

Significance of the White Butterfly



The white butterfly has long been a symbol of purity, divine presence, and spiritual transcendence. Whenever we are confronted with life-altering decisions or events, it's not uncommon to see the spiritual embodiment of these concepts in the form of a white butterfly.



As long as we have
memories, yesterday

remains,

As long as we have hope,
tomorrow awaits.

As long as we have love
today is beautiful.



You are welcome to attend our
church services each Sunday.

Sunday School: 9:00 AM

Worship Service: 10:30 AM

We would like you to join us!

GRIEF SUPPORT GROUP



Where ...

**Mechanicsburg
Church of the Brethren
301 Gale Street
Mechanicsburg, PA
17055**

When ... 1:00 PM

**First Thursday of Every Month
in the Church Library**

WHAT IS GRIEF?

Grief is a natural response to loss. It is the emotional suffering you feel when someone you love is taken away or when you experience a life-changing event that leaves you devastated. You may experience all types of unexpected emotions such as sadness, shock, disbelief and even guilt. The pain of grief can disrupt your physical health as well. These are normal reactions to loss.

There are many forms of loss including, but not limited to:

- ✚ Death of a loved one
- ✚ Divorce or relationship breakup
- ✚ Serious illness
- ✚ Losing a job
- ✚ Loss of financial stability
- ✚ Miscarriage
- ✚ Loss of a friendship
- ✚ Loss of a pet

LOSS IS HARD

You don't have to walk this journey alone. Our Support Group is a place where you don't have to have it all together ... You will be surrounded by others, who are beginning this journey or in the past have traveled this road and understand the raw emotions and struggles you are going through. Our aim is to help you find strength, encouragement, and hope in a compassionate and non-judgmental setting where hearts are open to those going through difficult times.

WHAT TO EXPECT

- ✚ Opening Meditation or Prayer
- ✚ Introduction of Facilitators
- ✚ Introduction of Members (old and new)
- ✚ Time for Sharing and Discussion
- ✚ Closing Prayer

To Join Our Group
or
if you have questions,
contact the church office:

Phone
(717)766-8880

E-Mail
mcob-secretary@verizon.net

If you prefer a person-to-person encounter rather than a group situation, that can also be arranged.

I am bowed down and
brought very low;
all day long I go about
mourning.
Come quickly to help me,
my Lord
and my Savior.

Psalm 38: 6, 22