



Saint Patrick

Catholic Church

Dear

It may be very difficult to believe that your loved one died several months ago. Perhaps there have been many times that you have wondered if the pain will ever go away or if life can ever be "normal" again.

Grief is a very personal thing. Generally, it is also very private. The correspondence that you have received from us is given to you in the hope that it will help you clarify your feelings.

Remember that grief is a process and takes time. There is no way that you will "get over" your loss in just a few months. It takes time for you to adjust and grieve over the fact that your loved one is gone.

May God be with you and give you peace.

Sincerely,

Grief Support Minister