

## **“Why, What If, If Only” - Grief Support Group**

**Mount Pleasant UMC near Louisa, Virginia**

**Every Tuesday from 6:30 to 8:00 starting March 24.**



One of the most difficult seasons of life is the experience of the traumatic or unexpected death of a loved one. We are left reeling with questions of “Why?” Our broken spirits seek answers when there seems to be none. Life suddenly comes to a screeching stop, nothing makes sense, and the world as we know it is turned totally upside down. A wrenching heartache often leaves us reeling in disbelief, and there seems to be no reasonable answers for our loved one’s death.

The “Why, What If, If Only” support has been developed by Grief Care Fellowship, by those who have lost loved ones and have navigated through the maze of hurt, sorrow and heartache caused by grief. Like many of us, they have experienced deep emotional pain. Their thoughts of encouragement will enable others to find hope.

**“Why, What If, If Only” is a six to eight-week gathering consisting of a short video, followed by discussion time for the groups to share thoughts, comfort and encouragement.**

The leaders of the Grief Support Ministry at Mineral and Mount Pleasant United Methodist Churches hope to come alongside and minister to your hurting spirit. They have walked where you walk, share their life-altering grief experiences, and how God brought them encouragement, insights and healing. This series has been developed uniquely for you. We believe it will be a helpful and healing influence in your journey forward.

**When: Every Tuesday starting March 24 from 6:30 to 8:00 PM**

**Where: Mount Pleasant UMC - 3091 Mt. Pleasant Church Rd, Louisa**

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