



Saint Patrick

Catholic Church

Dear

When we experience a significant loss in life, we may expect to feel sadness and despair, but we are often surprised to also experience feelings of guilt, anger or even relief. Feelings of guilt (what should I have done differently?) arise from the need to find someone or something to blame for the death, to make some sense out of the tragedy. Anger may arise from the feeling of having been abandoned, left insecure and alone. If you are experiencing a sense of relief because there was a long illness involved and now your loved one is no longer suffering, then you may worry that you are not grieving enough. All of these feelings (guilt, anger, relief) are okay--simply human responses to a human experience.

Too often there is an assumption that mourning shows a lack of faith in the love and power of God. When someone we love dies, we experience sorrow. Even Jesus experienced deep sorrow and wept; we are no different.

One way to gain a better understanding of the grief process is to seek books which deal with grieving. There is a bibliography enclosed which lists books available at St. Pat's. If you are interested, stop by the front desk to ask where these books are located.

Yours truly,

Grief Support Minister