

**Faith Avon Spring 2023 13-week GriefShare Support Group Schedule**  
**Thursdays 2:00 – 4:00 pm February 23<sup>rd</sup> through June 1st 2023**

<b>Date</b>	<b>Session and Video Seminar Topics</b>	<b>From Mourning to Joy (FMTJ) Workbook Exercises &amp; My Weekly Grief Work for the following week's small group discussion</b>
<b>23 Feb</b>	<b>Orientation – Registration (2:00 – 3:30 pm)</b>	Review pp. vii – xvii for Mar 2nd meeting Complete Registration Forms
<b>2 Mar</b>	<b>Session 1:</b> Is This Normal?	pp. 1-10 Review pp. vii – xvii Consider signing up for “A Season of Grief” @ <a href="http://www.griefshare.org">www.griefshare.org</a>
<b>9 Mar</b>	<b>Session 2:</b> Challenges of Grief	pp. 14 - 18
<b>16 Mar</b>	<b>Session 3:</b> The Journey of Grief – Part One	pp. 26 – 30 Article: How to Write a Grief Letter p. 2425
<b>23 Mar</b>	<b>Session 4:</b> The Journey of Grief – Part Two	pp. 36 – 41 Article: “How to Ask For And Accept Help” p. 34
<b>30 Mar</b>	<b>Session 5:</b> Grief and Your Relationships	pp. 49 – 53 Articles: “Caring for Grieving Children” & “Being Honest with Your Comforters” pp. 46-48

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<b>6 Apr</b>	<b>No Meeting in observance of Maundy Thursday (Holy Week)</b>	
<b>13 Apr</b>	<b>Session 6: Why</b>	pp. 58 – 62
<b>20 Apr</b>	<b>Session 7: Guilt and Anger</b>	pp. 68 – 73 Article: "Why Should I Forgive?" pp. 66 – 67
<b>27 Apr</b>	<b>Session 8: Complicating Factors</b>	pp. 80 – 84 Article: "Post-Traumatic Stress Disorder" pp. 78 – 79
<b>4 May</b>	<b>Session 9: Stuck</b>	pp. 88 – 92
<b>11 May</b>	<b>Session 10: Lessons of Grief - Part One</b>	pp. 98 – 102 Article: "Coping with Grief During the Holiday Season" pp. 96 - 97
<b>18 May</b>	<b>Session 11: Lessons of Grief – Part Two</b>	pp. 106 - 110
<b>25 May</b>	<b>Session 12: Heaven</b>	pp. 115 – 119 Article: "God's Forgiveness: An unlikely Source of Joy and Comfort" p. 114

Date	Session Video Seminar Topics	From Mourning to Joy (FMTJ) Workbook Exercises & My Weekly Grief Work for the following week's small group discussion
1 June	<b>Session 13:</b> What Do I Live For Now?	pp. 127 -131 Article: "Will Life Return to Normal? pp. 125 - 126
8 June	<b>Optional: End of Session Gathering 2:00 – 4:00 pm</b> <b>Light refreshments and Fellowship</b>	
<p><b>Please Note:</b> Doors open at 1:45 pm. Whenever possible, plan to arrive by 1:55 pm. Meeting will begin promptly at 2:00 pm</p> <p><b>Sponsoring Church:</b> Faith Lutheran Church and Preschool   2265 Garden Dr., Avon OH 44011   Church Office: 440-934-4710</p> <p><b>Pastor:</b> David Woolsey</p> <p><b>Faith Avon GriefShare Program Coordinator/Facilitator:</b> Trish High   pahigh@att.net   440-734-4566</p> <p><b>Co-Facilitator:</b> Julian High   julian.high@att.net   440-734-4566</p>		