

LOTUS

Grief Support Group

**For Those Looking Onward
To Understanding & Serenity**



*The Sacred Lotus (Nelumbo Nucifera) has great religious symbolism.
If such a lovely flower can rise from the mud, it is reasoned, then man can conquer any adversity.*

Perhaps your stepping stone back into life is LOTUS. This group is for men, women, and young adults who have experienced a death. These meetings address the many struggles of life that challenge those who grieve.

All groups will meet at Parkway Funeral Service, 2330 Tyler Parkway, Bismarck

🌀 LOTUS for Men 🌀

2nd and 4th Tuesdays of every month*

10:00 a.m. – 11:00 a.m.

🌀 LOTUS for Women 🌀

2nd and 4th Tuesdays of every month*

1:00 p.m. – 2:00 p.m.

🌀 LOTUS After Hours: For both men & women 🌀

2nd and 4th Tuesdays of every month*

7:00 p.m. – 8:00 p.m.

*During the summer months meetings are held once a month on the 4th Tuesday at 1:00 pm & 7:00 pm for both men and women.

🌀 “A Cup of Tea and a Good Book”: An hour of oral reading and discussion 🌀

2nd & 4th Monday of each month from 1:00 p.m. – 2:00 p.m.

2025 - 2026 LOTUS Calendar

***During the summer months (June, July and August) meetings are held once a month on the 4th Tuesday at 1:00 pm & 7:00 pm for both men and women.**

Topics and dates may change due to circumstances beyond our control. **Combined Sessions** for both men and women will meet at 1:00 pm and 7:00 pm on the calendar days (there will **NOT** be a men's 10:00 session on combined days). Between meetings, strive to stay in touch with each other, perhaps over breakfast or a cup of coffee, or exchange phone numbers if you wish. *"Grief shared is grief diminished."* Thank you for taking part in our LOTUS program!

Open Session : Group begins by honoring those who have died or had a birthday that month.
Bring photos or any other memory to share of your Special person (only if you wish)

September 9	Grief's Impact
September 23	Dealing with Anger
October 14	Dealing with "Guilts and Regrets"
October 28	Dealing with Fear
November 11	"Holidays Schmololidays"
November 25	Remembering Our Loved Ones
December 9	Dealing with Loneliness and Emptiness
January 13	Functioning (Overwhelmed/Paralyzed)
January 27	The Physical Impact
February 10	Our Broken Hearts
February 24	The Spiritual Impact
March 10	Dealing with Family and Friendship Changes
March 24	Does it Get Better? Video—Living with Loss...Healing with Hope...
April 14	Panel: Allowing for a new Relationship—Hazards and Triumphs
April 28	Grief vs. Depression
May 12	Built in Coping Mechanisms/Resiliency
May 26	Brown Bag Lunch
June 16	Open Session
July 21	Open Session
August 18	Open Session