

## “Mourning” Coffee



**August 4, 2010**

**September 1, 2010**

**9:00 to 10:00 a.m.**

**St. Paul the Apostle, 6400 Spring St.**

People often receive a lot of care and attention immediately after a loved one dies, but within a few weeks the cards, letters and visitors taper off. Just when the reality of the loss is beginning to sink in, people often find themselves feeling very alone.

Join us on the first Wednesdays of August and September for “Mourning” Coffee. This informal gathering will give those who have gone through the grief support group an opportunity to get together for coffee and to reconnect with one another.

As each of us works through our own personal grief, perhaps keeping in touch will help us support each other.

This is no charge or pre-registration required.  
All are welcome!

## Journeying On.....

John, Marian and Gene, our partners from Home & Hospice Advantage have agreed to facilitate a once a month support gathering in August & September for those who have now completed the six-week support series.

Called Journeying On, the hope of these monthly gatherings is to reconnect with those we have shared our sorrows with during the past six weeks. The coming together and “journeying on” is a sign of hope and healing. It recognizes that grief is a journey that we all go through in hope of being joyful again.

Wednesday evenings

August 18, 2010  
September 15, 2010

5:30 to 6:30 p.m.

St. Paul the Apostle  
6400 Spring Street

No charge or pre-registration required.

