

Greetings GriefShare friends,

Fall is upon us and so is a new season of GriefShare at Heights Church (we had a name change from Bayside Citrus Heights this month- same church, same people, new season) and I wanted to be sure you were in the loop that we are meeting again ! We wanted to be sure you knew so that those of you who wanted to finish the coursework from last time are able to join in the new format. Books are the same and there is no charge for repeating students.

The format is different, primarily as most of the class is online/virtual - but with SOME group “meet and greets” locally, for those who feel comfortable. This is so that we can get to know each other more so than on zoom or facebook. The kickoff is tomorrow, Sunday, October 4 at 1 pm where we are passing out books to any new students, and for all students who enroll online via the GriefShare portal, the videos will be available on the GriefShare website for you all to watch at your leisure prior to doing the week one homework. We will then meet in breakout groups on Zoom, first starting as one group and possibly splitting into two or three groups as we grow.

Like all ministries affected by Covid, GriefShare has had to reformat and I am so pleased at their new structure that allows for videos to be available for those who register for up to three weeks from the date of that scheduled week. Another new thing is we will have a closed group on Facebook that is optional where we can talk amongst ourselves, if you are on that platform.

So, what do you need to do if you would like to re-start your GriefShare? First, register at GriefShare.org and search for a group near you in Citrus Heights, CA. Click on the register here box at Heights Church, and enter your info and email. That's it ! Oct 4, Jennifer Beeman my co-leader and I will be on the front porch of the church at 1 -3 pm (by the very front parking lot) to distribute books and catch up with anyone who wants to come by or register. Please, bring your own lawn chair and we are asking that you wear a mask until you are situated in your chair in our socially distanced circle of friends, just like our mid-week outdoor services - then you may remove your mask to talk if you would like. We will do a short review and go over the basics of GriefShare. Restrooms will be open.

The zoom meetings will be between 1 and 3 on Sundays starting next weekend, and last about an hour. If you have never done zoom, it's easy, free for you and we can walk you through the set up. GriefShare is considered a critical three part program of videos, workbook and talk time. it is required that you jump onto the zoom on your phone or other device, so please be open to this. we will unfortunately have to drop students who do not participate in any of the group videos or activities after three weeks unless there are extenuating circumstances. NOTE: If you want to wait to register until we get to where we left off in March, please let me know.

Additionally, we will be holding a special class in November for “Surviving the Holidays” and in December for “Surviving the loss of a spouse” that at this time are planned for socially distanced, in-person, inside classes, so watch the calendar to register for those dates. These are wonderful ways for you to invite friends and family to a GriefShare format if they have never attended.

If you have any questions please email me at lesaj@heightsconnect.com. Look forward to touching bases with you. Please register and plan to resume your journey of grief recovery with us, if you feel that need. We look forward to seeing you again!

Together in His Grip,

Lesa Johnson
GriefShare facilitator
Heights Church

PS - this class is for new AND returning students and if your cannot pick up your book tomorrow we can arrange for pickup at another time or place.