

About Healing Hearts

Healing Hearts is a support group for adults age 18 and older.

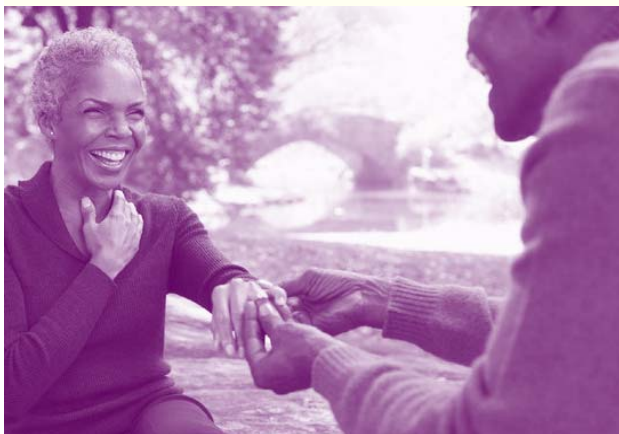
The mission of Healing Hearts is to help people find comfort, strength, and hope through the grieving process by providing a setting that lends itself to God's healing power, enabling them to draw from the strength of the facilitators God has placed in their path.

Participants receive words of inspiration and faith, and are encouraged to bring a photo of their loved ones to help open up the process of sharing their stories and unloading their burdens.

Sessions are held every 4th Thursday from 6:30 p.m. to 7:30 p.m. in Room 209. Reservations are not required but are helpful to the facilitator in planning materials and seating. Light refreshments are served.

For more information about Healing Hearts contact Brenda Lockhart at 317-549-1200, ext. 16.

The nature of this program is geared toward adults. Please do not bring children to the sessions.



“Earth has no
sorrow that
heaven cannot
heal.”



Mt. Zion Apostolic Church
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Bishop Lambert W. Gates, Sr.,
Senior Pastor

Pastor Anita M. Stone,
Executive Director of Shepherd Ministries

Brenda Lockhart,
Ministry Leader

HEALING HEARTS

GRIEF SUPPORT MINISTRY



Mt. Zion Apostolic Church
Indianapolis, Indiana

“He comes along beside us when we go through hard times, and before you know it, he brings us alongside someone else who is going through hard times so that we can be there for that person just as God was there for us.”

—II Corinthians 1:4

The Bible in Contemporary Language



DEALING WITH LOSS

When you're dealing with the loss of a loved one through death it can be hard to cope alone. Healing Hearts is a place of retreat when you're trying to make sense of those difficult times. As a support group some of the topics that are covered are:

- The physical effects of grief
- Loneliness, depression, and anger
- Emotional impact
- Sleep difficulty
- Coping during the holidays
- Utilizing available support
- Hope for the future

WHEN THE FUNERAL IS OVER

Grieving the loss of a loved one can, at times, overwhelm us with pain, sadness, anger, and other emotions. There is no right or wrong way to grieve. There are no two individuals that grieve the loss of a loved one in the same manner. Society tells us we need to "carry on," but the truth is, grief does not neatly end when you return to work, or resume your normal routine or activities. Grieving is a time when we should not be alone, but among those who care for us. We can help each other as we try to put a new normal in our lives by talking, crying, and just being there for each other. Sharing your thoughts and emotions with others who care and have also experienced the loss of someone they love is one of the most healing gifts you can give yourself.

