

HopeKeepers Support Group

First United Methodist Church
Port Huron, Michigan

HopeKeepers is a program of Rest Ministries, a copyrighted international Christian ministry, founded in 1996 by Linda Copen, who had been diagnosed with Rheumatoid Arthritis. Participants in a HopeKeepers Group live with either chronic illness or pain, or both. The mission and purpose of a local HopeKeepers Group is to provide a venue, whereby through discussion, persons who live with chronic illness and pain may offer the love of God and mutual encouragement to one another.

The people who participate with the HopeKeepers Group are asked to:

1. Use good listening skills. Allow other persons to speak. Resist the temptation to dominate the discussions of the group.
2. Refrain from giving medical advice. We are not doctors.
3. Refrain from preaching at one another. Preaching is not helpful nor is it appropriate in a support group.
4. Practice absolute, total confidentiality. What is said in the group stays in the group. In fact, not even to spouses or best friends who can be “trusted” to keep a confidence. Absolutely, no one is ever to be told anything about what is discussed in the HopeKeepers Group.

Meetings of HopeKeepers in 2015

January 22

July 23

February 26

August 27

March 26

September 24

April 23

October 22

May 28

November 19

June 25

December 17

**1:00 pm on the above Thursdays in the Conference Room.
All will be welcome!**