

The Lazarus Bereavement Support Program At St. Rosalie's Church

We have all suffered the loss of someone near and very dear to us. It may have been a spouse, child, parent, sibling or friend. Often our grief can be so devastating that we may feel completely lost and alone.

The Lazarus Bereavement Support Program is a nine-week program in which healing can begin. It provides members with an opportunity to understand grief in a way that rebuilds our identity and strengthens our faith in ourselves and in our Lord. Now in its fifth year, the **Lazarus Bereavement Support Program** helps members to understand that grief is experienced in each person differently, and that it often takes a very long time for the pain to heal. Participants will learn strategies for dealing with grief, and will receive (and give) valuable group support and fellowship throughout the healing process.

Anyone who has experienced grief will be enriched by attending. **The Lazarus Bereavement Support Program** at St. Rosalie's Church will meet on Tuesday mornings at 10 a.m. in the Parish Center, beginning **October 24**, for nine sessions. Co-facilitators Dr. Christopher Hayes and Deacon Chris Ervin, invite all interested parties to call the Parish Center at 631-728-9461. Please register now before the maximum enrollment is reached. There are no fees or expenses to participate. This is a Church-sponsored opportunity to heal.

LAZARUS BEREAVEMENT GROUP SCHEDULE AND TOPICS

October 24	Accepting the Reality of Loss	(Journaling pgs. 14-15)
October 31	Accepting the Reality of Feeling	(Journaling pgs. 22-23)
November 7	Experiencing the Pain of Grief	(Journaling pgs. 30-31)
November 14	Loneliness vs. Aloneness	(Journaling pgs. 37-38)
November 21	Adjusting to a New Environment	(Journaling pgs. 44-45)
November 28	Hope: From Survival to Growth	(Journaling pgs. 51-52)
December 5	Emotional Relocation	(Journaling pgs. 57-58)
December 12	Establishing a New Identity	(Journaling pgs. 66-67)
December 19	Moving Toward Closure	(Journaling pgs. 73-75)

Text: *The New Day Journal: A Journey from Grief to Healing*, Versa Press

Handouts: Distributed at the first group session.

In the meantime, please know that you are in our continued prayers.

*Rev. Edward Sheridan, Pastor
Dr. Christopher Hayes
Deacon Chris Ervin*