

New Edition of GriefShare – Week 5

The 5th session, titled "Fearful & Overwhelmed" helps participants find a road map out of worry. They'll discover:

- Worry is a fear of what *might* happen, not what will happen.
- Having a plan can prevent "grief overload."
- Fear reminds you to depend on a trustworthy God.

GriefShare is a bible-based support group for people who are grieving the death of a loved one. Each GriefShare session includes a 30-minute video, small group discussion, and participant guide study. There is a \$20 suggested donation, which covers the cost of all materials. To register, please visit **www.griefshare.org** or text Deaconess Janet Nicol at **614-561-7411**.

If you are still struggling with or have questions about your grief, we encourage you to check out this **NEW** edition of GriefShare.