

Grief and Hope Gathering



FALL 2026 | SIX WEEKS OF CONNECTION AND COMMUNITY

GATHER IN PERSON

Sundays • 1:30–3:00 p.m. MT

October 25 – December 6, 2026

West End, Flatirons Church

No gathering November 29

GATHER IN ONLINE

Wednesdays • 6:00–7:00 p.m. MT

October 28 – December 9, 2026

5:00–6:00 p.m. PT • 8:00–9:00 p.m. ET

No gathering November 25

Our weekly conversations

From *The Unimaginable: God, Grief, and the Questions That Won't Go Away* by Laura Busse

WEEK	QUESTIONS & KEY CONCEPTS	READ / PREPARE
1	What is happening to me? (grief in the body) What are grief and trauma? (anxiety, calm)	Introduction Chapter 1
2	Why did God allow this to happen? (anger, disappointment) What could I have done? (guilt, shame, curiosity, courage)	Chapters 2 & 3
3	How will I survive? (despair, survival mode clinging to God) How long will I grieve? (love, comparison, rest, faith)	Chapters 4 & 5
4	Why do I feel so alone? (identity, self-compassion) How do I go on living? (depression, hope, purpose)	Chapters 6 & 7
5	Who can help me? (isolation, community, connection) Will I ever be happy? (envy, catastrophizing, happiness/joy)	Chapters 8–10
6	How do I rebuild a meaningful life? (Gifts, values, priorities, post-traumatic growth, mission statements)	Share values & mission statements