

30 Days Toward Healing Your Grief Workshop Description

Marcia Allison and Shari Johnson invite you to join us in a 7-week series on Healing Your Grief beginning June 14th, Mondays from 6 - 7pm. This ministry will be held in-person and via Zoom {if necessary} for a limited seating gathering. Grieving is a private club that no one really wants to join. Those who have not experienced the pain of grief can never fully understand the complexity of emotions, physical symptoms, and mental anguish that affects the person who mourns. St. James will host this desperately needed ministry again in the fall if the first session fills up.

30 Days Toward Healing Your Grief differs from other support resources by using a proven methodology that does not leave people in their pain but gently leads them forward from "that my loved one died" to "how my loved one lived" and finally to "how I must live to honor his or her memory". It helps you face grief, walk through grief, and turn your grief into meaningful living. While the sadness and painful memories of your loved one will never completely leave you, the consuming sorrow you feel today will begin to heal through the abundant Grace of our Lord.

Please reach out to Marcia and/or Shari to sign up and purchase the workbook titled *30 Days Toward Healing Your Grief* by Danielle DuBois Morris and Kristen Alday. It is found on Amazon and other web bookstores for under \$15.