

GRIEF SHARE

What is GriefShare Group?

GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone.

GriefShare seminars and support groups are led by people who understand what you are going through and want to help. You'll gain access to valuable GriefShare resources to help you recover from your loss and look forward to rebuilding your life.

How does GriefShare work?

GCAC GriefShare group meets monthly to help you face the life's challenges and move toward rebuilding your life. Each GriefShare session has three distinct elements:

1. Video Seminar with Experts: Each month, your GriefShare group will watch a video seminar featuring top experts on grief and recovery subjects. These videos are produced in an interesting-to-watch television magazine format featuring expert interviews, real-life case studies, dramatic reenactments and on-location video.

2. Support Group Discussion with Focus: After viewing the video, you and the other group

members will spend time as a support group, discussing what was presented in that week's video seminar and what is going on in your lives.

3. Workbook-Based Personal Study and Reflection: During the month, you will have the opportunity to use your workbook for further personal study of the grieving process and to help sort out your emotions through journaling. Your group will spend time discussing questions and comments from the workbook study.

Seminar Topics

Session 1 - Living with Grief: This session introduces you to GriefShare. It also explains what living with grief is like, why you shouldn't be ashamed of your grief and why you shouldn't rush through your healing.

Session 2 - The Journey of

Grief: This session prepares you for what to expect along the journey of grief. At the same time, it emphasizes that everyone's journey is unique and warns against comparing grief experiences.

Session 3 - The Effects of

Grief: You're probably surprised at how debilitating grief is. This session explains that this is normal and suggests practical ways to find comfort.

Session 4 - When Your Spouse

Dies: If you've lost your spouse, this session helps you think through the critical issues involved in your healing. It also begins preparing you to face the difficult transition into a new reality without your spouse.

Session 5 - Your Family and

Grief: This session shares how to keep your family afloat when its members are drowning in grief. It also presents some of the unique issues involved if you're grieving the death of a child.

Session 6 - Why?: Just because God doesn't answer all of your questions doesn't mean He won't answer any of them. This session answers the "Why" questions and encourages you to begin asking other questions as well.

Session 7- The Uniqueness of

Grief, part 1: This session explores how the causes of, and your responses to, your loved one's

death affect your grief. Topics addressed include suicide, long-term illness, murder and false guilt.

Session 8 - The Uniqueness of

Grief, part 2: Relationships, past and present, affect your grief. This session helps you address insensitive comforters and unresolved conflict with a deceased loved one.

Session 9 - God's Prescription for

Grief: The bereaved are often overwhelmed by the advice they receive from others. And often, what goes unnoticed is what God says about healing. This session tells you how to position yourself to experience God's healing.

Session 10 - Stuck in Grief:

It's easy to get stuck along the journey of grief. This session explains how to keep moving on the path to healing.

Session 11 - Top Twenty Lessons of

Grief, part 1: In this session, those who've walked the journey of grief will share what they've learned and how they've grown from their grief experience.

Session 12 - Top Twenty Lessons of

Grief, part 2: In this session you'll hear the most significant lessons that can be learned during grief.

Session 13 - Heaven:

This session gives practical advice on how to tap into, and hold onto, the source of hope in this disappointing world.

GriefShare for Kids:

This session explains how a child's grief differs from that of adults, and it prepares you to respond to grieving children with sensitivity. Ask your GriefShare leader if you can view this special bonus session.

GCAC GriefShare group will begin its 1st session on Saturday, Feb 21. We'll focus our service on those who have lost their spouses. Please bring or invite your friends.

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