waitress smiled proudly as she delivered a plate of their famous blackberry cobbler smothered in Blue Bell ice cream. It was a small piece of heaven and worth the walk to get there.



I look forward to the day when I can share this experience with someone.

I know that when I do, God will be in the kitchen smiling.

~ By Michael Dominos

Empty Spaces

Mama, who had been widowed twice, advised me, “When you lose a husband, it is best to remove his clothes as soon as possible. That way, every time you open the closet door, you don’t see him in his navy blue suit, or breathe in the aroma of his favorite denim shirt.” So, when John died, I followed her advice and gave away all of his clothes, leaving a gaping hole in his side of the closet and empty drawers in the bureau.

Four months have passed since his death, and I still cannot bring myself to move my tightly jammed clothes across the bar onto his side or fill up the empty bureau drawers. I even wonder when I wash the sheets on our king-size bed, if I should just reverse them, since one side stays smooth and clean.

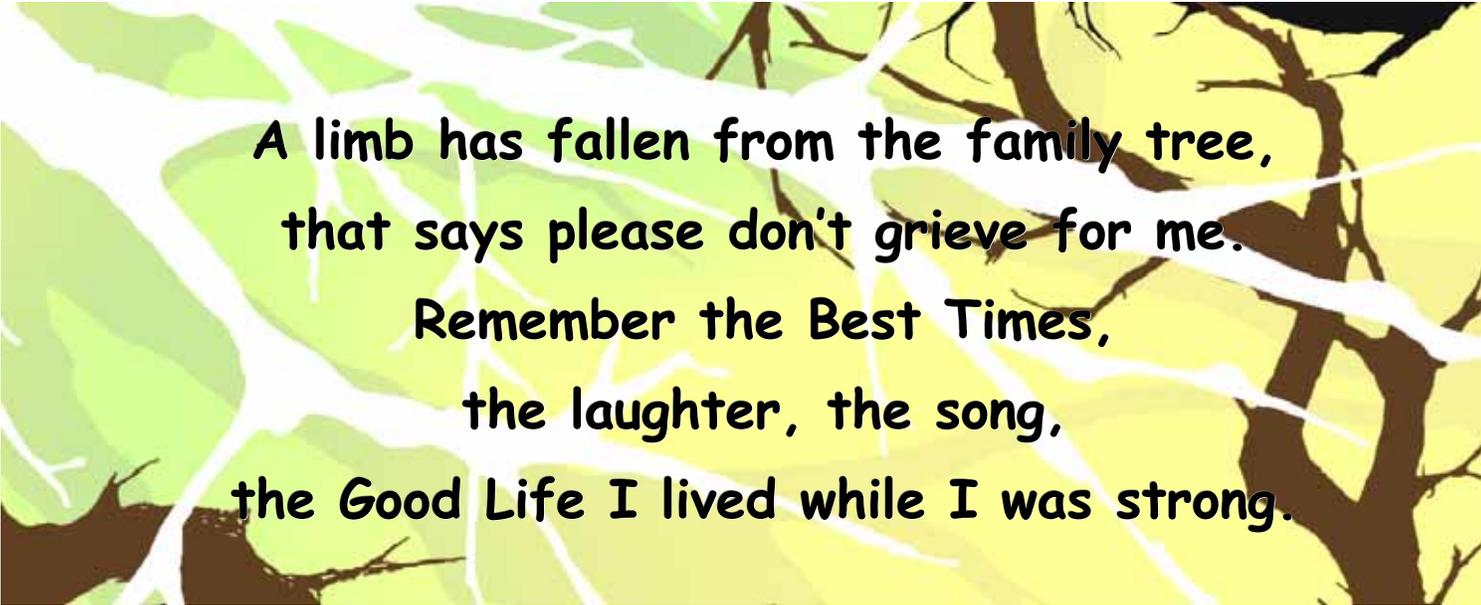
There had been a time in my life when I lived alone and all of the space was mine. I spread my things into all the closets, drawers and all over the bathroom counter. I liked my space. I didn’t want to give it up. I didn’t want to share it.

During my previous marriage, my husband and I had run out of space in our closets and in each other’s lives. After I was divorced, I couldn’t wait to cram my things into the space left by my ex-husband. I relished moving my clothes and arranging them as I pleased. And just about the time I thought I had everything rearranged and in perfect order, John came into my life.

When we moved in together, we didn’t just struggle over space; we struggled over territory. Both of us had lived alone for a number of years and if we were to survive as a couple, we each had to have our own domain. As we walked through the house we were building, we jockeyed for space and staked out our claims. John established his office, and I my sewing room. We installed our own computers and didn’t even share an internet connection. Once that was done, we had little difficulty sharing space in our bedroom. He had his side. I had mine. Our arrangement lasted twenty years, and while I never felt crowded, I still face a dilemma.

Mama, what do I do with the empty space, the void left in the closet and in my life?

~ by Anna Thorson



**A limb has fallen from the family tree,
that says please don't grieve for me.
Remember the Best Times,
the laughter, the song,
the Good Life I lived while I was strong.**

An elderly woman had just returned to her home from an evening of church services when she was startled by an intruder. She caught the man in the act of robbing her home of its valuables and yelled, "Stop! Acts 2:38!" (*Repent and be baptized, in the name of Jesus Christ so that your sins may be forgiven*). The burglar stopped in his tracks.

The woman calmly called the police and explained what she had done.

As the officer cuffed the man to take him in, he asked the burglar, "Why did you just stand there? All the old lady did was yell scripture at you."

"Scripture?" replied the burglar. "I thought she said she had an Ax and Two 38's!"

The Good Grief office will be closed Monday Sept 2nd for Labor Day

Office Hours

Mon. 8:00 - 5:00
Tues. 8:00 - 10:00
Wed. 8:00 - 10:00
Thurs. 8:00 - 10:00
Closed Fri/Sat/Sun

OFFICE SUPPLY NEEDS:

Envelopes:
6 Security
10 Standard
(Dollar Tree envelopes work just fine)

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

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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Wichita KS 67203

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of Kansas, Inc.

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RETURN SERVICE REQUESTED

Raffle tickets for a
BRAND NEW CAR are now
available!! Only \$10 per
ticket! See your
facilitator or call the
office at 612-0700.
Drawing will be in
December. Proceeds go
to Good Grief of Kansas
HELP US HELP YOU

www.goodgriefokansas.org

316-612-0700

Good Grief News

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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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info@goodgriefokansas.org.

Marge Glazier



Real Estate for the Real World

Century 21 Grigsby

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Office 316-978-9200

Marge Glazier, Broker Associate