

Walking the Mourner's Path is open to any person who has suffered through the experience of a death and is willing to meet weekly for eight weeks with other group members.

Participants have opportunities to share what they have learned while traveling on their own journey. Groups are intentionally kept small, sessions are limited to one and half hours and progress of the group depends upon the emotional support and input of all participants.

Adjusting to a Death

Most experts in the field of bereavement agree that mourning - which is an adjustment to a death - involves four steps:

- ◆ Understanding the reality of the death
- ◆ Experiencing the pain of the grief
- ◆ Reinvesting emotional energy to change
- ◆ Adjusting to a new life ... Healing

Facilitators:

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Clergy Liaison: Rev. Dr. Anne Clark Duncan
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*"Blessed are those who mourn,
for they will be comforted."*

Matthew 5:4 (NRSV)

Walking the Mourner's Path Sessions for 2018/2019

Fall/Winter Session
Sunday Mornings
Beginning October 28 until December 16
11:00 am - 12:30 pm

Spring Session
Thursday Evenings
Beginning February 28 until April 18
5:30 pm - 7:00 pm

For additional information please contact:
Rev. Dr. Anne Clark Duncan
610-688-8700
aclarkduncan@waynepres.org



In Jerusalem during the time of King Solomon, there was a separate path around the Jewish Temple for mourners to walk. As others in the community would notice those in grief, they would offer solace by saying: "May the Almighty comfort you amongst the mourners of Zion and Jerusalem."

Walking the Mourner's Path

*A Christ-centered, non-denominational
Grief Support Program.*



*"And the peace of God, which surpasses all
understanding, will guard your hearts and
your minds in Christ Jesus."*

Philippians 4:7 (NRSV)



Wayne Presbyterian Church
125 E. Lancaster Avenue
Wayne, PA 19087

Walking the Mourner's Path

You have suffered one of the greatest losses anyone has to experience—the loss of a loved one. Your life has been turned upside down, it feels as if part of you is missing, this is a very real response to grief.

Walking the Mourner's Path (WTMP) is a group-centered program designed to assist individuals who have experienced this pain of a loved ones death. The program provides a safe place for you to share your feelings with others who understand your pain, confusion, and the fear that occurs when grieving. WTMP assists you in finding new solutions to problems, offers encouragement to start over, and shows you that healing has already begun.

You will be encouraged to invite Christ to share in your pain as it is central to your healing, helping you to transform your grief into joyful living. WTMP utilizes grief-centered prayers, devotional readings and mentors. Workshops are designed to address the feelings of denial, anger, bargaining, depression, and acceptance. You will have someone, unknown to you until the last workshop, praying for you on your journey. The closing worship service affords a meaningful finish for the program.

Trained facilitators and a member of the clergy staff guide the group. Your group will be encouraged to become self-sufficient, to share their emotions, problem solve, and provide support to each other.

Participants are given the opportunity to contribute as much or as little as they wish, in an emotionally safe environment. Your participation in WTMP is kept confidential.

"For I, the Lord your God, hold your right hand; it is I who say to you, "Do not fear, I will help you.""
Isaiah 41:13 (NRSV)



***"Transforming Grief
Into Joyful Living"***

Walking the Mourner's Path

Registration Form

Name: _____

Address: _____

Phone: _____

Email: _____

I am interested in attending the:

Fall/Winter Course _____

Spring Course _____

Names of loved ones who have died and their relationship to you:

Please mail completed form to:
Wayne Presbyterian Church
125 E. Lancaster Avenue
Wayne, PA 19087