

## From Lament to Healing

“See, Lord, how distressed I am!  
I am in torment within,  
and in my heart I am disturbed,  
for I have been most rebellious.  
Outside, the sword bereaves;  
inside, there is only death.

“People have heard my groaning,  
but there is no one to comfort me.  
All my enemies have heard of my distress;  
they rejoice at what you have done.  
May you bring the day you have announced  
so they may become like me.

If these words resonate with you, let's talk. They come from the book of Lamentations, a book filled with verses expressing sadness and despair. One author says this about the book, “The original name of the book in Hebrew, ekah, can be translated “Alas!” or “How,” giving the sense of weeping or lamenting over some sad event. Later readers and translators substituted in the title “Lamentations” because of its clearer and more evocative meaning. So, the book helps us ask the question “How is it that we have come to be where we are?” Or, it could be about things that grieve us or are born of guilt.

A new group called Lamentations, after the Bible book, is being offered to give a safe place for people to come and share the things that they are asking “How” about. This is not a grief group per se. It is a safe place to share and to be heard and in the process find hope and healing.

Groups will begin on April 2, 2024 at 3:30 p.m. and will meet in Room 325. For more information, contact Pastor Julie through the church office or [jwehner@stpaulsumc.org](mailto:jwehner@stpaulsumc.org).