Church and Community Resources

Bereavement Widows Group
First Methodist Church
Lawrenceville, GA
Barb @ 770-963-0386

Grief Share
www.griefshare.org/groups/search

Gwinnett County Senior Services
Information and Referral, 678-377-4150 Resources for Older Adults

Prospect United Methodist Church,
United Methodist Women

Suggested Reading

*Getting Through The Night*,

*“Hope for an Aching Heart”* (Uplifting Devotions for Widows), by Margaret Nyman. Very short daily readings, about 2 pages.

On Grief and Grieving:
*Finding the Meaning of Grief Through The Five Stages of Life*,
By: Elizabeth Kubler - Ross and David Kessler

Contact Information
Prospect United Methodist Church
1549 Prospect Road
Lawrenceville, GA 30043
770-963-5961
www.prospectchurch.com
email:office@prospectchurch.com

Meetings are held 2nd Thursday
10:30 – noon, Room E105
Prospect UMC Office Bldg.

Widows’ Support Group

Share – Care – Support

A Ministry of Prospect United Methodist Church
**TRUST IN GOD**

Thank God for the Good things
He has already done,
And be grateful to Him for the battles you've won,

And know that the same God who helped you before
Is ready and willing to help you once more—

Then with faith in your heart reach out for God's Hand
And accept what He sends though you can't understand—

For our Father in heaven always knows what is best,
And if you trust in His wisdom your life will be blessed.

---Helen Steiner Rice

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**Widow Support Group**

The Widow Support Group of Prospect United Methodist Church is being developed to promote care and support for the ladies in the church and in the community who have lost their spouse.

There are several different stages of grief. Wherever you are in your journey of widowhood, you are welcome to attend this group. It is the desire to create a more cohesive fellowship in the support of one another through this journey. This fellowship established on mutual trust and respect, creating a safe environment to share needs, concerns, and help one another.

This group does not replace local Grief Share meetings in and around the community. Grief Share takes you through several weeks of planned lessons – whereas the Widow Support Group is a group discussion led by a facilitator. You are encouraged to visit [www.prospectchurch.com](http://www.prospectchurch.com)

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**Widows in Scripture**

**Old Testament**

*The Book of Ruth*

1 Kings 17: 17-24. Widow at Zarephath

Psalm 68: 4-6, the Lord is “A Father To the Fatherless, a defender of widows, ......”

Psalm 146, the Lord “watches over the alien and sustains the fatherless and the widow....”

**New Testament**

2 Corinthians 1:3-4, “Praise be to God and Father of our Lord, Jesus Christ and the Father of Compassion...”

Matthew 5:1-12, “Blessed are those who mourn....”

1 Timothy 5: 3-16, “Give proper recognition to those widows who are really in need....”