

Some Helpful Books:

- **Don't Take My Grief Away**
by Doug Manning
- **When Going to Pieces Holds You Together**
by William A. Miller
- **How To Go On Living When Someone You Love Dies**
by Theresa A. Rando
- **Good Grief**
by Granger E. Westberg
- **A Grief Observed**
by C. S. Lewis
- **Let Me Grieve but Not Forever**
by Verdell David

Other Grief Care offerings:



A Ministry of Compassion and Connection

Monthly Luncheons
at Preston Hollow
Presbyterian Church

3rd Wednesday of each month

Reservations Required
214.699.4709

www.faithpresbyterianhospice.org

Ministry of Caring

Preston Hollow
Presbyterian Church

9800 Preston Road
Dallas, TX 75230
214.368-6348 ext. 113
www.phpc.org/grief

A banner with a textured, painterly background. The text "Grief Care" is in a large, dark serif font, and "At Preston Hollow Presbyterian Church" is in a smaller, lighter serif font below it.

Grief Care
At Preston Hollow Presbyterian Church

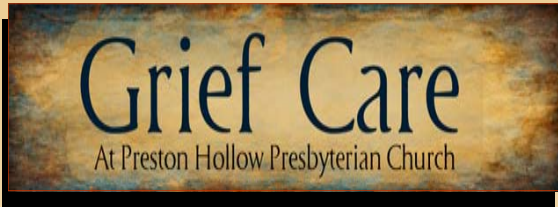
2012 Workshop

January 10 - February 14
Tuesdays
6:30-8:30 p.m.

A large, vibrant yellow sunflower with a dark brown center and green leaves, positioned in the bottom right corner of the page.

"Turn your face to
the sun and the
shadows fall
behind you."

~Maori proverb~



The dynamics of grief are complex involving physical, emotional and spiritual dimensions. Some physical aspects involve fatigue, insomnia, weight gain/loss. Emotions are high and often seem in competition with one another. People may feel profound sadness and degrees of joy at the same time; guilt and relief.

Spiritually, people discover that the psalmist says it best:

My tears have been my food day and night, while all day long they say to me, 'Where now is your God?'

Psalm 42:3

REGISTRATION FORM

For information: Call Paula at 214.368.6348 ext. 113

Register online at www.phpc.org/grief or complete the registration form below and mail to:

Preston Hollow Presbyterian Church

ATTN: Paula Kirby • 9800 Preston Road • Dallas, TX 75230

Name:

Address:

City/State/Zip:

Home phone:

Cell phone:

Email:

My loss/grief is:

Have you attended a PHPC Grief Care Seminar before? ___ Yes ___ No

When? _____

Cost \$40:

- Pay at the door.**
- Enclosed is my check.**
- A scholarship is needed. (Please phone the church.)**