First (Scots) Presbyterian Church is the first church in South Carolina to partner with Cancer Companions, offering classes & meetings for those struggling with cancer either personally or in a loved one.

Beginning in the Spring, we will meet for 9 weeks from 6 - 7:30 p.m.



Karen Tripp:

- Is a licensed therapist, Christian, and author of the book, "God is Bigger than Your Cancer"
- Has lead support groups in churches across the United States
- Developed the Cancer Companions program to equip others with the necessary tools to comfort those in trying times

Cancer Companions is now being offered at 71 churches in 24 states, and has over 400 active volunteers across the country.

First (Scots) Cancer Companions leaders



Dr. Holly Wise Retired physical therapist, Cancer survivor



Pastor Mary B. Robinson Commissioned Lay Pastor at First (Scots)

First (Scots) Presbyterian Church 53 Meeting St., Charleston, SC, 29401 (843) 722-8882 www.first-scots.org



In Partnership With



Mission Statement

To equip, train, and support caring individuals to provide safe, supportive environments for cancer families to draw closer to Christ.

Cancer Companions is:

- A 9 week Christian support group offering guidance and assistance to those impacted by cancer.
- Welcome to all affected by cancer. Whether you are personally ill, or if you have a loved one currently battling cancer.
- Founded on the belief that emotional, spiritual, and communal support should be available to everyone battling cancer.
- Intended to show those battling with cancer that they do not fight alone, but have Jesus Christ as a constant companion in the journey.

Week 1: Introduction

Reading #1 - God is Bigger than Your Cancer

Week 2: Faith

Reading #2 - God Is in Control of your Cancer

Reading #3 - Looking at God's Purpose

Reading #4 - When My Purpose and God's Purpose

Reading #5 - Three Types of Suffering Reading #6 - Bearing the Unbearable?

Week 3: Questions

Reading #7 - Is it Okay to Ask God Questions?

Reading #8 - Is My Cancer just for Teaching Me a Lesson?

Reading #9 - Why Am I Sick?

Reading #10 - What About Mistakes?

Reading #11 - Who Are You?

Week 4: Healing

Reading #12 - Is God Powerful Enough to Heal Cancer?

Reading #13 - Is It OK to Pray for Something just Because

Reading #14 - Who Am I to Ask?

Reading #15 - "I Want to Be in Control."

Reading #16 - What If I Am Not Healed?

Week 5: Prayer

Reading #17 - Barriers For Prayer

Reading #18 - Where Do You Go for Strength and Guidance?

Reading #19 - Believe in What He Can Do

Reading #20 - When the Answer to your Prayer Is Not What You Want To Hear?

Reading #21 - Answered Prayer Can Strengthen Your Faith

Week 6: Stress Reduction

Reading #22 - Stress from the Things You Do

Reading #23 - Stress from the Things You Think

Reading #24 - Recognizing Negative Thoughts

Reading #25 - Don't Be Afraid to Ask

Reading #26 - Replacing Your Negative Thoughts

Week 7: Relationships

Reading #27 - You Are the Expert

Reading #28 - You Can't Fix Them

Reading #29 - You Don't Have to Do It All Alone

Reading #30 - You Can Accept the Help lesus Has Sent to You

Reading #31 - You Need a Couple Honest Relationships

Week 8: Communication

Reading #32 - "If I Don't Say Anything, No One Will Know Anything Is Wrong."

Reading #33 - It's Better if I Do it Myself

Reading #34 - I Hate Asking for Help

Reading #35 - I've Never Been Good at Saying, 'No'

Reading #36 - "Have I Told You Lately How Much I Appreciate You?"

Week 9: Healthy Living

Reading #37 - Strength through Uncertainty

Reading #38 - Don't Settle for Less

Reading #39 - Plan for the Future

Reading #40 - Living like You've Seen the Glory of

Reading #41 - He Wants to Give You More than You **Imagine**