

GriefShare **FALL 2026** Schedule / Bethesda, 123 W. Hamilton, Eau Claire WI

GriefShare Series - Session Topics	Tuesdays, 9-11am
Session 1: Is This Normal? How Grief Affects Us Grief is the natural response to significant loss. Grief affects all aspects of your life. Processing grief takes time and work, but you will be OK. <i>Special feature: "I Am Not OK" by Jelly Roll</i>	Session 1 Sep 15
Session 2: Your Grief Journey is Uniquely Yours How your circumstances affect your grief. Different grieving "styles". Possible surprises and the roller-coaster nature of grief.	Session 2 Sep 22
Session 3: Loneliness & Sadness: Life After Your Loss. Sadness can slow you down to assess where you're struggling & what might help. Sadness lessens as you make adjustments in your life. Making meaningful connections eases loneliness. <i>Special feature: "Cry Out to Jesus" by Third Day</i>	Session 3 Sep 29
Session 4: Self-Care: Keeping Your Strength Healthy lifestyle practices while grieving aid progress. Unhealthy/numbing behaviors hinder progress. How to build a relationship with the God of comfort & strength.	Session 4 Oct 6
Session 5: Fearful & Overwhelmed Worry is a fear of what <i>might</i> happen, not of what <i>will</i> happen. Having a plan can prevent "grief overload". Fear reminds us to depend on a trustworthy God. <i>"If it Was Up to Me" Ben Fuller & Carrie Underwood</i>	Session 5 Oct 13
Session 6: Anger - When It All Seems So Unfair Anger can give you energy to make changes. Anger is powerful, but God can help you manage it. Forgiveness is important to you and your relationship. <i>Special feature ESPN: "Handle Hard Better" Kara Lawson 7:29</i>	Session 6 Oct 20
Session 7: Regrets & woulda-coulda-shoulda The importance of challenging your "If only's". Better thoughts to focus on. God's response to your regrets. <i>Special Feature ESPN: "Finding Purpose in the Pain" Blake Anderson 7:10</i>	Session 7 Oct 27
Session 8: Grief & Your Household; Facing the Empty Chair at the Table. How to deal with secondary losses. Tips for parenting grieving children. What to do with your loved one's possessions.	Session 8 Nov 3
Session 9: Grief & Your Friendships Other people can help you deal with changes. Realistic expectations of others are important. How to talk to people who are uncomfortable with grief.	Session 9 Nov 10
SPECIAL SESSION: Surviving the Holidays Discover how you can find hope and celebration during an often-difficult holiday season. This is a great opportunity to invite a grieving friend or relative.	Surviving the Holidays Nov 17
Session 10: Questions for God Trusting God with questions and doubts is a step forward in faith. The benefits of asking God "What can I learn from this?" Learning from God's Word about heaven. <i>Special Feature: "I Need You Now" by Plumb 4:16</i>	Session 10 Nov 24
Session 11: Stuck in Grief Being "stuck" in grief is not about time, it's about skipping steps toward healing. Negative thought patterns will keep you stuck. Bible & prayer defend against wrong thinking. <i>Special feature ESPN: "Derek Jensen's Story, All of Him" 5:55</i>	Session 11 Dec 1
Session 12: Hope & Resilience: There's More to Your Story Biblical hope is more than wishful thinking. How resilience helps you press on after your loss. Resilience grows the more you ground yourself in God's truth. <i>Special Feature ESPN: "If Time Were Running Out" 7:20 OTL Scott Freitag</i>	Session 12 Dec 8
Session 13: What Do I Live for Now? Remembering & Honoring "Legacy projects" that bless others and honor your loved one. Preserving and using lessons you've learned from your loved ones. Renewing your sense of purpose. <i>Special Feature ESPN: "The Legacy of Tyler Trent Continues at Purdue University" 6:10</i>	Session 13 Dec 15

Register at c3ec.org/bethesda-care-ministries

Questions? Contact Kurt at mattisonkurt@gmail.com or 715-864-9039