

Cross Roads offers GriefShare Ministry

By Guest Columnist Sheila Bradshaw

"I'm losing my mind!"

"I'm tired of trying to be strong for everyone else!"

"I don't know what to do!"

"I can't do this! It's too hard!"

"I can't stop the tears! They just start out of the blue."

That's just a few of the comments I hear when I talk with people who are grieving the loss of their loved one. And I totally get it. I've thought/said most of these things myself in the 16 years since my 17-year old son Trey was killed in a car wreck coming home from baseball practice. The good news is that there is help.

We will begin our spring series of GriefShare at Cross Roads Baptist Church on Tuesday, February 1, at 6:30 PM. GriefShare provides a safe place to give voice to the thoughts you can't speak about to others because you know they won't understand. GriefShare is a video-based ministry with 13 sessions that address every aspect of the grieving process. Topics include "Is This Normal?," "Why?," "Guilt and Anger" and "Stuck." Participants who attend learn that they are not the first or only ones to



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face grief and don't have to go through the experience alone.

Here is what some previous participants have to say about GriefShare. "GriefShare was a great experience and could not have come at a better time in

my life. I have been through the series twice, and both times it was a blessing for me. So if you have lost someone special in your life, I would recommend GriefShare." Carol Duke – Member of Cross Roads Baptist Church

"The GriefShare program is just as the title says: you are able to share your grief with others who understand what you are feeling because they have been there. I found it extremely helpful, and one of the main reasons was that the program is Bible and faith based. I still feel the loss, but with GriefShare and the new friends I have made, I am more able to deal with that loss." Linda Vance - Member of Shiloh United Methodist Church.

GriefShare is offered as a ministry of Cross Roads Baptist Church. It is open to everyone, and there is no charge to attend. Participants are only asked to be faithful in attendance. Sessions are held on Tuesday nights beginning at 6:30 in the Church Fellowship Hall. Cross Roads is located at 104 Cross-roads Road, Pelahatchie; 5 miles south of I-20 on Hwy. 43 South. For more information, contact Sheila Bradshaw, GriefShare Ministry Coordinator, at (601) 546-2297 or visit the Cross Roads website at www.crossroadspel.org.

GriefShare won't make the pain go away, but you will find helpful tips to making it through your grief journey. Please come join us.



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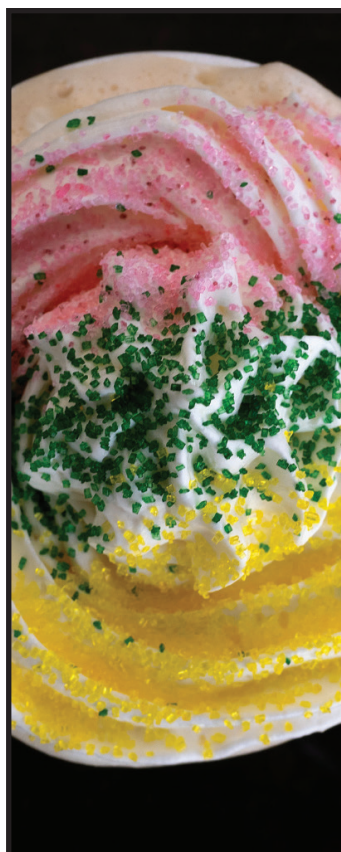
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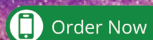

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