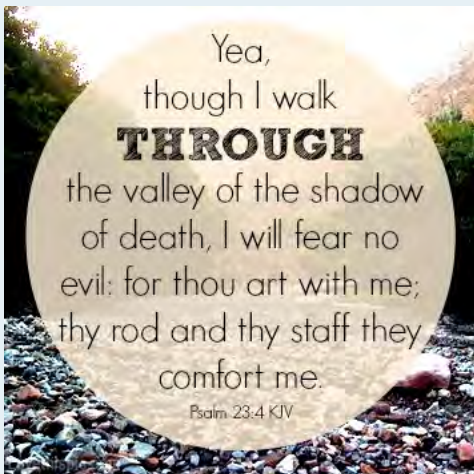


Walking Through the Valley

When a loved one dies, our lives are changed. Grieving is a process, it is a journey through the pain of loss to a place of being able to rebuild one's life. Walking Through the Valley will take you through a process of sharing and learning how to cope with loss. Groups are scheduled three times a year, and arrangements can be made for individual grief support at a time convenient for you.



Walking Through the Valley

Group sessions are scheduled three times a year. Each session is five Monday evenings, 6:30 to 8:00. Our current calendar includes:

2017: November 13, 20, 27, December 4, 11
2018: February 19, 26, March 5, 12, 19
2018: July 9, 16, 23, August 6

Individual grief support is also available.

Please contact the office to register (920-336-9571), or register online at www.stannes.us/grief-support-ministry.html



St. Anne's Episcopal Church

347 S. Libal Street
De Pere, WI 54115

Phone: 920-336-9571
E-mail: stannesoffice@sbcglobal.net
www.stannes.us

Walking Through the Valley

Group and Individual Grief Support

A faith-based process of working through grief to a new life

**23rd
Psalm**

The LORD is my shepherd;
I shall not want.
He maketh me to lie down
in green pastures:
he leadeth me
beside the still waters.
He restoreth my soul:
he leadeth me in the paths
of righteousness for his name's sake.
Yea, though I walk through the valley
of the shadow of death,
I will fear no evil:
for thou art with me;
thy rod and thy staff they comfort me.
Thou preparest a table before me
in the presence of mine enemies:
thou anointest my head with oil;
my cup runneth over.
Surely goodness and mercy
shall follow me all the days of my life:
and I will dwell in the house
of the LORD for ever.

Walking Through the Valley

Grieving is unique to each individual: there is no one who has experienced grief exactly as you are experiencing it.

Grieving is a process, and in Walking Through the Valley you explore with others the tasks involved in that process. With others, there is strength and comfort in walking this journey together.

Each group session is five weeks long. While illness or unexpected scheduling conflicts can occur, we ask that you commit to coming to all five sessions. This is not only a commitment for your own benefit, but also for the benefit of the other members of the group.

There is no charge for participating in Walking Through the Valley.



Your Facilitator

Deacon Mary Lynn Adams holds two Bachelor Degrees, in education and accounting. She is retired from her position as Chief Financial Officer of a Green Bay company.

She was ordained a deacon in the Episcopal Church in 2005. She is a Benedictine oblate and has lived at Holy Wisdom Monastery where she returns on a regular basis for prayer and renewal. In 2016 she received the Grief Support Specialist Certificate from the University of Wisconsin—Madison.

Deacon Mary Lynn's ministry is based on the Benedictine principles of deep listening, prayer, and balance in daily life. She welcomes all, regardless of religious affiliation, gender, race, nationality, or sexual orientation.