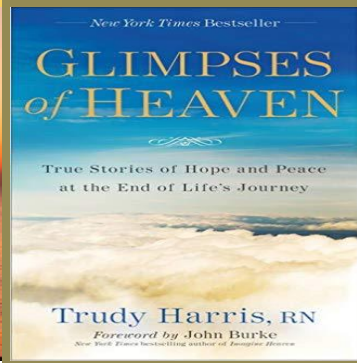


# GLIMPSES OF HEAVEN

*In Moments of Grief*

## A GRIEF SUPPORT OPPORTUNITY



### Coping With the New Normal

“Glimpses of Heaven in Moments of Grief” is an opportunity for anyone who suffered a loss to gather for the purposes of:

- *Talking about their deceased loved ones*
- *Sharing the difficulties of grieving process*
- *Sharing what has helped with the grieving process*
- *Receiving inspiration and support from Trudy Harris’ stories as a hospice nurse.*

Grief is not only about what has been. It is also about the confident hope of seeing our loved ones again!

### Materials

*Glimpses of Heaven* by Trudy Harris is a book of short but true stories of hope and peace at the end of life’s journey. Videos: TED Talk, Biography Channel Episodes of *I Survived- Beyond and Back*.

### Author of Book



#### **Trudy Harris, RN**

As a former hospice nurse and a former president of the Hospice Foundation for Caring, Trudy continues to give hope to the grieving through writings and talks.

### Sessions

**10:00 am or 1:00 pm**

**1<sup>st</sup> Wednesdays**

*Holy Rosary School*

Monthly Sessions Consists of the Following:

- Opening Prayer | Refreshments
- An Excerpt from the book is read from, *Glimpses of Heaven*
- Video: Near Death Experiences
- Discussion About Deceased Loved Ones, Grief, and the Hope of Seeing Them Again!

*We will come together on a monthly basis in support of those who suffered a loss, at the times listed above. Please call two days prior to each session for planning purposes.*

**920-898-4884**