

# 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.

# 2026 - 2027 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!**

|              |                                                                                                        |
|--------------|--------------------------------------------------------------------------------------------------------|
| September 8  | Please bring a photo so we can get to know your loved one.                                             |
| September 22 | Dealing with Anger and Frustration                                                                     |
| October 13   | Dealing with Guilt and Regrets                                                                         |
| October 27   | Brandi Schmidt - <b>LOTUS Combined</b> - 1:00 PM & 7:00 PM -To be determined                           |
| November 10  | Deacon Angie Kutzer - Combined Lotus - To be determined                                                |
| November 24  | Dealing with Our Fears                                                                                 |
| December 8   | Holidays, Schmolidays                                                                                  |
| December 22  | Identity Changes: "Who Am I Now?"                                                                      |
| January 12   | Journaling - "Externalizing the Internal 'Why'"                                                        |
| January 26   | Open Session: "I wish I would have told them..."                                                       |
| February 9   | Valentine Project                                                                                      |
| February 23  | Built-in Repair Mechanisms: Getting Better, When?                                                      |
| March 9      | Open Session: "The time I miss my Special person the most is..."                                       |
| March 23     | <b>LOTUS Combined</b> - Panel of Speakers - "Relationships: Hazards and Triumphs"<br>1:00 PM & 7:00 PM |
| April 13     | Open Session: "Memory cups & 'Broken clay pots'"                                                       |
| April 27     | Video                                                                                                  |
| May 11       | Dealing with Loneliness, Emptiness and Depression                                                      |
| May 25       | Picnic                                                                                                 |
| *June 22     | Open Session                                                                                           |
| *July 27     | Open Session                                                                                           |
| *August 24   | Open Session                                                                                           |

**Roberta Unterseher**

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