



Saint Patrick

Catholic Church

Dear

At this time of the anniversary of the death of your loved one we want to offer you our support and prayers. Memories of events which occurred a year ago can become temporarily vivid now, perhaps making this a difficult period of time. We encourage you to share your concerns/memories with people from your support network.

You have experienced many emotions, many ups and downs during this past year. Just because a year is up does not mean that you have finished your grieving. It is not unusual for people to need more time. Even then the pain does not totally go away, it just becomes a part of a new life...a life which can once again be joyful though it includes the awareness of the loss of your loved one.

While you may not hear from me as often, please know I want to continue to be part of your support system. Please feel free to call me anytime at _____.

May God be with you and give you comfort and peace.

Sincerely,

Grief Support Minister