



“I came with the hope of putting some of my grief to rest. I see now how to open new doors...the tears I felt while journaling were healing and felt good.”

“I will always miss my wife, but the guilt about being ‘OK’ is going away.”

“I felt I was slipping backwards ... I didn’t want any more changes.”

“It’s been four years since John died. It was wonderful to share my memories with people who understand and have walked in my shoes.”

## WHERE & WHEN **can** I find a Joyful Again! weekend?

Our retreat workshops are held on several weekends throughout the year at Chicagoland parishes, as well as other facilities.

Participants leave after Saturday’s session and return on Sunday morning. Occasionally, the program is held at a facility with private overnight accommodations.

### WEEKEND SCHEDULE

See a complete calendar at

[www.joyfulagain.org/ja-weekend/calendar](http://www.joyfulagain.org/ja-weekend/calendar)

Saturday 8:45 a.m. to 7:30 p.m.

Sunday 8:45 a.m. to 3:15 p.m.

*Please plan to stay for the entire program.*

### COST

The typical donation is \$98, which includes meals and refreshments.

Lodging, when available, is \$40 additional.

*The cost of the weekend can be adjusted in special circumstances.*



## WEEKEND RETREAT for WIDOWS & WIDOWERS



**Joyful Again!**

Help to recognize new direction for your life—while still treasuring the memories of your loved one.



**Joyful Again!**

[www.joyfulagain.org](http://www.joyfulagain.org) 708-354-7211

# RESERVE YOUR WEEKEND

You may register online (pay by credit card) at [www.joyfulagain.org](http://www.joyfulagain.org) or use this form.

Name \_\_\_\_\_

Address \_\_\_\_\_

City, St, Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

I've been widowed for \_\_\_\_\_

We were married for \_\_\_\_\_

How did you hear about Joyful Again!?

\_\_\_\_\_

Check dates/locations at  
[www.joyfulagain.org/ja-weekend/calendar](http://www.joyfulagain.org/ja-weekend/calendar)

I AM REGISTERING FOR JOYFUL AGAIN! WEEKEND:

Dates \_\_\_\_\_

Location \_\_\_\_\_

Check enclosed  \$98  \$138 (if overnight)



Please mail the completed form and your check to  
**Joyful Again!**  
PO Box 1365, LaGrange Park, IL 60526

## ABOUT US

**Joyful Again! is a peer ministry program.**

Unique to our program, Joyful Again! is facilitated by others who have lost their spouses. With a 30-year history, we have helped thousands of people in their grief journeys.

It is designed to help widowed individuals, with God's help, move through bereavement toward spiritual and emotional wholeness.

The program is for individuals:

- Widowed 4+ months to many years
- All ages
- All faiths

A banner with a blue sky background and white text.

## AN INTROSPECTIVE WORKSHOP FOR WIDOWS & WIDOWERS

## WHAT TO EXPECT

Unlike other support groups, Joyful Again! includes video presentations, time for private reflection, small group sharing, journaling and optional prayer services.

Visit our website, [www.joyfulagain.org](http://www.joyfulagain.org), to see what many others have experienced.

Feel free to call us with any questions at **708-354-7211**.

## IS THIS WHAT I NEED?

**Joyful Again! is for you, if you are—**

- Still asking, “Does it ever get better?” even after attending grief support groups
- Unable to move on and build a new life for yourself
- Struggling to resolve guilt issues

A banner with a blue background and white text, overlaid on a photo of a person's hand holding a small object.

**At Joyful Again! you will —**

- Celebrate your loved one's life
- Reflect on the impact your spouse's death has made on your own life
- Share your story with trained facilitators who have also been widowed

## COME, JOIN US FOR A WEEKEND

This weekend is especially designed to help you recognize new direction for your life—*while treasuring memories of your loved one.*

**Yes, you can be Joyful Again!**