

# WELLSPRING SUPPORT MINISTRY



**For All the Seasons of Life**

**Caring about you ...**

**Caring about others ... In Christ**

First United Methodist Church Plano's *Wellspring Support Ministry* provides emotional support and spiritual encouragement during life transitions through Christian fellowship and guidance.

- Bariatric Support Group  
(2nd Tuesdays)
- *Boundaries, Saying Yes...Saying No*  
(8-week seminar)
- Building Healthy Relationships  
(6-week seminar)
- Career Transition Support  
(Tuesdays)
- *Celebrate Recovery*® addiction recovery connection
- Co-Parenting with a Difficult Ex  
(4-part seminar)
- Divorce Recovery  
(6-week seminar)
- Grief Recovery  
(8-week seminar)
- *Life's Healing Choices*  
(8-week seminar)

## THE REALITY OF GRIEF

When we grieve, we are affected physically, emotionally, mentally, and spiritually. Each of these aspects presents problems that need to be addressed if we are to heal. We *can* choose how we will grieve!

### To register:

[wellspring@firstmethodistplano.org](mailto:wellspring@firstmethodistplano.org)

### For more information

*Dr. Carolyn Maurer*

972-867-2145

[cgmaurer1@verizon.net](mailto:cgmaurer1@verizon.net)

*Rev. Alice Coder*

972-423-4506

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# GRIEF RECOVERY



**WELLSPRING  
SUPPORT MINISTRY**



**For All the Seasons of Life**  
First United Methodist Church Plano

# GRIEF RECOVERY

Please return this form to FUMC Plano  
or email the information to

[wellspring@firstmethodistplano.org](mailto:wellspring@firstmethodistplano.org).

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone: Home \_\_\_\_\_

Work \_\_\_\_\_

Cell \_\_\_\_\_

Email \_\_\_\_\_

## Child Care

Names and age(s) of child(ren)

Any special needs? \_\_\_\_\_

**Cost \$25**

Includes all materials.  
Scholarships are available.

- reaching more people
- growing deeper in faith • feeling smaller
- acting more compassionately

# GRIEF RECOVERY

## Program Outline

**Session 1:** Grief: What it is; unresolved issues.

**Session 2-3:** Grieving: The process and problems that develop.

**Session 4:** Grieving: Coping with specific problems.

**Session 5:** Recovery: Dealing with difficult emotions.

**Session 6-7:** Recovering: Forgiving and letting go, the role of faith.

**Session 8:** Recovering: Holidays and special days, long-range effects.

## Helpful Books

*A Gift of Hope*  
Robert L. Veninga

*Don't Take My Grief Away*  
Doug Manning

*Living with the End in Mind*  
Erin Kramp

*A Grace Disguised*  
Gerald Sittser

*Healing Journey Through Grief*  
Phil Rich

You experience many different emotions when you lose someone or something you love. You can be

- unsure where to turn or what to do.
- uncertain about your faith.
- uncertain about life.
- angry.
- confused.
- distressed.

Grief always involves a complex mixture of feelings that sometimes conflict and often are unpredictable and overwhelming... feelings of emptiness, helplessness, frustration, guilt, loneliness and fatigue.

This outreach ministry of FUMC Plano, provides both education and encouragement for persons who are experiencing loss in a small class setting. It is supportive, confidential and non-judgmental.

While active participation is encouraged, it is not required. We hope you will join us.

FIRST  
UNITED METHODIST CHURCH  
PLANO