

GriefShare®

SUPPORT GROUP

No matter what the circumstances, grief is a painful process. I'm writing to let you know about our GriefShare grief support group for people dealing with the death of a family member or friend.

GriefShare is a safe, welcoming place where people understand the difficult emotions of grief. Over the course of 13 sessions, meeting every other Sunday you'll find relief and comfort as you learn what to expect in the days ahead and how to navigate your personal grief process. Since there are no neat, orderly stages of grief, you'll learn helpful ways of coping with grief, in all its unpredictability—and gain solid support each step of the way.

Topics include how to manage grief-related emotions such as loneliness, anxiety, sadness, anger, and regret; how to cope with the changes in your life and relationships; how to recognize what's normal in grief; and what to do if you feel stuck or hopeless.

At a weekly [GriefShare](#) meeting, you will view a video featuring respected counselors, teachers, and healthcare professionals on grief-related topics. After that is a small-group discussion for sharing, support, and personal application of what you learned on the video. You will receive a book (\$20.00) to take home filled with valuable exercises for navigating your personal grieving process.

Please join us every other Sunday beginning Oct. 4, 2026. 2:00-3:30 at Pilot Knob Lutheran Church. 2391 330th St Forest City.

Sessions will be every other week. Feel free to contact Pastor Bob at: 641-581-3070 or Sue Reese at: 641-581-2045 or visit griefshare.org, if you have questions or would like more information.

Building Memories at Christmas.

After the Death of Your Loved One

1. Buy a small, live tree to place in the yard after Christmas. The tree will be there for years to come and may be decorated with lights each year.

2. Candles help bring warmth into a home at Christmastime. The light is a symbol of Jesus' birth. Luminaries in the yard bring a sense of peace, particularly on Christmas Eve. Children can help prepare and set them out.

3. It helps at Christmastime to find something simple to place in your home to remember your loved one. Perhaps a small vase with a single rose or an electric candle placed in your window. Often a poinsettia plant or a Christmas cactus provide memories if you replant them later. Children need to have something to help provide them with a memory of that special person they lost. Whether it is the loss of a sibling, parent, grandparent, friend, etc., allow the children to help pick out something so the whole family will remember their loved one. Buying a special ornament for the tree is a memory builder for upcoming Christmases. The children may even wish to make an ornament for the tree. You can be sure that whatever is done to remember the loved one will be treasured and remembered for many years.

4. Be sure to keep some of your family traditions, especially if you have children at home. They need to have warm, familiar feelings at Christmas. Pick two or three traditions that will not overwork you. If a friend or relative can help put up the tree and decorate, this is helpful. If possible, have a friend or relative take the children to a Christmas pageant, a concert, a night out looking at Christmas lights or a good Christmas movie. If you feel comfortable, then take them yourself.

5. If you decide to hang stockings as you usually do, include the missing family member's stocking. Perhaps you or the children will want to put a little gift or note in the stocking.

6. With children, particularly young ones, try to schedule only activities that will help them celebrate the true meaning of Christmas. Because adults find it difficult to face the upcoming holiday, they will try to keep busy and thus schedule too much. This is the time when parents and children get very tired. Lots of rest is important at these times, particularly for the parents. It is important to make major decisions early in the day. At evening time, when everyone is fatigued, minor decisions can become major hassles.

7. A visit to the cemetery before Christmas is good, even for the children. If they have been involved in the death and grieving, then include them when you decorate the grave with flowers or a small tree. Take time to talk about the loved one while you are there. Please take time to visit a GriefShare grief recovery support group. At GriefShare you will have the opportunity to connect with people who better understand the emotions, fears, and stresses you are facing this holiday season. You will also learn how to move forward on your grief journey in a way that is healthy. by Judy Hawk

September Sermons & Scriptures

September 6, 15th Sunday after Pentecost

Old Testament Lesson: Ezekiel 33:7-9

Epistle Lesson: Romans 13:1-10

Gospel Lesson: Matthew 18:1-20

Sermon: Watch and Warn

September 13, 16th Sunday after Pentecost

Old Testament Lesson: Genesis 50:15-21

Epistle Lesson: Romans 14:1-12

Gospel Lesson: Matthew 18:21-35

Sermon: I AM, Speaks

September 20, 17th Sunday after Pentecost

Old Testament Lesson: Isaiah 55:6-9

Epistle Lesson: Philippians 1:12-14; 19-30

Gospel Lesson: Matthew 20:1-16

Sermon: Offensive Generosity

September 27, 18th Sunday after Pentecost

Old Testament Lesson: Ezekiel 18:1-4, 25-32

Epistle Lesson: Philippians 2:1-4, 14-18

Gospel Lesson: Matthew 21:23-27

Sermon: Thinking of Others

whatever you ask
in prayer, believe and
you shall receive

MATTHEW 21:22

SEPTEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6 Communion Sunday Greeters: Jim/Kayla Reader: Sue R. Acolyte: Amanda	7	8	9 Deacons - 5:45 pm Council- 6:30 pm	10	11	12
13 Greeters: Matt/Diane Reader: Nick Acolyte: Cooper	14	15 Women's Bible Study - 2pm	16	17	18	19
20 Greeters: Joel/Jack Reader: Jeff Acolyte: Diesel Sunday School 10:15 am	21	22	23 Confirmation: 4:30pm	24	25	26
27 Greeters: Tony/Lydia Reader: Val M. Acolyte: Kinsley Sunday School 10:15am	28	29	30 Confirmation: 4:30pm	Birthdays: 10 Emmanuel Smith 14 Nick Dontje		

September 2026 Volunteers *

	6	13	20	27
Communion:	Nick			
Reader:	Sue R.	Nick	Jeff	Val M.
Greeters:	Jim & Kayla	Matt & Diane	Joel & Jack	Tony & Lydia
Ushers:	Tony/Lydia-----			
Computer:	Dave	Carter	Bobby	Donna
Sound:	Devon	Matt	Steve	Brandon
Acolyte:	Amanda	Cooper	Diesel	Kinsley
Custodians:	Tony/Lydia -----			
Pianist:	Marcia	Marcia	Val	Sheryl

* If you find that you have been scheduled for a ministry time that you are unable to serve, please find a replacement and let Pastor know. Thank you!