



Christ caring for people through people

**STEPHEN  
MINISTRY**

## PEACE after DIVORCE:

Choosing Concrete Actions Rooted in Faith

PEACE AFTER DIVORCE WORKSHOP Starts **September 12<sup>th</sup>** at Union United Methodist Church. You CAN heal! Getting through divorce is hard and getting over divorce is complicated. The Peace After Divorce Support Group & Workshop offers the divorced and the divorcing real-life help with assurances of God's love. \$15 includes the workshop series and the book, Peace After Divorce: Choosing Concrete Actions Rooted in Faith. The group continues **at 6:30 pm** for 8 consecutive weeks in room EB 215 in the Education Building. For more information or to register go to: [www.afterdivorceministries.com](http://www.afterdivorceministries.com) or call the church office 781-3013. Childcare is available with advance registration.



Our fall GriefShare Program begins **September 5, 2018**. It is comprised of 13 self-contained weekly sessions. GriefShare is open to anyone 18 years or older who are grieving the death of a family member or friend.

GriefShare features biblical, Christ-centered teaching that focuses on grief topics associated with the death of a loved one. The DVD seminar features nationally known grief experts and real-life stories of people who have gone through the journey of grief and understand personally how it feels. A group discussion follows. These discussions allow us to see where we are on this journey. Confidentiality & respect are an extremely important part of this discussion. What is shared in the group- stays in the group. No one else can tell your story, your journey, your loss, your memories, your love- only you and in the sharing can the healing begins.

Many grieving people find they are only beginning the work of healing when friends or family have returned to their daily life and routines and they are still feeling lost and alone. Sometimes people will try to ignore or to stuff their grief instead of acknowledging the hurt, the anger, the lost and the love. GriefShare allows you to acknowledge the lost and the changes that you now have in your life.

Your bereavement experience may be recent, or not, but at GriefShare you will find encouragement and help in your journey of grieving the death of your loved one. No matter what the cause of your loved one's death, this is an opportunity to be around people who understand what you are feeling. You will learn valuable information about facing your new normal in life and renewing your hope for the future.

**GriefShare will meet Wednesdays, September 5<sup>th</sup> thru December 5<sup>th</sup>, 2018  
@ 6:30 – 8pm in Education Bldg. Room #214**

**Cost:** Workbook \$15.00 (Scholarships available).

Sponsored by Stephen Ministry Program – UUMC. Brochures are available in the narthex. Additional info can also be found at [www.griefshare.org](http://www.griefshare.org) & on UUMC website