

From Suzy Petty, the Founder of Good Grief:



This ministry was given to me shortly after my husband died. I was panicked about not knowing how to be a widow, so I ordered numerous books on widowhood from the Internet. I had attended one meeting of grief support and found it absolutely frightening. I knew there had to be another road down this path of grief.

The first couple of books I read were informative, yet didn't speak to my heart. But From One Widow to Another not only spoke to me, it inspired me to begin a widow's ministry. The ministry began with twelve books and twelve widows and a lot of divine intervention.

Each Good Grief gathering focuses on one chapter of the book. Often-times, we are driven entirely off track which is always as it should be.

We focus on how to live with our grief and not in it.

Good Grief Testimonials

"The wonderful ladies I have met are inspirations and friends. I have begun to feel the stirring of wanting to live again, and see the need to pass on to others that this lifelong condition of grief does not have to incapacitate us—[it] can be shared and make us the alive and kicking strong women we are meant to be. We've got a long way to go, but we are not alone and we know this thanks to Suzy and Good Grief."

- Vera

"Good Grief helped me find strength to learn to live as one, not half of a pair. I find comfort sharing wins and losses with women who have been there, and will be there for me."

- Pat

Good Grief

For widows and wives of husbands on their final journey

March - May 2020



BENEDICTINE
SISTERS

St. Placid Priory

The Priory Spirituality Center
500 College St NE
Lacey, WA 98516-5339

360.438.2595
prioryprograms@stplacid.org
www.stplacid.org



Good Grief is a program designed for recent and not-so-recent widows along with wives of husbands on their final journey to give them the space to share, learn, laugh, pray and play together.

What Good Grief is:

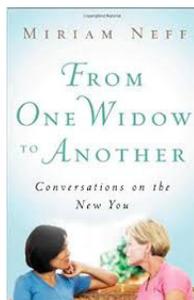
- A regular gathering of women;
- A faith-centered approach to life and loss;
- A safe space for widows and wives to find comfort, strength, peace and purpose.

What Good Grief is not:

- Professional counseling;
- A book club;
- A curriculum for grieving.

Facilitator

Good Grief Founder Suzy Petty will facilitate the weekly sessions. She will also provide a copy of Miriam Neff's book From One Widow to Another to each participant (cost of the book is included in the program cost).



Dates & Times

Good Grief will meet weekly on Tuesday mornings from March - May 2020. More specifically, the program will meet on:

Dates: March 3, 10, 17, 24, 31
April 14, 21, 28
May 5, 12

Time: 9:30-11:30am

Location

The weekly sessions will take place at the Priory Spirituality Center:

500 College Street NE
Lacey, WA 98516-5339

Directions

Traveling South on I-5:

- Take **Exit 109**
- Right onto Martin Way
- Right at next light onto College St. NE
- Right at the second driveway on the right

Traveling North on I-5:

- Take **Exit 109**
- Left onto Martin Way
- Right at second light onto College St. NE
- Right at the second driveway on the right

Program Cost

The cost of the program is \$200. A \$20 deposit is due upon registration.

**A partial or full scholarship may be available upon request.*

Payment options:

- Pay in full by March 3rd, or
- Pay half by March 3rd and the remaining balance by April 1st.

Registration

To register online, please visit:
www.stplacid.org > Spirituality Center > Weekend Programs

Please register early to secure your spot.

We accept cash, checks, and most major credit cards (payments can be made online using a credit card).

If you are unable to register online, kindly contact the Priory Spirituality Center at (360) 438-2595 or prioryprograms@gmail.com.