



Wednesday evenings, September 2 – November 18, 2020

St. Matthew Lutheran Church -- 6:30 – 8:30 p.m.

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| Week 1 | September 2 | 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 | September 9 | 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 | September 16 | 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 | September 23 | 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 | September 30 | 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 | October 7 | 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 | October 14 | Guilt and Anger Learn how to deal with false guilt; how to grieve conflicted relationships; and how to handle grief-related anger. |
| 8 | October 21 | Complicating Factors Learn how traumatic experiences affect grief; how to deal with nightmares and flashbacks; and how your thinking affects your emotions. |
| 9 | October 28 | 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 | November 4 | 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 | November 11 | Heaven Answers questions about heaven and the afterlife; discusses near death experiences and descriptions of heaven. |
| 12 | November 18 | 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

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Cost is free; Pre-Registration encouraged by calling church office 763-788-9427