

## *Natural Responses to Grief...*

Grief is a natural part of the process of healing following this experience of loss.

It is important to experience grief through the process we call mourning.

Each of us will experience the process of grieving and mourning in our own way.

Grief affects our bodies, minds, spirits and emotions. It also affects how we manage day-to-day living. There are wide ranges of responses to the death of one whom we love:

- Shock, numbness
- Denial, disbelief
- Crying, loneliness
- Sadness, anger, guilt
- Anxiety, fear, panic
- Physical reactions such as headaches, illness, fatigue, confusion and lack of concentration

## *Where Do I Go From Here?*

Ministry of Consolation provides individual and group bereavement support for those who have experienced losing a loved one through death.

Healing through grief requires energy, courage and the support of others who are willing to listen to our stories and to journey with us through our sorrow.

*You need not remain alone during this difficult time.*

## **Eight Week Support Group**

Our trained facilitators will lead an 8-week session, Spring and Fall, in a faith-based setting and offer a place for adults to share their pain with others, express feelings of loss or hurt and learn strategies to cope. Sessions are free of charge and preregistration is required.

## **One-on-One Support**

Trained Ministers of Consolation are available to journey with recently bereaved parishioners.

## **Celebration and Memory of New Life**

A service of gentle prayer and reflection, held in November, to remember those people whom we have loved and lost through death.

## HELPFUL GUIDELINES FOR COPING WITH GRIEF AND MOURNING

*Helping yourself in times of grief may include the following:*

- Express your grief
- Accept your feelings, even the painful ones
- Seek and accept support
- Pace yourself
- Learn more about grief
- Help the children
- Be cautious in making major life decisions

*Have faith and hope that healing will eventually come.*



*Perhaps you or someone you know has the need for bereavement support.*



For further information regarding St. John the Evangelist 8-week support Group sessions, One-on-One support or the Celebration of Memory and New Life service, call the Parish Office at:

**905 668 3676**

## MINISTRY OF CONSOLATION

**St. John the Evangelist  
Parish**



Providing bereavement support in a  
faith-based setting

*Blessed are those who mourn, for they  
shall be comforted* (Matthew 5:4)