



Saint Patrick

Catholic Church

Dear

Once again, we would like to extend to you the support of our grief support team and the parish staff. We continue to keep you in our prayers.

After a significant loss, many people find it more stressful than they had expected. It is not unusual to experience periods of depression and loneliness. I encourage you to share your concerns and experience with friends, family or others in your support network that can supportively listen to you. And always know that I want to support you in whatever ways possible.

Part of the stress experienced by those who grieve is caused by the change in relationships which frequently occurs following the loss of a loved one. It is difficult to adjust to these changed relationships. Only time helps the grieving person to find a "new normal" and that new normal always includes missing the loved one who has been lost as well as adjusting to changed relationships.

Wishing you peace as you continue this journey,

Grief Support Minister