

A Grief Leader's Workshop ~ Come and See ~ Oct. 1, 2011

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The purpose of this workbook and program is to provide small group conversations about life, death, grief, and hope as mourners make their journey "through the valley of the shadow of death." It is based upon the Episcopal Church's tradition of ministry to the bereaved through Scripture, sacred music, liturgy and prayers from the Episcopal Book of Common Prayer. The program and workbook are designed to be used for six weeks in one-hour sessions. Through the Valley was designed by the Rev. Greer McBryde, Associate Pastor at Church of the Messiah, Winter Garden.

The small group setting is designed to foster a safe environment of trust as participants

- Share the stories about their loved one, remember the past, and talk about the way things were before their loved one died
- Listen to their feelings, thoughts, actions and beliefs, recognize the present, and understand the way things are since their loved one died
- Learn valuable tools for personal growth, face the future, and believe that God works in all things to heal and redeem us.

Participants will receive a workbook and leader's guide plus handouts at this bereavement workshop.

Topics Covered in the Six Sessions

1. Listening

Remembering with love
Defining grief and some myths

2. Feeling

Four pieces of the grief puzzle
Cycles of the grief journey

3. Coping

How we cope with loss
Understanding our behaviors

4. Believing

Scriptures about death and dying
The Hope of Heaven and the Resurrection

5. Remembering

Rituals, liturgies, and sacraments
Creative ways to celebrate their lives

6. Moving Forward

Goals, healing practices, and spiritual disciplines
How we have grown and changed

Through the Valley of the Shadow of Death



*Companions for the journey
Comfort for the soul*

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Walking the Mourner's Path and Through the Valley of the Shadow of Death