



Grief, I've learned,
is really just love. It's all the
love you want to give, but cannot.
All that unspent love gathers
up in the corners of your eyes,
the lump in your throat, and in
that hollow part of your chest.

Grief is just love with
no place to go"

- Jamie Anderson

lessonslearnedinlife.com

GRIEF-SHARING:

**A supportive group,
when you have lost
someone dear.**

Our Lady of Pompeii Parish Ministry Center

**129 Laverack Avenue
Lancaster, NY 14086
www.olpparish.com
(Corner of Sheldon & Laverack)**



**Wednesday, OCTOBER 23, 2024
6:30 PM – 8:00 PM**

Questions? Call Sister Joyce King @ 683-6522 X103

It's a place where you can be with people who understand the pain of your loss and how you feel. **DVD Presentations** are given by Grief Experts who will share their personal stories of loss, giving inspiring lessons on how to make **The Journey from Mourning to JOY!** Session Topics are listed on the back of this sheet. Counselors are present to lead discussion at each session.) **Register today!**

(DATES AND SCHEDULE ON OTHER SIDE.)

CLOSING info: CH 4 WIVB/WNLO & CH 7 WKBW❄️

GRIEF-SHARING 1 REGISTRATION FORM & \$5.00 FEE by SEPTEMBER 15, 2024

if possible. Drop in OLP Collection, Drop Box, or Mail to:

Our Lady of Pompeii Church, 129 Laverack Ave, Lancaster, NY 14086 (ATTN: SISTER JOYCE)

NAME _____ PARISH _____

ADDRESS _____ EMERGENCY CONTACT & # _____

_____ CONTACT'S NAME _____

PHONE _____ E-MAIL _____

Loss(es) - relationship(s) & name(s) _____

WHEN DID THE LOSS(ES) OCCUR? _____

ENCLOSED **Flat fee (\$5.00)** Cash _____ or Check # _____ (Payable to Our Lady of Pompeii)

*I have ability to meet via Zoom if necessary. (Y/N) _____

6:30 PM GRIEF-SHARING 1 MEETING TOPICS AND DATES 2024-2025



Wed, October 23, 2024 - "Is This Normal?"

Wed, November 6, 2024 - "Your Grief Journey"

Wed, November 20, 2024 – "Surviving the Holidays"

Wed, December 4, 2024 – "Loneliness & Sadness"

Wed, December 18, 2024 – "Self-Care"

CHRISTMAS BREAK

Wed, January 8, 2025 – "Fearful & Overwhelmed"

Wed, January 22, 2025 – "Anger"

Wed, February 5, 2025 – "Regrets"

Wed, February 19, 2025 – "Grief and Your Household"

NO MEETING ON ASH WED

Wed, March 12, 2025 – "Grief and Your Friendships"

Wed, March 26, 2025 – "Questions for God"

Wed, April 9, 2025 – "Stuck in Grief"

EASTER BREAK

Wed, April 30, 2025 – "Hope & Resilience"

Wed, May 14, 2025 – "What Do I Live for Now?"



REGISTER ON OTHER SIDE OF THIS SHEET

Hope to see you there!

Sister Joyce