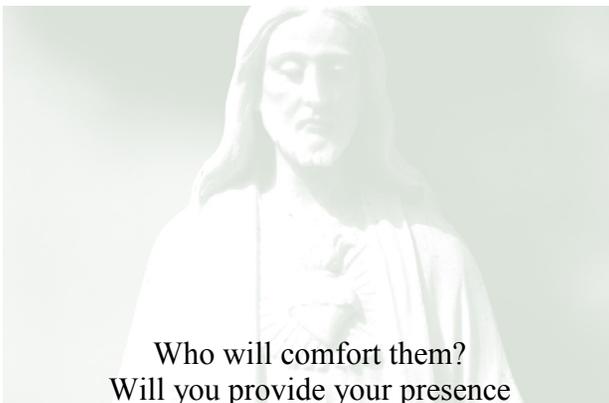




Grief



Who will comfort them?
Will you provide your presence
and help comfort the grieving?

The goal of this ministry is that no
member of the faith
community grieves alone.

Bereavement Ministers reach out to
the recently bereaved of the parish
community and provide support and
a compassionate, caring presence.

Needed:

- ♥ Empathy
- ♥ Caring and compassion
- ♥ Good listening skills
- ♥ Some understanding of the grief process
- ♥ Acceptance of others' values and feelings

Training sessions will be provided

After we lose someone we love
and cherish, we often find that
day-to-day existence becomes
more difficult, especially after
the initial shock and support
have diminished. While griev-
ing is an individual process, it
does not have to be a lonely
one. Certainly family and
friends can be helpful. Some-
times just talking to a caring
person is comforting. Getting
together with others who have
also grieved a loss can provide
greater understanding and
acceptance of the experience.
No one has to be alone in their
grief.

We are here for them.



Bereavement Ministers are
trained non-professional vol-
unteers who have experienced
a loss through death in their
own lives and wish to reach
out to others in their grief by:

- ♥ attending wake
services or funeral
liturgies
- ♥ being a part of the
Resurrection choir
- ♥ providing follow-up
phone calls and visits
- ♥ serving as a lector or
Eucharistic Minister at
a funeral liturgy
- ♥ offering practical help
such as food,
transportation, house
sitting, etc.

*Though the road is not easy,
It is well traveled...
Let us show one another
The way and where it leads...*