



Grief comes in all shapes and sizes from the loss of a dream, the loss of a loved one, or the loss of our own abilities as we age. In our lives, we are surrounded by grief. But does grief always have to be a bad thing? Is there such a thing as “Good Grief”? Join El Sobrante United Methodist Church as we discern what good grief is and how we can approach it in our lives. This will include how to prepare for the end of your own life, both practically and spiritually. This group will be lead by the interests of the participants and will be a resource for your needs with

guest speakers and materials. All are welcome!

For more information, email pastoremily@esumconline.org

When? This will begin as an eight week class:

Thursdays, 1pm starting May 20th

Where? Over Zoom

Meeting ID: 986 3191 7019 Password: 413589

Materials?

You are encouraged to purchase the book “Good Grief” by Granger E. Westberg. If you cannot afford it, please contact Rev. Emily and she will help. No one will be turned away from this church due to lack of resources.