



# Saint Patrick

## Catholic Church

Dear

Six months have now passed since your loved one has died. Much of the activity following the death (condolence calls and letters, thank you notes, settling the estate, etc.) may have gradually quieted. Many bereaved persons frequently need four to six months of time before they can move beyond the shock and disbelief that the death has actually occurred. This may be the time when you are feeling more disorganized than ever before. As the impact of the death results in increased life stresses, you find yourself more and more anxious.

Perhaps this would be a good time to do some reading about the grief process or perhaps to seek out a grief support group. Please know that I am always willing to listen to you if sharing thoughts/feelings would be helpful.

With faith and courage in yourself and the support of others in your life, you will be able, in time, to move into a hopeful future.

With my prayers for you,

Grief Support Minister