

## FFWPU UK Seonghwa Ministry: Rerun Of "The Bereavement Journey"

Michael Balcomb  
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The Seonghwa Ministry is offering a rerun of 'The Bereavement Journey', a 6-session course developed by Holy Trinity Brompton that helps anyone who is dealing with grief.

Those who attended the course at the beginning of the year appreciated the opportunity to share in a small group their struggles dealing with grief and to receive encouraging guidance to move forward.

Franklin will facilitate the course, which includes a series of films featuring a Cruse Counsellor, bereavement care and open group discussions afterwards. The sixth session will also include a Unificationist view on bereavement, and the transition and life in the spirit world.

**Dates:** Friday May 7, 14, 21 and June 4, 11 and 18

**Time:** 7.30pm – 9.30pm

**Price:** £20 for 6 sessions including a workbook

Participants must commit to take part in the whole course.

**Please register with Francoise M. by sending an email to:** [seonghwaministry@gmail.com](mailto:seonghwaministry@gmail.com)

### Reflections from "The Bereavement Journey" in Jan/Feb 2021:

"Valuable course. It is still fresh for me. I realise people are getting on with their life and do not ask me anymore how I am doing so it was good to speak in a small group in a safe space." – Anonymous

"I found the course interesting. I would say that it was a difficult experience rather than a good one. I felt very loved, supported, and accepted and found it easy to express my feelings honestly." – Jennifer

"I appreciated to listen to everyone who went through a similar experience than me. It was not always easy for me to speak about what I went through. Some are more affected than others depending how strong the connection of love existed with the one who ascended." – Toyoko

"I enjoyed the course. The booklet was useful. Before each session I would look at it and was inspired by many of the quotes, as well as by the pointer to a variety of resources. The course brought to me some thoughts about bereavement that I had not entertained before and so, it was a particularly good eye-opener." – Annerose

"Overall a good experience. I thought that I had moved on, but I realised that I had still a lot of unresolved emotions inside. Being able to speak about it helped me to look at it and make progress in dealing with my pains. Being together with members who share the same experience was healing and comforting." – Françoise