



Saint Patrick

Catholic Church

Dear

We realize that the weeks and the months following the death of a loved one are very difficult. We want to express to you our support and concern for your well-being and assure you that we are praying for you and your family.

Many people report a variety of physical and emotional discomforts during the early months following such a significant loss. For this reason, we are including some written materials that may be helpful to you in understanding the varied reactions you may be experiencing. Remember that these feelings and physical discomforts are normal during the time following the death of a loved one.

Also, we found that it often helps to share feelings with friends and family who can listen supportively. We encourage you to do this. Please remember that the grief support ministry is available if you need us, even if it is just to talk.

God Bless You,

Grief Support Minister