

## If UR Hurting

# Griefshare

GriefShare is a special seminar and support group for people grieving the loss of someone close. This group is sponsored by people who understand what you are experiencing and want to offer you comfort and encouragement during this difficult time.

Each weekly GriefShare session includes video featuring top experts on grief and recovery and real life stories of people who have experienced losses like yours. Following the video, there is a small group discussion of your own responses to the video and your own grief.

Groups meet at 10 to 11:30 a.m. each Tuesday morning and/or Thursday evenings at 7 to 8:30 p.m.

## Helpful Scriptures

Scripture is God's Word to us. In the Scriptures, God reveals His love for us and provides resources for our journey. There are two lists of Scripture on this page one that addresses sorrow and one that offers comfort.

### Verses that express sorrow and grief

Finding such expression in God's Word, grants us permission to experience and express the same kinds of feelings and still know God's love. These verses are all from the Psalms which is a collection of prayers.

- [Psalms 6: 6-7](#)
- [Psalms 77: 1-10](#)
- [Psalms 22: 1-2](#)
- [Psalms 86: 1](#)
- [Psalms 31: 9-10](#)
- [Psalms 88: 1-3](#)
- [Psalms 38: 8-11](#)
- [Psalms 102: 1-9](#)
- [Psalms 42:3](#)
- [Psalms 119: 28](#)
- [Psalms 55: 4-8, 16-17](#)
- [Psalms 130: 1-2](#)
- [Psalms 69: 1-3](#)
- [Psalms 138: 6-11](#)
- [Psalms 71: 20](#)
- [Psalms 142](#)

## If UR Hurting

Verses that offer comfort, strength and hope in difficult times:

- [Psalms 23](#)
- [Psalms 116](#)
- [Psalms 27: 10](#)
- [Psalms 121](#)
- [Psalms 28: 7](#)
- [Psalms 138: 7-8](#)
- [Psalms 31: 2-4, 21](#)
- [Psalms 139](#)
- [Psalms 34: 18](#)
- [Psalms 145: 16](#)
- [Psalms 40:1-3](#)
- [Psalms 146: 9](#)
- [Psalms 46](#)
- [Psalms 147: 3](#)
- [Psalms 50: 15](#)
- [Isaiah 40: 31](#)
- [Psalms 55: 22](#)
- [Isaiah 41: 10, 13](#)
- [Psalms 59: 9-10](#)
- [Isaiah 43: 1-3a](#)
- [Psalms 62: 1-2](#)
- [Isaiah 49: 15](#)
- [Psalms 63](#)
- [Isaiah 66: 13](#)
- [Psalms 66: 19-20](#)
- [John 1: 1-5](#)
- [Psalms 73: 25-26](#)
- [John 8: 12](#)
- [Psalms 91](#)
- [John 14: 1, 28, 27](#)
- [Psalms 94: 17-19, 22](#)
- [Philippians 1: 21](#)
- [Psalms 103](#)
- [Philippians 4: 19](#)
- [Psalms 107: 33-38](#)

For more, visit [biblegateway.net](http://biblegateway.net)

## Tools for your grief work

Here are some ideas that might help you with your grief work:

- Keep a journal

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- Talk with a pastor or spiritual director
- Compile a loss history
- Share with a friend
- Join a support group
- Laugh
- Enjoy God's creation
- Think excellent thoughts
- Get a pet
- Pray
- Read the Bible
- Praise God
- Choose a hobby or skill to enjoy
- Exercise
- Help others
- Make new memories
- Do new things

For help managing your grief, contact a [pastor](#), the [Director of Congregational Care](#), or call 302-458-2575.

## Wilmington Area Grief Support Groups

### [AARP Grief Support](#)

Grief and loss programs help bereaved adults and their families cope with the loss of loved ones through community programs, outreach services, support groups and educational programs. Comprehensive information on bereavement issues as well as online support groups and discussion boards are available.

### **Changing Pathways**

A support group for those who are searching for ways to grow after a loss (at least one year after the death of a loved one.) Meetings at Newark Senior Center, Wednesdays at 10:30 a.m. or St. Mark's United Methodist Church on Wednesday evenings. Call 302 368-5738 for more information.

### [Compassionate Friends of Brandywine Hundred](#)

Support group for families whose children have died, at any age, from any cause meets the 2nd and 4th Tuesday of the month, Brandywine Valley Baptist Church, 7 Mt. Lebanon Road. For more information call 302-376-0300.

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### **Supporting Kidds**

Support services for bereaved adults and children. Numerous bereavement services, consultation and assessment offered. For more information or to schedule an appointment, call 302-235-5544.

### **Grief Support**

Seven-week support group on the 1st and 3rd Monday evenings at the MOT Senior Center, Middletown, DE. Pre-registration required. Call Heartland Hospice at 302-737-7080 for additional times and locations. New groups are forming.

### **GriefShare**

GriefShare at Aldersgate Thursday evenings from 7 to 8:30 p.m. and / or Tuesday mornings from 10 to 11:30 a.m. All are welcome.

Grief recovery program which takes place at Church of the Good Shepherd, 1530 Foulk Rd, every Monday at 7 p.m. Call 302-478-3030.

### **Sudden Accident, Murder Support – S.A.M.S**

Families and friends of victims of sudden traumatic death. For more information about group meetings or individual grief counseling, call 302-368-9500.

### **S.I.D.S.**

Support for families who have experienced the death of a child through sudden infant death syndrome. Call 302-996-9464.

### **Survivors of Suicide**

SOS support groups are peer-led groups for individuals who have lost a loved one or friend to suicide. These groups provide insight and comfort to individuals dealing with the trauma and tragedy of a loss to suicide. Meetings held 1st, 3rd and 5th Mondays, 7 to 8:30 p.m., First Unitarian Church by the Mental Health Association in Wilmington. Call 302-654-6833 or 800-287-6423.

### **You Are Not Alone**

A support group for widows and widowers, every Wednesday at 1 p.m., Catholic Charities, 4th & Greenhill Ave, Call 302-654-6473.