

## VIDEO SEMINARS

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

1. Living with Grief - Sept. 12
2. The Journey of Grief - Sept. 19
3. The Effects of Grief - Sept. 26
4. When Your Spouse Dies - Oct. 3
5. Your Family & Grief - Oct. 10
6. Why? - Oct. 17
7. The Uniqueness of Grief, Pt. 1 - Oct. 24
8. The Uniqueness of Grief, Pt. 2 - Oct. 31
9. God's Prescription for Grief - Nov. 7
10. Stuck in Grief - Nov. 14
11. Top 20 Lessons of Grief, Pt. 1 - Nov. 21  
November 28 - No GriefShare
12. Top 20 Lessons of Grief, Pt. 2 - Dec. 5
13. Heaven - Dec. 12

TBA - Early November  
"Surviving the Holidays"  
more information to come

## 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](http://www.griefshare.org)



**Grief recovery  
support group**

**Fall 2010**

**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 not 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 note 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. 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, 3:00 to 5:00

Sept. 12 through Dec. 12 (*skipping  
November 28 for Thanksgiving*)

### **Room:**

Conference Room, Sanctuary Building

### **Location:**

St. Paul United Methodist Church  
2949 Davies Plantation Rd.

Lakeland, TN 38002

[www.stpaul-lakeland.org](http://www.stpaul-lakeland.org)

### **Cost:**

\$15 - Scholarships are available

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

### **To register or for questions:**

Rev. Deborah Suddarth

901-387-0007

For more information on GriefShare go to: [www.griefshare.org](http://www.griefshare.org)

See a promotional video @

[www.youtube.com/watch?v=PQKKonzmrw-8](http://www.youtube.com/watch?v=PQKKonzmrw-8)

Sponsored by St. Paul UMC:  
Congregational Care  
Ministries Team