

## Beth's Story

My most painful losses began in 2000 with the death of my grandson followed by the death of my youngest daughter in 2006 and then the death of my oldest daughter in 2013. Through my losses, my broken heart, and my brokenness, I have found how important it is to be able to survive and thrive with that unspoken pain. God has put it on my heart to share and use my losses to be a blessing



to others. God has shown me what to do with my One Broken Heart...from the writings of Ann Voskamp in *The Broken Way*...“maybe the love gets in easier where the heart’s broken open” ... “maybe our hearts are made to be broken”...“maybe the deepest wounds birth the deepest wisdom”...wounds can be openings to the beauty in us.”

By training with The Grief Recovery Method, I have become certified as a Grief Recovery Specialist and through this method I offer a series of small and correct action steps that help grieving people discover and complete what was left emotionally unfinished for them by the death of someone important to them.

Through this ministry, compassion, and “a heart with ears”, I am confident that by teaching you The Grief Recovery Method, I can help you recover from the pain, isolation, and loneliness caused by an emotional loss. It is possible to get over a loss by taking action steps to survive and thrive in spite of it.

*Beth Gartner*

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulations, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.

2 Corinthians 1:3-4

You have been lead to believe that:

- Time heals all wounds
- You should be strong for others
- You have to bury sad feelings
- You have to keep busy

These clichés and many others cause you to cover up your normal and natural response to loss. The Grief Recovery Method offers a different and effective solution for you.



Beth Gartner,  
Grief Recovery Method Specialist

Certified by The Grief Recovery Institute

Helping  
Women Heal  
*A heart with ears.* ❤️

A support group to comfort and encourage women suffering from loss.

### First Baptist Church

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## About Helping Women Heal

Life deals out suffering to all of us, and we need to find a way to live unafraid of a broken heart. HWH will not only support you in your grief journey, it will offer assistance in how to RECOVER from the pain of your loss.

## What is Grief?

Grief is the conflicting feelings caused by a change in or the end of a familiar pattern or behavior. Grief is the normal and natural reaction to loss. Grief is reaching out for someone who has always been there for you, only to find when you need them one more time, they are no longer there.



The Lord is near to those who have a broken heart, and saves such as have a contrite spirit.

Psalm 34:18

## About The Grief Recovery Method

The Grief Recovery Method provides a framework and safe space for you to heal your heart. Participants learn these tools and skills designed for continued healing and growth beyond the duration of the group sessions using a program that is over 35 years old to:

- Discuss the emotional realities of loss.
- Take a look at beliefs about grief.
- Take action steps to acknowledge and articulate unresolved painful emotions in a supportive, non-judgmental, and healing environment.



## Is Grief Recovery for me?

Have you ever:

- Experienced the loss of a loved one?
- Been divorced?
- Experienced the loss of a pet?
- Had a miscarriage, stillbirth, or abortion?
- Had a change in life style due to an illness or accident?
- Experienced a change in finances?

These are only a few of the more than 40 losses we can experience.

For I consider that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed to us.  
Romans 8:18

## Class Information

Grief Recovery classes meet once a week for a two hour session for 8 weeks beginning Monday September 17 at 6:00 in room A-200B.

To be successful in this grief support group, you must be willing to apply yourself to the weekly homework assignments designed to help you move beyond loss.

## Need More Information?

Please come to the information meeting on

**Monday, September 10 at 6:00 p.m. in A200B**

At this meeting, your questions be answered, you will receive information on the training, and you can sign-up for the class.

## Cost

\$15 to cover the cost of The Grief Recovery Handbook. There is no additional charge for sessions held at First Baptist Church.

If you would like more information on TGRM this class, or to schedule a one-on-one session, contact Beth at [heart@bethg.me](mailto:heart@bethg.me).

