

VIDEO SEMINARS

GriefShare video sessions are designed to help you successfully travel the journey from mourning to joy.

1. LIVING WITH GRIEF
2. THE JOURNEY OF GRIEF
3. THE EFFECTS OF GRIEF
4. WHEN YOUR SPOUSE DIES
5. YOUR FAMILY AND GRIEF
6. WHY?
7. THE UNIQUENESS OF GRIEF, Pt. 1
8. THE UNIQUENESS OF GRIEF, Pt. 2
9. GOD'S PRESCRIPTION FOR GRIEF
10. STUCK IN GRIEF
11. TOP 20 LESSONS OF GRIEF, Pt. 1
12. TOP 20 LESSONS OF GRIEF, Pt. 2
13. HEAVEN

WHEN TO BEGIN

You are welcome to begin attending the GriefShare group at any session. Each is "self-contained," so you do not have to attend in sequence. You will find encouragement and help whenever you begin. You will be able to continue with GriefShare through the next cycle and view any of the videos you have not seen.

REAL HELP FOR DEEP HURT

COMMUNITY

"The finality of death is hard to accept, and that's what a grief group is about... getting you to accept that reality...so that you can go on with your life."

"Helped me to understand that I wasn't alone and that others have been on my same path."

UNDERSTANDING

"The permission I needed to let grief happen."

"GriefShare workbooks and videos are very encouraging."

SUPPORT

"People loving each other in the midst of their hurting."

"We became like a little family."

ENCOURAGEMENT

"We have cried, laughed and grown."

"Hope and joy was evident on her face."

Find a GriefShare group for a grieving friend or relative in another city:

www.griefshare.org



**Grief recovery
support group**

Fall 2009

St. Paul UMC

**Your Journey from
Mourning to Joy**



FACING TOMORROW

It may be hard for you to feel optimistic about the future right now. If you've lost a spouse, child, family member or friend, you've probably found that there are no many people who understand the deep hurt you feel.

That's the reason for GriefShare, a special seminar and support group for people grieving the loss of someone close. This group is sponsored by people who understand what you are experiencing and want to offer you comfort and encouragement during this difficult time.

Each GriefShare session includes a video seminar and group discussion. A GriefShare workbook assists you with not taking, journaling and grief study. The videos feature top experts on grief Recovery, dramatic reenactments about living with grief and real-life stories of people who have experienced losses like yours.

During the small group discussion time, you'll have the opportunity to interact with others who have experienced a recent loss, learn about their experiences and Share your own.

GriefShare is a nondenominational group and Features biblical teaching on grief and recovery Topics. Please join us for the next GriefShare Session.

TOP EXPERTISE

GriefShare videos feature interviews with leading authors, counselors, speakers and pastors with years of expertise in grief recovery. There are over 45 GriefShare experts, including:

Sabrina Black
Dee Brestin
Dr. Bill Bright
Rev. Noel Castellanos
Dr. Tim Clinton
Dr. Jim Conway
Dr. Larry Crabb
Joni Eareckson Tada
Elisabeth Elliot
Dr. Edward Welch
H. Norman Wright
Zig Ziglar

Dr. E. V. Hill
Barbara Johnson
Dr. Erwin Lutzer
Lois Rabey
Dr. Joseph Stowell
De. Siang-Yang Tan
De. John Trent
Dr. Paul David
Tripp
Anne Graham Lotz
Dr. Jack Hayford

**“Surely God has borne
our griefs, and carried
our sorrows”**

– Isaiah 53:4

GriefShare Schedule

When:

Sundays, 4:00 to 6:00

September 13th thru December 6th

Facilitator:

The Reverend Dr. Ron Johnson
Director, The Counseling Center
@ Bartlett UMC

Location:

St. Paul United Methodist Church
2949 Davies Plantation Rd.
Lakeland, TN 38002
www.stpaul-lakeland.org

Cost:

\$15 - Scholarships are available

Childcare is available for children up to 5th grade. Please call to let us know your children's ages.

RSVP or questions:

Rev. Deborah Suddarth
901-387-0007

For more information on GriefShare go to:
www.griefshare.org

See a promotional video @
www.youtube.com/watch?v=PQKKonzmrw-8

Co-Sponsored by
the Asbury District
of The United Methodist Church
& St. Paul UMC