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[To: MBaker2020@aol.com](mailto:MBaker2020@aol.com)  
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[Subj: Widows & Widowers Support Group Update](#)

Dear Friends of Widows & Widowers Support Group:

**God is here for us. Thank you Lord Jesus Christ.**

Our group meeting will be every **1st Sunday of the month at St. Charles Church, room 13 from 2pm - 4pm.** Next meeting, our guest speaker will be **Rev. Charles (Chuck) Fuld, Managing Editor of Southern Cross newspaper of the Diocese of San Diego.** Please watch my next email...more update about Fr. Chuck!

**March 2, Sunday, Mr. Frank Zwirlein** was the guest speaker for the *Widow and Widowers Support Group of St. Charles.* *He was named Vitas Social Worker of the Year 2011. He spoke to us about learning to deal with the new reality of living and being alone without our life partner. He was very good at covering the things that happen when you have such a loss. He asked each of us a little about our story which always helps us to recover by sharing our loss with understanding people. I think he learned from us while he was giving us advice of how to go forward. He mentioned how people do handle things differently as we grieve. He mentioned how important for us to take care of ourselves after such a loss. I think he helped each person there. It was a very informative meeting. by Peggy Olson*

We thanked Mr. Zwirlein for his topic, Grieving 101. It was educational & informative presentation. We certainly can use and can help us what he discussed. Good job, Mr. Zwirlein!

Sincerely,

*Merlyn Baker*

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