



Thursday afternoons, January 24 – April 11, 2019

St. Matthew Lutheran Church -- 12:30 – 2:30 p.m.

Week 1	January 24	Is This Normal? Discover why your grief experience is harder than you imagined; why the intensity and duration of your emotions are normal and appropriate; and that there is reason for hope.
2	January 31	Challenges of Grief Learn why your pain is so overwhelming; the effects grief has on your mind, body, and spirit; and how to get things done when you don't feel like you have any energy.
3	February 7	The Journey of Grief – Part One Learn helpful goals to set on your journey of grief; and how to deal with those who try to rush you through your grief.
4	February 14	The Journey of Grief – Part Two Learn why it's important to put effort into your healing; how the events surrounding your loved one's death affect your grief; and the best ways to deal with your loved one's belongings.
5	February 21	Grief and Your Relationships Find out how the death of a loved one affects your friendships; why solitude can be a blessing and a curse; and how to deal with friends who don't understand your grief.
6	February 28	Why? Learn that God wants you to share your feelings with Him; why being honest with God is an expression of faith; and what God has to say to you about your 'why' questions.
7	March 7	Guilt and Anger Learn how to deal with false guilt; how to grieve conflicted relationships; and how to handle grief-related anger.
8	March 14	Complicating Factors Learn how traumatic experiences affect grief; how to deal with nightmares and flashbacks; and how your thinking affects your emotions.
9	March 21	Stuck Discover how to prevent getting stuck in grief; the common misconceptions that hinder healing; and why your path to healing isn't always smooth.
10	March 28	Lessons of Grief – Share in the experiences of individuals we have walked the journey of grief and unveil the most significant lessons that can be learned during grief.
11	April 4	Heaven Answers questions about heaven and the afterlife; discusses near death experiences and descriptions of heaven.
12	April 11	What Do I Live For Now? Learn why moving forward is a necessity; why it's a process; and why peace and pain will always coexist.

St. Matthew Lutheran Church - 763-788-9427

Carol Lundholm - (h) 763-545-0949 cell 763-807-5070 lundholmpress2@gmail.com

Kathy Rosenberg - 763-788-9427 cell 612-296-1812 kathy.rosenberg@stmatthew-ch.org

Cost is free but Pre-Registration required by calling church office 763-788-9427