

## ST. MARK'S GRIEF SHARE

Your Grief Share Group is designed to help you recover from the deep hurt of the loss of a loved one. Your experience will include three key elements that work together to guide your healing process.

**Video Seminar** - At each session you will view a video featuring personal stories of people like you who are grieving the death of a loved one, expert insights on topics important to grief recovery and new ways of understanding what is happening to you.

**Support Group** - Discussion follows the video. You will be with the same group of people for each of the sessions. During this discussion time, catching up on trials, problems, and successes by members is encouraged. If you are not comfortable sharing in a group, you may participate by listening only. Perhaps you know of someone who will be willing to accompany you for a few times.

**Workbook** - This component is a private way of reflecting. There are daily prayers, scripture verses, and journal pages to help you process your grief individually. You are free to share what you have experienced with the group if you wish.

**Group Guidelines** - Maintain CONFIDENTIALITY. There is NO requirement that you speak. Be sensitive to the feelings of others. Crying is permitted.

We are also asking that members of our congregation who know of someone experiencing grief to encourage them to come and to say that you will go with them for a few sessions. This is a valuable way to reach out to a friend, and, in the process, gain useful insights. If you have attended some or all of the past sessions, we encourage you to return. You will benefit by approaching the material from a different stage in your grieving process. Your insights may benefit others.

Our new session starts on Wednesday, September 19, 2007 and continues through December 19, 2007 from 7:15 – 8:45pm. The registration fee is \$10.00 which includes the price of the workbook. Grief Share is open to people in the community, your friends and coworkers, as well as to members of St. Mark's. For further information or answers to questions call - Terry Olsen at 656-4933 or Bobbie Dukes at 478-0417.