

A GRIEFSHARE SEMINAR AT TRINITY LUTHERAN CHURCH

Surviving the Holidays

Hope and practical help for the season after a loss

If someone you love has died, the holidays can feel like something to survive rather than celebrate. The empty chair at the table. The song that brings tears in the grocery store. The pressure to smile when your heart is breaking. If that's you this year, please know: you are not alone, and you don't have to face this season by yourself.

WHEN

Thursday, Nov. 12
3:00 – 5:00 p.m.

WHERE

Trinity Lutheran Church, Room 123
14088 Clayton Road,
Chesterfield, MO 63017

COST

Free
Refreshments & guide
included

What to expect

A gentle, two-hour time together. No one will be asked to share, and tears are welcome here. You'll find:

- Video interviews with counselors, grief experts, and people who have walked through the holidays after a death
- Help with hard-hitting emotions and "grief ambushes"
- What to do about traditions, keep, change, or start new
- How to get through parties and family gatherings
- Where to find comfort and strength in God's promises
- A free Survival Guide to take home

Trinity

Think of one person who will face an empty chair this Holiday Season, a neighbor, a coworker, a friend from church. Then simply say:

"There's something at my church I think might help. Would you like to come with me?"

Offer to drive them, sit with them, or meet them at the door. Your invitation may be the gift they need most this season.

"The Lord is near to the brokenhearted and saves the crushed in spirit."

Psalm 34:18

Please RSVP to Pastor Chris

pastor@tlc-stl.org • 636-227-5432

So we have a guide ready for every person attending

Learn more about GriefShare at griefshare.org/surviving