

## REGISTRATION INFORMATION

The workshop series is held three to four times per year. For the workshop dates and /or more information, visit [www.stjohnsec.org/pastoral-care](http://www.stjohnsec.org/pastoral-care) or contact:

[WalkingtheMournersPath@stjohnsec.org](mailto:WalkingtheMournersPath@stjohnsec.org)



*“Come to me, all who are weary and burdened, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”*

*Matthew 11:28-29*



Walking the  
Mourner's Path

*Transforming Grief into  
Joyful Living*

*“I can say that this program greatly assisted me as I moved through the loss of my husband. Although having a strong faith, I needed a formal way to move through the steps of grief in a meaningful way and find healing and joy in my new life.”*

*– Past Participant*



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*Caring for one another is at  
the heart of our community*

## WALKING THE MOURNER'S PATH

Death and its accompanying grief are a part of life. Through *Walking the Mourner's Path*, St. John's ministers to those who are grieving. This Christ-centered ministry is a confidential facilitated small group workshop series that creates a sacred space to express or explore personal grief – whether recent or unresolved – in a supportive, accepting setting.

*Walking the Mourner's Path* is different from other grief programs. It was founded out of the need to answer the question, "Where is God in my pain?"



*I place my hand in yours and together we  
can do what I cannot do alone.*

### How large are the groups?

Groups consist of five to eight participants, providing each person an opportunity to reflect on their grief from a spiritual perspective.

### Who leads the groups?

Each workshop series is led by a facilitation team of laity and clergy who are specifically trained to pastorally minister to the bereaved. With the support of the group, each participant sorts through their feelings brought about by the death of their loved ones, moving toward healing.

### Why is confidentiality important?

Confidentiality is a fundamental assurance of the Walking the Mourner's Path Ministry. Participation is kept confidential and keeping confidence with each other is especially important. Ensuring confidentiality is essential for building trust and a safe place that promotes healing and hope.

*"WtMP has been a tremendous  
blessing for me."  
– Past Participant*

### What materials are used?

A workbook containing the program materials, including inspirational readings, scripture passages, prayers, and activities specific to the key concepts for each workshop is provided to each participant.

### Who can benefit from the ministry?

- † An individual who wishes to renew the joy in their life after a death of a loved one
- † One who wants to make God a part of their process of grieving and healing
- † Someone who sees everyone else going on with their lives but still feels stuck in grief
- † An individual who has not yet taken the time to reflect on the life of a loved one, the gift that he or she was, the ways they touched their life
- † One who wishes to find a way to honor the memory of someone who died
- † Someone who believes that they never had the opportunity to fully grieve for someone who died several years ago
- † Anyone who feels the need to process grief whether recent, years ago or somewhere in between

### How long after a death should I participate in the workshops?

There is no time limit on grief. The program is designed for those individuals who have experienced a death of a loved one at least six months prior to the beginning of the workshop. Individuals have benefited from the program even if years have passed since the death.

*"It is time to mourn with others  
who understand."  
– Past Participant*