



10:00 AM GRIEF SHARE MEETING TOPICS AND DATES 2018-2019

IS THIS NORMAL? TUES, OCT 16, 2018	41 min	•Why your grief experience is harder than you imagined•Why the intensity and duration of your emotions is normal and appropriate•Despite how you feel right now, there is reason for hope
CHALLENGES OF GRIEF TUES, OCT 30	35 min	•More eye-opening reasons why your pain is so overwhelming•Some of the overlooked, yet common effects grief has on your mind, body and spirit •How to get things done when you don't feel like you have any energy
SURVIVING THE HOLIDAYS TUES, NOV 13		• A special session of preparation and strategy-planning for the upcoming holidays. 
THE JOURNEY OF GRIEF – PART 1 TUES, DEC 4	42 min	•Helpful goals to set on your journey of grief•How to deal with those who try to rush you through your grief•How long the journey of grief typically lasts
THE JOURNEY OF GRIEF – PART 2 TUES, DEC 18	37 min	•Why it's important to put effort into your healing•How the events surrounding your loved one's death affect your grief•The best ways to deal with your loved one's belongings
GRIEF AND YOUR RELATIONSHIPS TUES, JAN 15, 2019	40 min	•How the death of a loved one affects your friendships•Why solitude can be a blessing and a curse•How to deal with friends who don't understand your grief
WHY? TUES, JAN 29	43 min	•God wants you to share your feelings with Him•Why being honest with God is an expression of faith•What God has to say to you about your "why" questions
GUILT AND ANGER TUES, FEB 12	43 min	•How to deal with false guilt •How to grieve conflicted relationships•How to handle grief-related anger
COMPLICATING FACTORS TUES, FEB 26	33 min	•How traumatic experiences affect grief•How to deal with nightmares and flashbacks•How your thinking affects your emotions
STUCK TUES, MAR 19	44 min	•How to prevent getting stuck in grief•Common misconceptions that hinder healing•Why your path to healing isn't always smooth
LESSONS OF GRIEF – PART 1 TUES, APR 16	32 min	•An often-overlooked reason that grief is so painful•Why going to church can be so difficult•The benefits of helping others
LESSONS OF GRIEF – PART 2 TUES, MAY 7	37 min	•Who you are now that your loved one is gone •Why no one grieves perfectly•What grief can teach you about relationships
HEAVEN TUES: MAY 21	41 min	•What heaven is like •Whether you should communicate with your deceased loved one •Whether near-death experiences are reliable descriptions of heaven•More answers to your questions about heaven
14. WHAT DO I LIVE FOR NOW? TUES: JUNE 4	41 min	•Why moving forward is a necessity •Why it's a process •Why peace and pain will always coexist



(Closing info: CH 4 WIVB/WNLO & CH 7 WKBW)

REGISTER ON OTHER SIDE OF THIS SHEET

Hope to see you there!!

Deacon Greg