



*“A butterfly
lights beside us like
a sunbeam.
And for a brief
moment its glory and
beauty belong
to our world.
But then it flies on again,
and though we wish
it could have stayed,
we feel so lucky
to have seen it.”*



Contact:
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Bereavement Support Group St. Mary Church

**Tuesday, Evening Sessions
June 15 through August 31, 2010
7:00 p.m. to 9:00 p.m.**

**June 15
Crazy is Normal**

**June 22
Understanding the Stages of Grief**

June 29: No Session

**July 6
Surviving Stress and Loneliness**

**July 13
Our Feelings of Denial, Bargaining, and Guilt**

July 20 through August 10: No Sessions

**August 17
Our Feelings of Anger and Depression**

**August 24
Spiritual Elements of Grief and Healing**

**August 31
The Value of Memories**

***The Lord is close to the broken hearted.
Psalm 34:19***