

PREPARING FOR THE HOLIDAYS

UNIT 102: Seasons of Remembering
Adult Support Group 3

PURPOSE	LIGHT FOR THE NIGHT	OBJECTIVE OF HEALING
Thinking ahead to make a plan for how the holidays will happen this year	Proverbs 22:3 <i>"The prudent see danger and take refuge, but the simple keep going and pay the penalty."</i>	Reinforcing our Support

SUMMARY

Grief reinforces how our Creator made us for relationship and community. Pain is something we are not meant to endure alone. Seeking and creating a support network is crucial. This objective explores many different support methods, including people, places, and activities that help on the journey through grief.

MATERIALS NEEDED

- Holiday Planning Sheet *(attached)*
- Light for the Night Cards *(attached)*

**WE CAN CHOOSE
HOW THE HOLIDAYS
WILL HAPPEN FOR US**

Adult