

“I AM  
THE  
LIGHT  
OF THE  
WORLD.  
WHOEVER  
FOLLOWS ME  
WILL NEVER  
WALK IN  
DARKNESS,  
BUT WILL  
HAVE THE  
LIGHT OF LIFE.”

John 8:12

**YOU are welcome at Ingomar Church!**

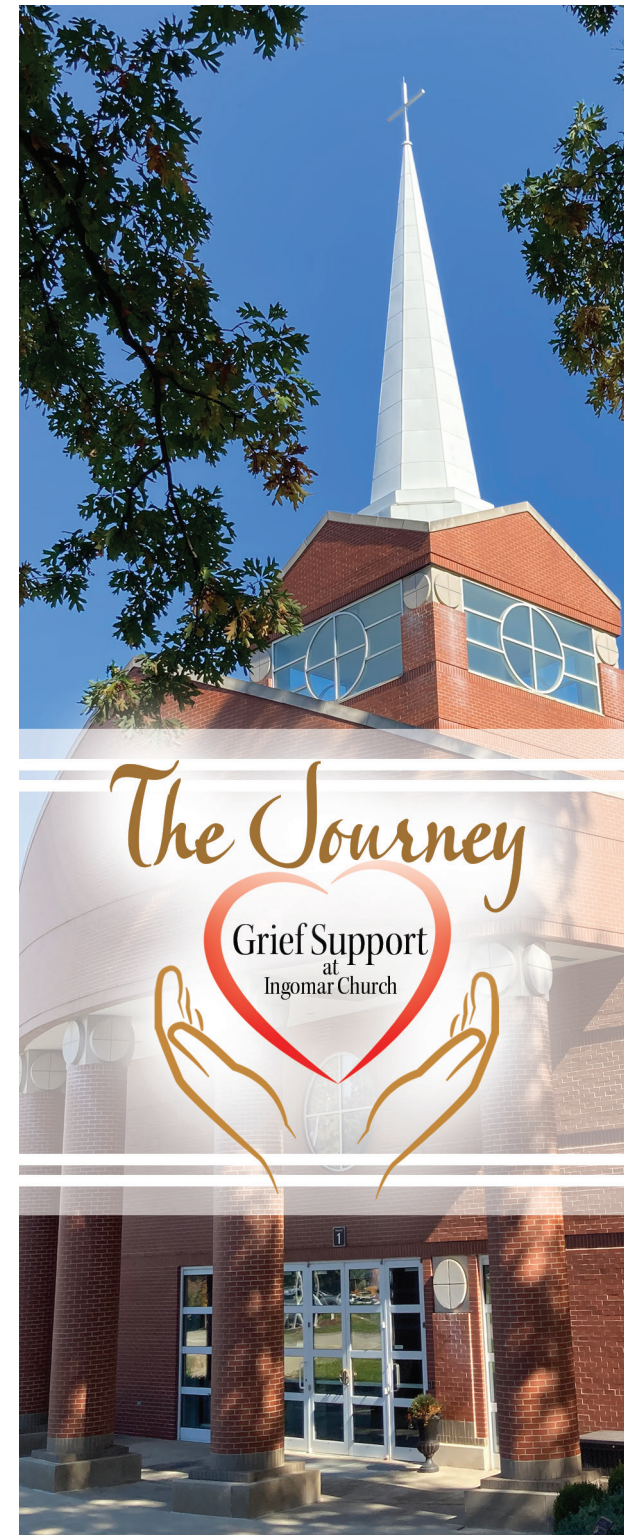
Our desire is to treat you respectfully and to extend the kind of love that Jesus has for all of us. Our invitation is simple – just as Jesus did, we simply invite you to “Come and see” (John 1:39).

Believing that life is better with Jesus at the center, we exist to assist people in a growing relationship with Jesus Christ.

We welcome you to come and experience the life-changing love of Jesus Christ.



1501 W. Ingomar Road • Pittsburgh, PA 15237  
[ingomarchurch.org](http://ingomarchurch.org) • 412-364-3613





## The Journey

Life is a continuous journey from birth to eternity.

When a loved one passes into eternity, a grief journey begins. Ingomar Church recognizes how difficult it is to move through grief. This group is founded on the understanding that acceptance, support, helpful discussions, and God, help ease the pain of grief.

Grief is individual, no two journeys are alike ... but there are common experiences no matter who has been lost. The main commonality is LOVE. Without love you would never experience grief.

HOPE is another commonality. Hope encompasses four qualities that can help one move through grief.

HOPE  
HEALING  
OPTIMISM  
PERSEVERANCE  
EMPATHY

This is the reason why all who attend will share their HOPEFUL HEART with each other, and grow toward the celebration of their loved one.

Grief is usually described as deep sorrow such as in someone's death, loss of family or friend.

However, grief can encompass many other areas of life: health issues/chronic illness, loss of home/belongings; financial insecurity; addiction, etc.

*"The Lord is near to the  
brokenhearted and saves the  
crushed in spirit."*

Psalm 34:18

### Five Stages of Grief Indicators:

Disbelief  
Yearning  
Anger  
Depression  
Acceptance

Where are you in your Journey?

Where do we go from here?

CHOOSE  
CONNECT  
COMMUNICATE

Ingomar Church invites you to connect with us on our Journey.

There are NO right or wrong answers as we share our grief experiences, seeking resolution and comfort through God's presence in our daily lives.

The group meets in the Ingomar Church Community Life Center, Room 109 on the 2nd and 4th Wednesdays each month from 2pm-3:30pm.

Confidentiality is a hallmark of this group so that it is a safe space for all.

*God's grace be with you always.*



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