

Grief Support Group Announcement November 2023

On December 13, 2023, the Grief Support Group will begin meeting on Wednesdays at 3:00 p.m. in the Family Room, off of the Narthex.

The Grief Support Group is intended to be a safe place where grieving people can talk about their loss and how the loss has affected their life. We share our struggles and victories and listen to each other. Our aim is to develop a closer relationship with God: Father, Son and Holy Spirit. God will provide comfort and healing.

We practice confidentiality.

It is an open group. Participants may start at any time, attend as often as they like and discontinue when the time is right for them.

The group will help the participant to learn about grief, how to cope, to consider what God says in Scripture, to be encouraged, to receive prayer, and to experience Christian love and fellowship.

Please don't allow the fear that you may weep to keep you from this group meeting. *Jesus wept.* (John 11:35) Everyone there will be a grieving person. We understand and we will furnish tissues. In addition to sadness, expect to also experience a lot of hope, comfort and even joy.

Grief is the process that God gave us to deal with all life losses so that we can get to a place of acceptance. We welcome those who have recently lost a loved one from this life and anyone who still needs to process longer term grief. There are many life losses, other than the death of a loved one. Some other losses include health, abilities, relationships, career, finances, home, independence, etc. People who have experienced the loss of a loved one and/or any other type of loss are invited to participate in the Grief Support Group.

Please let grieving people (members and non-members) know that the group is available to them.

The LORD is near to the brokenhearted and saves the crushed in spirit. Psalm 34:18

Please contact the church office if you have questions about this group.