

MAY 2024

# GRIEF SUPPORT MINISTRY

A Grief Support Ministry at Bethlehem Lutheran Church

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If you would no longer like to receive these newsletters, please email [derenches@blcdelmar.com](mailto:derenches@blcdelmar.com)

## Current 13 Week Session Cycle

Due to low attendance, we have made the difficult decision to put Monday evenings on hold for now. We will still continue to meet on Wednesday's at 10:00 am. Our current session will end on May 22nd and we will begin a new 13-week session on Wednesday morning beginning June 19th.

## Next Four Session Topics

May 1 - Questions for God

May 8 - Stuck in Grief

May 15 - Hope & Resilience

May 22 - What Do I Live for Now?

## Current Events

To stay up to date with GriefShare and other community events at Bethlehem Lutheran Church, please visit our events calendar at [www.blcdelmar.com/event-calendar](http://www.blcdelmar.com/event-calendar) or like us on Facebook @blcdelmar

## How Do I Know If I'm Healing?

During the 13 weeks of GriefShare, you will gently be pointed to six signs of healing that will take place. Remember these do not present themselves in any order and are not the same for everyone.

- ACCEPTING
- DEALING WITH EMOTIONS
- ADJUSTING
- ADDRESSING QUESTIONS
- CONTINUING
- SHARING COMFORT

"..Hear my cry, O God, listen to my prayer; from the end of the earth I call to you when my heart is faint. Lead me to the rock that is higher than I, for you have been my refuge, a strong tower against the enemy."

Psalm 61:1-3