
NAVIGATING GRIEF: A JOURNEY OF FAITH



Grief is a difficult part of our shared human experience. Many types of loss can trigger it: the death of a loved one, loss of a job, divorce, serious illness, moving, or traumatic world events.

But grief is a journey, not a destination, and we do not have to travel it alone.

Join us at St. John's Episcopal Church, Boonton, as we share our stories and explore what the Bible and faith say about grief and how they can help us heal.

We will meet at 11:45 a.m. in the parish hall after our 10:30 a.m. worship service.
You're welcome to worship with us, or just to attend the program.

Our discussion topics:

Nov. 19: What am I grieving? How do I express my sadness?

Dec. 3: I feel so angry. Is that normal? How do I handle it?

Dec. 17: How can I heal? Where does God fit into all of this?

For more information, email Rev. Sharon at pastor@stjohnsboonton.org

St. John's is located at 226 Cornelia Street.
The parish hall is accessible through the red door on Cedar Street.