

Forms of Loss

- Death of a loved one
- Divorce or relationship breakup
- Serious illness
- Losing a job or business
- Loss of financial stability
- Miscarriage or pre-term birth
- Infertility
- Loss of friendship
- Loss of pet
- Loss of your home
- and plenty of others...

Loss is Hard

You don't have to walk this journey alone. Our support group is a place where you don't have to have it all together. You will be surrounded by others who are on this journey or have travelled this road and understand the range of emotions and struggles you are going through. Our aim is to help you find strength, encouragement, and hope in a compassionate and non-judgmental setting where hearts are open to those going through difficult times.



The Grief Support Group offers:

- Small lunch meeting
- Spring/Fall 4 week support group sessions
- Resources for you
- Biweekly inspiring email messages

Support Group Sessions Outline

- Prayer
- Confidential Covenant Agreement
- Introductions
- Session content
- Summary
- Closing

OTHER GRIEF MINISTRIES

• Resource Library

Books, websites, counselor referrals, and other resources are all available in the church lounge. This is an ever evolving ministry.

• Cup of Hope

Delivers a tea cup or mug and a journal that you can use to set time aside to reflect, grieve, and write about your experience and/or feelings.

• Monday Morning Messages

Is a biweekly email individuals can sign up for that contains comforting messages and scripture for those grieving.



WHAT IS GRIEF?

Grief is a natural response to loss. It is the emotional suffering you feel when someone you love is taken away or when you experience a life-changing event that leaves you devastated. You may experience all types of unexpected emotions such as sadness, shock, disbelief, and even guilt. The pain of grief can disrupt your physical health as well. These are normal reactions to loss.

"If we have memories,
yesterday remains. If
we have hope,
tomorrow awaits. If
we have love, today
is beautiful."

How do I begin?

To inquire about one of these ministries or to join the support group, please contact us using the information below.

CONTACT US



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TRINDLE SPRING LUTHERAN CHURCH

Grief Support

