

## IN THEIR OWN WORDS

### Support

"A safety net when my world was literally falling apart."

GriefShare has given me hope—the best thing I ever did for myself."

### UNDERSTANDING

"I thought it might be depressing, but it felt good to be with others who are going through the same thing I am."

"It's okay to not be okay."

### ENCOURAGEMENT

"We have cried, laughed, and grown."

"I am a new person ready for the next step in my life."



[www.griefshare.org](http://www.griefshare.org)

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

Please join us at  
First Baptist Church.



810 Bridges Street  
Morehead City, NC 28557  
252.726.4142  
[www.fbcmhc.org](http://www.fbcmhc.org)

### FACILITATOR

Lyn Baker

Email: [lynbaker75@yahoo.com](mailto:lynbaker75@yahoo.com)

### CHURCH ENTRANCE

Fisher Street

### Date/Time

First Saturday of the Month  
10:30am–12 Noon

### COST

\$15 for the Workbook (optional)

### REGISTRATION

- ◆ Call the Church Office
- ◆ contact Lyn Baker by email
- ◆ go to [www.fbcmhc.org/griefshare](http://www.fbcmhc.org/griefshare)

### CHILD CARE

Upon Request



## GRIEF RECOVERY SUPPORT GROUP





## WHEN FACING TOMORROW SEEMS OVERWHELMING...

It may be hard for you to feel optimistic about the future right now. After the funeral, when the cards and flowers have stopped coming and most of the people around you return to their normal lives...how do you do the same. You may ask yourself, "What is my normal now".

No matter what the circumstances, grief recovery is a painful process. Losing a spouse, parent, child, family member or friend leaves a deep hurt inside of you that not many people understand.

Often family and friends want to help you, but don't know how. That's the reason for GriefShare, a special seminar and support group for people grieving the loss of someone close. Sponsored by people who understand what you are experiencing because they have walked the same path you are now beginning and want to offer you comfort and encouragement during this difficult time.

Each GriefShare session includes a video seminar and group discussion. A GriefShare workbook assists you with note-taking, journaling and grief study. The videos feature top experts on grief recovery, dramatic re-enactments about living with grief and real-life stories of people who have experienced losses like yours.

During the small group discussion time, you'll have the opportunity to interact with others who have experienced a recent loss, learn about their experiences and share your own.

...HOW DO I BEGIN TO PUT MY LIFE BACK TOGETHER AGAIN?

## WHEN TO BEGIN

You are welcome to begin attending the GriefShare group at any session. Each is "self-contained", so 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 view any of the videos you didn't see.



## WEEKLY SEMINAR TOPICS

GriefShare video sessions are designed to help you successfully travel the journey from mourning to joy.

1. Living With Grief
2. The Journey of Grief
3. The Effects of Grief
4. When Your Spouse Dies
5. Your Family and Grief
6. Why?
7. The Uniqueness of Grief, Part 1
8. The Uniqueness of Grief, Part 2
9. God's Prescription for Grief
10. Stuck in Grief
11. Top 20 Lessons of Grief, Part 1
12. Top 20 Lessons of Grief, Part 2
13. Heaven