

Location :
Catholic Pastoral Center
2800 McGavock Pike
Nashville TN 37214
Time 1:00 to 3:00 PM
Room to be Announced

April Sessions

Sunday, April 15th
Sunday, April 22th
Sunday, April 29nd
Sunday, May 6th
Sunday, May 13th
Saturday, May 19th

August Sessions

Saturday, August 4th
Sunday, August 12th
Sunday, August 19th
Sunday, August 26th
Sunday, September 2nd
Sunday, September 9th

October Sessions

Sunday, October 7th
Sunday, October 14th
Sunday, October 21st
Sunday, October 28th
Sunday, November 4th

To register Call or Email

Deacon Tom Samoray
615-874-0957

tomsamoray@dioceseofnashville.com
Or

William Scarborough
615-545-8906

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The Six Sessions

The Six Session titles are :

Bereavement: *In this session you will be guided to acknowledge your loss, and to recognize the first stage of Grief: "Denial"*

Grief: *In this session you will approach your feelings of Grief, bereavement and mourning and understand the role they play creating the possible feeling/s of "anger"*

Anger: *This session allows the participant to express their anger and or guilt surrounding the loss. The participant learns how to cope with this uncomfortable feeling.*

Sadness: *This session introduces you to the last step of the Grief stages "acceptance" You will begin to plan your new life without the person you lost.*

Living: *This session you will re-learn the meaning of your life and what God has called you to do. (This is that next question.) What am I to do with the rest of my life?*

**When the heart Cries ...a journey through Bereavement by William Scarborough
Author and Facilitator**

5424 Mainsail Dr.
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**You're Invited
to Attend**



William Scarborough a member of St. Stephen Catholic Community will again offer a six week Bereavement/Grief program for those that have suffered a loss.

*(see inside panel for dates, time and location)
These are group sessions
from 6-12 people.*

This is a totally Free program

Here is what some attendees had to say about the program.

"Thank you for leading the Bereavement series. The program you have written is wonderfully designed. It has been very helpful for me in processing my Mom's death. It was nice to do this in community with others who have experienced a loss and in the context of faith."

"I just wanted to thank you for a job well done. I have really enjoyed each of our sessions. Most have been emotional, but still have been beneficial. It is good to express your feelings and know that others have some of the same feelings that you do. I think I am in a better state of mind since participating in the group."

About the program

Grieving the importance it plays in life!

The Program is composed of six sessions during which we focus on the experience of Grief in a person's life. Grief, although an individual process, is best healed when shared with others.

Quote from William Scarborough

"In my work with the bereaved, families and groups, I have witnessed repeatedly the triumph of survivors over their deepest sorrow, suffering and pain. I have seen them experience profound moments of healing and growth. I have learned that they can survive and transcend Grief. I have learned that the difficult process of healing through loss can leave us with greater emotional strength and self-reliance and greater awareness of what really matters in Life."

Grief

Grief is neither an illness nor a pathological condition; it is a natural process that, depending on how managed and understood, can lead to healing and personal growth.

Grief can be caused not only by the loss of a loved one but by any occasion that causes us to feel, lost, abandoned, alone. Examples are: loss of a Job, Divorce, loss of a Pet, loss of a Promotion the list is endless.

People who come to this program often deal with a multiple losses. Regardless of the sources of your Grief, understanding the Grief process and knowing what to expect can help us cope and heal.

There are basically five steps to the Grief process.

- ◆ *Denial (This isn't happening)*
- ◆ *Anger (Why is this happening - who caused it)*
- ◆ *Bargaining (I promise—if only?)*
- ◆ *Depression (I don't care any more)*
- ◆ *Acceptance (I'm ready for whatever comes)*

Grief

There are three basic stages of Grief:

- ◆ *Numbness (Social insulation aloneness/ loneliness)*
- ◆ *Disorganization (intensely painful feeling of loss)*
- ◆ *Reorganization (re-entry into more "normal" social life)*

Not everyone is going through these stages, or in the same order. Grief is an individual as those of us who feel it, and varies according to the circumstances of death or the loss that has occurred.

Grief is an open-ended process rather than something final. Grief is also an open-ended process rather than something final. Working through Grief is very hard and takes enormous energy. This is the reason this program was created.

We are best healed from Grief when we are guided through it, and we share it with others.

Please join us on : "When the Heart Cries....A Journey through Bereavement"

William Scarborough Author and Facilitator

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