

WHAT IS UPLIFT MINISTRY? It is a Christian group ministry to individuals experiencing loss in all its forms. We walk the journey together from the darkness of loss to the joy of new light.

PURPOSE: To provide an opportunity for Christians who have experienced a loss to minister to each other as they deal with the resulting life changes and transitions.

LOSS is a part of living that can bring on anger, sorrow, change and transition. It might involve adapting, accepting, adjusting our attitude and lifestyle. No two losses are experienced in the same way. The depth and duration of the experience is unique to the individual, but there will be common ground among individuals living through loss.

Our GOAL at UPLIFT Ministry is to walk with you and offer prayer and support as you experience this journey from darkness to light.

WELCOME...Our programs are free and open to anyone who has been touched by or is interested in discovering more about the topic.

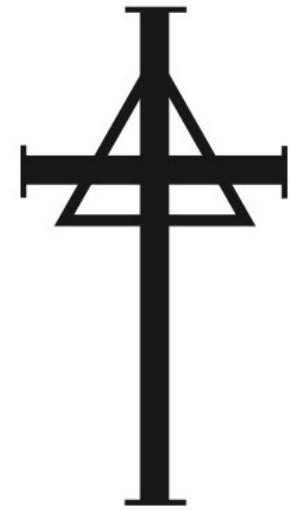
Jackie Jungemann and Sandy Grams
UPLIFT Ministry Facilitators

UPLIFT Ministry
Grace Lutheran Church
7300 Division
River Forest, Illinois
708-366-6900
www.graceriverforest.org

SCHEDULE OF EVENTS

October 2	Mini Forum
October 16	UPLIFT Ministry
November 6	Mini Forum
November 20	UPLIFT Ministry
December 4	DECEMBER BLUES AND SOUP LUNCH
January 29	DISCOVERY SEMINAR
February 5	Mini Forum
February 19	UPLIFT Ministry
March 5	Mini Forum
March 19	UPLIFT Ministry
April 2	Mini Forum
April 16	UPLIFT Ministry

Refer to inside for details and times.



UPLIFT
MINISTRY

2010-2011

Schedule of Events

*Experience the journey of loss
from darkness to light*

GRACE
LUTHERAN
CHURCH
& SCHOOL

7300 Division
River Forest, Illinois
708-366-6900
www.graceriverforest.org

UPLIFT Ministry 2010-2011

Programs begin at 9:00 a.m. in the Grace Church library, unless stated otherwise. Free and open to the public.

New to our program this year is a series of Mini-Forums on different kinds of life changes and transitions. Each forum will involve a presentation by an individual and/or panel and equal time for open discussion.

Mini Forum

Job Security – Here Today, Gone Tomorrow

Saturday, October 2

Discuss marketing self, accepting rejection, financial challenges, the emotional roller coaster and more.

Facilitators: Sandra Grams, Paul Erickson

UPLIFT Ministry Discussion Group

Saturday, October 16

Sharing and caring with others experiencing a loss resulting in life changes and transitions.

Mini Forum

Lost in the World of Technology

Saturday, November 6

Terminology, learn about hardware, buying tips and techniques.

Facilitator: Lyle Mortensen

UPLIFT Ministry Discussion Group

Saturday, November 20

December Blues Worship and Soup Lunch

Saturday, December 4, 11:00 a.m.

A worship service for those who have experienced a loss and are struggling while trying to prepare for the celebration of Christmas. Lunch and fellowship follow.

Discovery Seminar Series

Caregiving and Receiving – A Bittersweet Labyrinth of Love

Saturday, January 29, 8:45 a.m. to noon

Most of us, in our lifetime, will either give or receive care. Be prepared for that moment.

Caregiving: What is involved, what are the positives and dangers, and learning how to survive.

Care receiving: Learn about receiving care graciously, accepting help from our children, how not to behave!

Luncheon provided by Stephen Ministry and UPLIFT Ministry.

Presenters: Hildegard and Stephen Schmidt, members of Grace. Stephen is the author of the book “Living With Chronic Illness.”

Mini Forum

Downsizing – A Great Gift to Leave the Family

Saturday, February 5

Separation anxiety vs. the need to “hold on,” plans to get started and follow-up when the work is done.

Facilitator: Jackie Jungemann

UPLIFT Ministry Discussion Group

Saturday, February 19

Mini Forum

The Empty Nest – Just the Two of Us Again

Saturday, March 5

Discuss adjustment in lifestyle, activities, relationship changes. Learn how to create a “just us” life again.

Facilitators: Laurie and Rich Schubkegel

UPLIFT Ministry Discussion Group

Saturday, March 19

Mini Forum

The Sandwich Generation – Finding Yourself in the Middle!

Saturday, April 2

Prioritizing demands, meeting the needs of children and parents, accepting help, taking care of yourself.

Facilitators: Christa and Dan Krout

UPLIFT Ministry Discussion Group

Saturday, April 16