

Natural Responses to Grief...

Grief is a natural part of the process of healing following the 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 can be a wide range of responses to the death of one whom we love:

- Sadness, loneliness, crying
- Shock, numbness
- Anxiety, fear, panic
- Denial, disbelief
- Guilt, regret
- Physical reactions such as headaches, illness, fatigue, confusion and lack of concentration

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 be alone during this difficult time

Where Do I Go From Here?

Members of St. John the Evangelist parish's Ministry of Consolation and our parish provide the following bereavement support services:

Vigil Prayers

Ministers of Consolation participate in the vigil for the deceased with the family and community through leading vigil prayers at the funeral home during the visitation. In this time of loss, facilitators help family and friends turn to God's word as the source of faith, hope and light.

Commemoration of All the Faithful Departed Mass

Special moments of remembrance of deceased parishioners are built into the parish's annual Commemoration of All the Faithful Departed mass.

Praying for Deceased Family Members and Friends

There is an opportunity for names of deceased family members and friends to be included in the Prayer of the Faithful at Sunday mass.

One-on-One Support

Ministers of Consolation act as a resource for grief support materials and information on grief support services in the community.

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.

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

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For further information regarding St. John the Evangelist Church bereavement support services and community resources available to help you through your grief:

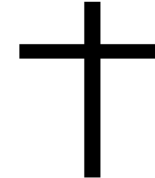
- Call the parish office: **905 668-3676**
- Pick up a pamphlet at the back of the church
- Explore Bereavement Support information on the parish website:
<https://stjohntheevangelistwh.archtoronto.org/en/our-ministries/other-ministries/consolation-ministry/>

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MINISTRY OF CONSOLATION

**St. John the Evangelist Parish
Whitby, Ontario**

Providing bereavement support in a
faith-based setting



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