

# Grieving?

*Know someone who is?*

When you are grieving a loved one's death, the holiday season can be especially painful. Our ***Surviving the Holidays*** seminar helps participants prepare for the holidays and even discover hope for the future.

- How to deal with emotions
- What to do about traditions
- Helpful tips for surviving social events
- How to find hope for the future



# SURVIVING THE HOLIDAYS

The logo for GriefShare, featuring the word "GRIEF" in a serif font, a stylized graphic of two hands holding each other, and the word "SHARE" in a serif font.

**Please join us for this encouraging seminar:**

**November 15, 2017, 6:45-8:30 pm**

**Trinity UMC, 4000 NW 53rd Avenue,  
Gainesville, FL 32653, 352-376-6615**

In addition to this seminar, there are number of other ways our **Congregational Care Ministry** can help support you or others during the coming weeks and months, including:

- **The Longest Night Service:** December 21 at 7:00 pm in the Chapel - join us for a service that moves from darkness to light For those who are grieving loss of any kind during this holiday season.
- **Stephen Ministers:** meet one-on-one with someone who will actively listen and pray with you.
- **Pastoral Counseling:** meet with one of our pastors for support and prayer.
- **Care Givers Support Group:** if you care for others, come find support and encouragement the 2nd & 4th Thursday evenings at 7:00-8:30 pm, Room 227.
- **Cancer Support Group:** Healing Touch meets in the O. Dean Martin Prayer Room the 3rd Thursday of each month from 5:30-7:00 pm. Join them for encouragement and support anytime.
- **Order of St. Luke's Healing Service:** the 2nd Sunday of each month at 11:00 am in the Chapel - join us for worship and receive one-on-one prayer and anointing for you or a loved one.

***If you would like more information about any of these ministries, or if you or a loved one is need of visitation, please make sure to let us know by contacting Rev. Lenora Rousseau at 352-416-3033 or (lrousseau@trinitygnv.org).***