

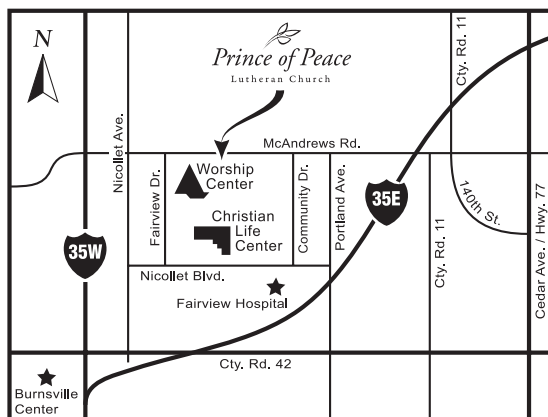


## Grief Support Group

Grief Support Group meets Monday nights in the Chapel on the upper level of the Christian Life Center.

**Mondays, 6:00 - 7:30 p.m.**

**Prince of Peace Lutheran Church  
13901 Fairview Dr. Burnsville, MN 55337  
Christian Life Center, Chapel**



## Prince of Peace Lutheran Church

Prince of Peace is a congregation of the Evangelical Lutheran Church in America (ELCA), and welcomes people into the presence of God, to equip them to be passionate disciples of Jesus Christ and to send them out in the power of the Holy Spirit to serve in the world.

**We welcome you to come worship with us!**

Saturday 5:30 p.m.

Sunday 8:30 a.m., 9:45 a.m. (ASL) and 11:00 a.m.

*Prince of Peace*  
Lutheran Church

13901 Fairview Dr.  
Burnsville, MN 55337



# Grief Support 2012

Prince of Peace Lutheran Church  
13901 Fairview Dr. Burnsville, MN 55337

[www.princeofpeaceonline.org/spiritual\\_care](http://www.princeofpeaceonline.org/spiritual_care)

# Grief Support Group 2012 Prince of Peace Lutheran Church

## Mission

To open the door to healing by providing safe, confidential, Christ-centered support for adults who have experienced the death of a loved one.

Our desire is to equip grief survivors through:

- Sharing information about grief and the grief process
- Offering emotional support
- Providing each person time to talk in group
- Offering spiritual care through presence, listening, and prayer.

## Small Group Support

Prince of Peace facilitators have a passion for helping others, are trained and bring a wide array of experience in grief work to the group setting.

**There is no fee for this group.  
New members may begin at any time.**

For more information, please call Parish Nurse, Leu Killion at 952-898-9320.

In case of inclement weather, regarding group cancellation, call 952-435-8102 and listen to the message.

## The Series is Guided by the Books

*God Knows You're Grieving* by Joan Guntzelman

*Grief: A Natural Reaction to Loss* by Marge Eaton Heegaard

### January

- 02 *Holiday – No group meeting*  
09 My World is Upside Down  
16 *Holiday – No group meeting*  
23 Healing Your Mind, Body, and Spirit  
30 Loneliness

### February

- 06 Why Did This Happen to Me?  
13 What to do With the Stuff  
20 *Holiday – No group meeting*  
27 When Someone Very Special Dies

### March

- 05 What Everyone Should Know About Grief  
12 Your Loss is Uniquely Yours  
19 Falling Apart and Coming Together  
26 Expectations About Grief

### April

- 02 What is Your Loss?  
09 Seeds of Hope  
16 Grief's Physical Impact  
23 The Role of Faith in Healing Grief  
30 Those Overwhelming Emotions

### May

- 07 God Grieves With You  
14 Ritual: Cherishing the Memories  
21 Alumni Potluck (Community Room)  
28 *Holiday – No group meeting*

### June

- 04 Completing the Journey  
11 Finding Your Way Through Grief  
18 Looking for Help Through Earlier Losses  
25 Is This Grief or Depression?

### July

- 02 Past, Present, Future  
09 How Families Cope With Grief  
16 Mourning Matthew  
23 Choose to Move Forward  
30 Reaching Out to Others

### August

- 06 Fall of Freddie the Leaf  
13 Picturing Your Grief  
20 *Mega Sale Week – No group meeting*  
27 See New Possibilities

### September

- 03 *Holiday – No group meeting*  
10 Understanding Grief  
17 Acknowledging Your Grief  
24 My Body's Falling Apart: Breathe

### October

- 01 What Has Been Lost?  
08 Why is God so Hard to Find?  
15 Roller Coaster of Emotion  
22 Heart, Mind, Body, Soul  
29 Cultural Influences on Grief

### November

- 05 Ritual: Healing Grief  
12 Are You Stuck in Your Grief?  
19 Grief is a Journey  
26 Holiday Blues

### December

- 03 Living Through the Calendar  
10 Hope for the Holidays  
17 Grieving Families: Alone or Together  
23 Sunday: Service of Remembrance (Sanctuary)  
24 *Holiday – No group meeting*  
31 *Holiday – No group meeting*

**Grief Support Group resumes January 7, 2013**