

*"It isn't  
for the  
moment  
you are stuck  
that you  
need courage,  
but for the  
long uphill  
battle to faith,  
sanity, and  
serenity."*

*- Ann Morrow Lindberg*



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## Healing a *Grieving* Heart



*An Educational Program  
for Bereaved Adults*



Pastoral Care Department

## Grief Educational Program

This program is for adults who have experienced the loss of a spouse, parent, or other loved one. The purpose is to offer understanding, suggestions for coping, support, friendship, and most of all, hope to bereaved adults.

We all will have to face the death of someone we love sometime. Surviving the feelings of sadness and loss is a process that involves both emotional and behavioral reactions. This grieving process takes us through the initial response of shock and sadness, through acceptance and understanding, and eventually to the rebuilding of our lives.

These sessions will hopefully help you understand the grieving process and give you some ideas about how you may be able to help yourself through this difficult time.

## Common Reactions...

Throughout the recovery process, people who are grieving may experience many reactions:

- Shock
- Emotional release
- Depression
- Physical symptoms of distress
- Anxiety
- Hostility
- Guilt
- Hesitancy to renew normal activities
- Healing of memories
- Acceptance of one's new role in life

## Feelings You May Experience...

- Sadness
- Loneliness
- Anger
- Rage
- Fear
- Numbness
- Phobias
- Purposelessness
- Self-Pity

Feelings of loss tend to be very painful, and we may feel like avoiding the intensity of these difficult emotions. It is as if by not experiencing the pain we can somehow avoid the reality that someone we care about has passed away.

## Common Thoughts...

- ...“It’s not real.”
- ... “I can’t handle this.”
- ... “Am I always going to feel like this?”
- ... “I should have done more.”

The reality, however, is that we cannot avoid the pain of grief forever. On the other hand, by expressing our feelings we can begin to move forward and heal from the loss.

## Goals

The goal of the Grief Educational Program is to identify some of the common struggles we share as we experience the grief journey. The first step to coping with grief is to have people who support you on your journey to healing and inner peace.

The program will be held Tuesdays,  
6:30 – 8:00 pm on:

- **September 15, 2015**  
*Understanding Your Grief:  
Taking the Time to Grieve Your Loss*
- **October 20, 2015**  
*Explore Your Feelings of Loss:  
What Can You Do?*
- **November 17, 2015**  
*When the Holidays are Not So Happy:  
Finding Comfort for Your Grief in  
Holiday Traditions*
- **January 19, 2016**  
*Understanding the Need to Mourn:  
When Nothing You Do Seems to Ease  
Your Grief*
- **February 16, 2016**  
*When is it Time to Clean Out the Closet  
and Go Through the Memories?:  
Understanding the Reality of Grief*
- **March 15, 2016**  
*Grief, Faith and Prayer:  
Where is God in My Suffering?*
- **April 19, 2016**  
*Seek Reconciliation, Not Resolution:  
You Will Always Miss Your Loved One*

## Facilitators:

Beth Lenegan Ph.D., Director, Pastoral Care  
and Rev. Melody Rutherford M.Div., Chaplain

## Location:

Infant of Prague Church, 921 Cleveland Dr.  
Cheektowaga, NY 14225, 716 634-3660

For Information and registration,  
Contact: The Office of Pastoral Care  
**716 845-8051.**