



Help for People in Pain

A Seminar for Coping with Loss



Saturday, November 4, 8 AM-1 PM at CMBC
\$30/person • Signups begin Oct. 15 in the lobby

What: Help for People in Pain is a seminar designed to describe the process of grief and to suggest ways individuals can learn to cope with loss situations. It is especially prepared to help God's people, whose role model is the Lord Jesus, to confront their own losses and then to encourage them to reach out to others who are in pain.

Why: Loss is a part of everyone's life. We lose favorite toys as children. We lose our best friends when they move to another part of the country. Material possessions are sometimes lost. Jobs are lost. We lose loved ones to death - the ultimate loss. Loss is always followed by grief. There are varying degrees of grief. There are varying responses to it.

The Christian community often finds the grief process difficult to understand and therefore is embarrassed or unsure of what to do when someone faces a loss. This seminar provides insights and ideas on understanding emotions and behaviors to help individuals cope with loss in their own lives and in the lives of others.

Who should attend: People who have experienced loss in their own lives – death, divorce, finances, health, etc. – and people who have not experienced a personal loss but who want to learn how to help those who have. It is recommended that attendees be at least 18 years old.

Questions? Contact Pastor Tom Hubbard, Nancy Heckman, or Claudia Landis.
Limited scholarships available.