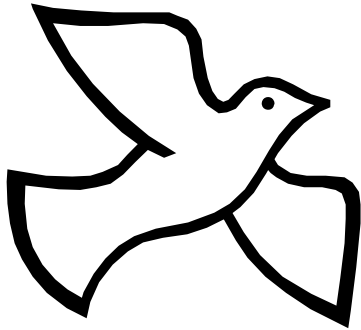


“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you a hope and a future.”

Jeremiah 29:11



Pre-registration is required.

New members will be accepted until the third week.

For more information and to pre-register...

Call Katie Jones — Berkeley
(510) 848-6252 x 241

Call Lois Samarron — Hayward/Castro Valley
(510) 581-6203x202

Call Bev Fellows — Lafayette
(925) 283-8722

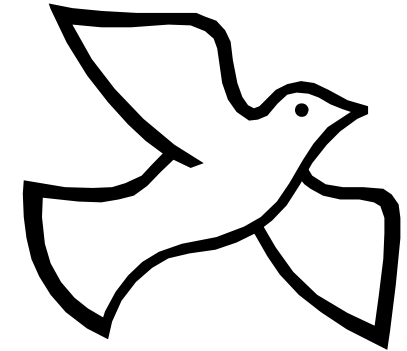
Call Linda Husted — Pleasanton
(925) 833-9013

or

Merrilee Harter Mitchell, Coordinator
(510) 482-5296 (6 rings to leave message)



Summer/Fall 2009 Widows/Widowers Grief Recovery



*“Blessed are they who mourn,
for they shall be comforted.”*

Matthew 5:4

VALLEY COMMUNITY CHURCH
IN PLEASANTON

1ST PRESBYTERIAN CHURCH OF
HAYWARD
IN CASTRO VALLEY

LAFAYETTE-ORINDA PRESBYTERIAN
CHURCH IN LAFAYETTE
and
1ST PRESBYTERIAN CHURCH OF
BERKELEY

Spring/Summer 2009

Dates/Times

For those who grieve. . .

The *Widows/Widowers Grief Recovery Class and Support Group*

- provides a safe place for sharing experiences of loss and grief
- facilitates understanding of the grieving process
- encourages hope and provides support
- enables people to begin and work through the grief process

This group is open to widows and widowers of all ages no matter how far along they are in their grief process. Whether you have recently lost a spouse or your spouse died years ago, all who are interested in working through their grief are welcome.

It is not necessary to be a member of a church to attend.

Wednesdays, 7 – 9 p.m.
July 8th – September 9th
VALLEY COMMUNITY CHURCH
4455 DEL VALLE PKWY, PLEASANTON 94566
CONTACT: LINDA HUSTED 925-833-9013
lihusted@earthlink.net

Tuesdays, 7 – 9 p.m.
September 15 – November 17th
**FIRST PRESBYTERIAN CHURCH
OF BERKELEY**
2407 DANA STREET, BERKELEY 94704
CONTACT: KATIE JONES 510-848-6252 x241
katiej@fpckerkeley.org

Tuesdays, 7 – 9 p.m.
September 22nd - November 24th
**LAFAYETTE-ORINDA PRESBYTERIAN
CHURCH**
49 KNOX DRIVE, LAFAYETTE 94549
CONTACT: BEV FELLOWS 925-283-8722
bevff@lopc.org

Sundays, 2:30 – 4:30 p.m.
Call Lois Samarron for Fall Schedule
**FIRST PRESBYTERIAN CHURCH
OF HAYWARD**
2490 GROVE WAY, CASTRO VALLEY 94546
CONTACT: LOIS SAMARRON 510-581-6203x202
lois@fpch.net

Format

Materials include ***Grief Recovery: A Workbook for Widows and Widowers*** by Robyn Mar.

Over the 10 weeks of the group, topics will include:

- Facing Loss
- Understanding Grief
- When Grief Returns
- Choosing to Recover
- Letting Go of the Past
- Getting Back in Balance
- Building a New Life

There is a \$5 fee for the workbook. The fee will be collected at the first class.

