

**Please Join This Special Sunday School Class in January -  
“Be Not Afraid: Companioning the Grieving and the Dying”**

As surely as loss is a common human experience, so is the desire to be of support to those who are grieving and/or dying. Epiphany’s own Dorothy Gannon, a chaplain at Bethesda Hospice Care, is a co-creator of a special educational series to us feel prepared to offer support to persons we love in times when death is approaching or has occurred.

The series is called **“Be Not Afraid: Companioning the Grieving and Dying.”** It was first created for and offered as a continuing education class for pastors at Eden Theological Seminary. Later it was adapted for congregations, and a number of other churches have already hosted it (for example, Kirkwood UCC).

Now Epiphany UCC will also have the opportunity to participate in this series! Over four consecutive Sundays, January 8, 15, 22, and 29, 9:15-10:15 a.m. each week, those who attend will have the opportunity to:

- share about their experiences of loss;
- learn about typical grief experiences and complicated grief experiences; and
- develop skills and strategies for providing support in their church context and in their relationships beyond church.

**“Be Not Afraid”** is designed for the faith community. It is grounded in scripture and in our desire to care for one another with the same compassion God shows us. The program includes both information about grief and loss and skills-building around how to accompany others on their journeys with death and grief. The class is free and open to both Epiphany members and the wider community, so feel free to invite others.

The feedback at other churches about this series has been very positive. One person who attended later said, “I got a call from a friend whose mother had died, and I felt prepared to offer her support because of what I have been learning.”

If you would like to learn more about the series, contact Dorothy Gannon at her office: 314-373-7032 or e-mail her at [dmgannon@bethesdahealth.org](mailto:dmgannon@bethesdahealth.org).