



**HOPE MINISTRY
(HELPING OUR PAIN EASE)
ST. MATTHIAS GRIEF SUPPORT
SESSIONS BEGINNING SOON!**

Grief Support provides encouragement and support for those who have lost someone they love through a four week session. These gatherings give insight and tools for coping with loneliness, depression, anger, and resentment while guiding participants to a place of hope. Caring facilitators lead discussion and guide the healing process based on their specialized training and personal journey through grief.

The period of time following the holiday season can be difficult when dealing with grief.

St. Matthias will offer a four session series this winter:
Sessions will be held on Sundays from 11:00-1:00 p.m.
Sundays, February 12, 19, and 26th and March 4th

Facilitator: Mrs. Judy Sullivan & Mr. Joe Faulstich

If you have an interest in attending, please contact
Jackie Gentry, Pastoral Associate at 663-4281 or email jackiemgentry@yahoo.com

*For everything there is a season,
And a time for every matter under heaven...
A time to weep, and a time to laugh,
A time to mourn, and a time to dance...*

Ecclesiastes 3:1-8