

ST. BARNABAS LUTHERAN CHURCH, ELCA *and* Bethany Lutheran Church, ELCA  
Evangelical Lutheran Church of America

In Partnership with Congregational Outreach  Advocate Health Care  Aurora Health Care\*

Presents a Four-Part Series on Grief



Join us for this 4-Part Series

In each seminar, we will learn from experts and from each other, different ways to process and live with grief. We will share tools, techniques, and gifts of healing, and **we'll begin by sharing a meal together** as we nourish our bodies and our hearts. Each workshop will cover all kinds of grief:

- Death of a loved one
- Becoming an empty nester
- Loss of a job or health
- Transitions in life (i.e. retiring, aging)
- Relationships ending

**REGISTER TODAY**

"Helpful in preparing materials and food"

**WELCOME !!**



**Location Sites of the Four-Part Series**

Sunday, **September 15, 2019** – **Seasons of Grief**

**Location:** Bethany Lutheran Church, 5-7 p.m.

76 W Crystal Lake Ave, Crystal Lake, IL **Room:** Luther Hall

**Presenter:** Christine SPUHLER, LCPC, Psychologist

Sunday, **November 17, 2019** – **Making it through the Holidays**

**Location:** St. Barnabas Church, 5-7p.m.

8901 Cary Algonquin Rd, Cary, IL 60013 **Room:** Family Life Center

**Presenter:** Maggie MOORE, Widow Coach and Certified Grief

Recovery Specialist

Sunday, **January 19, 2020** – **New Beginnings?!? Faltering Steps in Grief**

**Location:** Bethany Lutheran Church, 5-7 p.m.

76 W Crystal Lake Ave, Crystal Lake, IL **Room:** Luther Hall

**Presenter:** TBA

Sunday, **March 1, 2020** – **Life... Even in Grief | Body • Mind • Spirit**

**Location:** St. Barnabas Church, 5-7p.m.

8901 Cary Algonquin Rd, Cary, IL 60013 **Room:** Family Life Center

**Presenter:** TBA

**Soup for the SOUL**

Learning Together in the MIDST OF GRIEF

**RSVP for the first workshop by  
September 12, 2019**

Email—Suzanne Martinez,  
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Questions? Call: 847-842-4285