

Tips for Grief Recovery

If you have lost a loved one you are experiencing first hand the pain of disappointing, broken relationships. It is a deep pain, sometimes unbearable.

You are facing many deep emotions. It may be difficult to untangle them all. At times it may seem that you are getting a handle on your varying emotions only to turn a corner and find more to deal with. It is customary for the duration of the grieving process to be within the range of 2-5 years.

There is a goal in the grieving process. The emotions are seeking to reorganize themselves to cope with the loss and to re-establish healthy relationships.

Grief recovery is simply "feeling better". It is the ability to find joy in life again. It is to treasure the memory of a loved one, to miss them and to live better because of the time in your life that you spent with them.

Grief is not an enemy or a sign of weakness. It is a sign of being human. It is the cost of loving someone. It is inevitable that during such a loss we would be very deeply impacted, shocked or wounded by it. Grief is the manner or process in which we work through this loss.

Listed here are some basic suggestions on ways to face grief from a healthy outlook. Understand that each circumstance is different and each person will approach grief from a unique and very personal perspective. Keeping this in mind you may find a suggestion or two to be relevant for you now.

- 1. Acknowledge and understand your own grief.**
- 2. Allow your grief to be recognized by others.**
- 3. Feel free to grieve in your own unique way.**
- 4. Tell your story to others
(the honest account of your loss/ losses)**
- 5. Learn life's lessons through your loss
(becoming more humane, compassionate)**
- 6. Commit to the journey, long or short, which leads back to the point where you can live with optimism and hope.**
- 7. Share the comfort you have received with others in need.**
- 8. Trust God and cling to Him.
Bring all your questions and feelings honestly to Him.**
- 9. Surround yourself with people who will help you validate your loss(es) and offer you the hope of the gospel.**

GriefShare is a seminar designed to help in this process. Sessions can be taken in sequence or at random. There is a bond of comfort that comes with sharing with others on the journey.

*GriefShare is not a seminar
to 'bandaid' the pain.*

The duration of healing is individual to each loss.

*We offer GriefShare
as a 'vessel of salve',*

a touch of healing as you need it, in your own time.

God has a plan for your comfort and as He unfolds it you will be renewed and encouraged.

Someone who cares deeply has given you this publication on grief. If you wish to know more, please call one of the numbers listed below for more detailed information.

GriefShare Leaders

Mrs. Mary Howe

610.656.2855

Paul and Twila Ranck

717.442.1287

A ministry of
Rockville Mennonite Church
610.273.9577

**More information on resources for comfort
in the journey can be accessed at
www.griefshare.org
Including a short Daily Devotional by email**

Sessions

1/18 Living With Grief Grief is disruptive and disorienting. This session will answer questions about the progression of healing.

1/25 The Journey of Grief This session prepares you for what to expect along the journey of grief. At the same time, it emphasizes that everyone's journey is unique and warns against comparing grief experiences.

2/1 The Effects of Grief You're probably surprised at how debilitating grief is. This session explains that this is normal and suggests practical ways to find comfort.

2/8 When Your Spouse Dies If you've lost your spouse, this session helps you think through the critical issues involved in your healing. It also begins preparing you to face the difficult transition into a new reality without your spouse.

2/15 Your Family and Grief This session shares how to keep your family afloat when its members are drowning in grief. It also presents some of the unique issues involved if you're grieving the death of a child.

2/22 Children in Grief This session gives insights into the different ways children grieve. You will gain invaluable insights into the life of the grieving child and be equipped to minister to them in the specific ways they need.

2/29 Why? Just because God doesn't answer all of your questions doesn't mean He won't answer any of them. This session answers the "Why" questions and encourages you to begin asking other questions as well.

3/7 The Uniqueness of Grief Part 1 This session explores how the causes of, and your responses to, your loved one's death affect your grief. Topics addressed include suicide, long-term illness, murder and false guilt.

3/14 The Uniqueness of Grief Part 2 Relationships, past and present, affect your grief. This session helps you address insensitive comforters and unresolved conflict with a deceased loved one.

3/21 God's Prescription for Grief The bereaved are often overwhelmed by the advice they receive from others. And often, what goes unnoticed is what God says about healing. This session tells you how to position yourself to experience God's healing.

3/28 Stuck in Grief It's easy to get stuck along the journey of grief. This session explains how to keep moving on the path to healing.

4/4 Top 20 Lessons of Grief Part 1 In this session, those who've walked the journey of grief will share what they've learned and how they've grown from their grief experience.

4/11 Top 20 Lessons of Grief Part 2 In this session you'll hear the most significant lessons that can be learned during grief.

4/18 Heaven This session gives practical advice on how to tap into, and hold onto, the source of hope in this disappointing world.

When to begin

You are welcome to begin attending the GriefShare group at any session. Each is 'self-contained,' so that you do not have to attend in sequence. You will find encouragement and help whenever you begin. You will be able to continue with GriefShare through the next cycle and to view any of the sessions you have not seen.

FIND HELP DISCOVER HOPE EXPERIENCE HEALING

Sponsored by
Rockville Mennonite Church
610-273-9577

Wednesday evening
Session from 7:00 to 9:00 pm

January 18 thru April 18 , 2012

Sessions held at

F.A.M.I.L.I.E.S.
5001 W. Lincoln Highway,
Parkesburg, PA 19365

Leaders:

Mrs. Mary Howe 610.656.2855
Paul and Twila Ranck 717.442.1287
Pastor Leon Shirk - overseer

your journey
from mourning to joy



If you've lost a spouse, child, family member or friend, you've probably found that there are not many people who understand the deep hurt you feel. It may be hard for you to feel optimistic about the future right now.

That's the reason for GriefShare, a special seminar for people grieving the loss of someone close. This group is sponsored by people who understand what you are experiencing and want to offer you comfort and encouragement during this difficult time.

Each GriefShare session includes a video seminar featuring top experts on grief and recovery subjects. These videos also include on-location video and the real-life stories of people who have experienced losses like yours.

After viewing the video, you'll have opportunity to interact with others who have experienced a recent loss, learn about their experiences and have the opportunity to share your own. You may or may not choose to share your own experience. This is yours to decide how much and when. As you participate in the group either by sharing or listening you will experience the caring of the body of Christ bearing one another's burdens.

GriefShare is a non denominational group and features biblical teaching on grief and recovery topics.

Session dates January - April 2012