Group offers support during the holiday season to anyone who has lost a loved one. Held at Grant United Methodist Church on Wednesdays during November and December.

By Jan Rahn
Managing Editor

Those who are facing the holidays without someone they love will be given the opportunity of support through a Grief Care Support Group starting this month.

The group is facilitated by the Health Ministry Committee of the Grant United Methodist Church.

"Holidays can be a painful time for people who have lost someone close to them—they feel very alone, even when there are others around," said Ann Regier, chair of the committee. "Their world has been turned upside down, and thoughts of celebrating as they did in years past before the loved one died seems impossible."

The Grief Care Support Group will begin Nov. 16 and be held during November and December on Wednesday evenings at 6:30 p.m. Regier and Jeanie Daiss will be co-facilitating the group which will meet in the chapel located inside the front entrance of the church at 4th and Warren.

Each session will last approximately one hour.

Prior to each session, participants are invited to share in the Community Friends Supper held in the fellowship hall at 5:30 p.m., which is an excellent opportunity to socialize with others.

"Grieving is an individual thing," said Regier. "Everyone does it in their own way and in their own time, but having the support of others who have had the experience of losing a loved one and facing some of the same situations and lonely times can be helpful and therapeutic. Grief shared can make a difference in their lives."

Anyone who is concerned about the coming holidays because a loved one is gone and not here to celebrate this special time is welcome to attend—whether this is a parent, a spouse, a child, a sibling, a grandparent or a very close friend.

To prepare for the number of handouts needed, participants are asked to register for the six-week course by calling Ann Regier 308-326-4346, Jeanie Daiss 308-352-4073 or the church office 308-352-4594.

"Let us all celebrate Thanksgiving this month by counting our blessings—blessings of family, of friends, our church family and a wonderful community and county to live in," said Regier. May we each day give thanks for our God who loved us enough to give His son to die for our sins, and accept us as His children."