

## **ABOUT BEREAVEMENT SUPPORT**

One of the most powerful experiences that can change the way we look at life is the loss of a loved one. A close relationship with the deceased, history of the bond and other losses we have suffered in the past will be a factor in the intensity of our grief reaction and how long mourning will linger. But there is HOPE and in TIME it will get better.

When we experience the pain of grief through emotions, physical symptoms, or disturbing behaviors we reach out for help. The St. Monica Bereavement Ministry team members have all been there at some time in their life and would like to reach out to you to help. It is not an easy task and you do not have to go through the grief process alone.

Our group is centered on Jesus Christ and the teachings of the Catholic Church. By using scripture, prayer, reflection, activities, and faith sharing we learn to share in God's love as we grow in spirituality and start the healing process.

Jesus said, "Blessed are they that mourn, for they shall be comforted. (Matt 5:4)"

You are welcome to join us when you are ready to take the first steps on the road to healing. For more information please call Bob Soeder at (216) 662-8685 ext 120 or email us at [bsoder@saintmonicachurch.net](mailto:bsoder@saintmonicachurch.net)

## **THE BEREAVEMENT SUPPORT GROUP IS FOUNDED ON THE FOLLOWING BELIEFS:**

- ★ Grief is a natural, normal response to the death of a loved one.
- ★ Like a deep wound, grief can be healed.
- ★ Healing occurs slowly, mysteriously, and invisibly.
- ★ The process of working through grief is a strenuous, difficult task—not any less strenuous than physical labor.
- ★ When grief is properly worked-through, TIME results in healing. But if the grieving process is denied or delayed, TIME can result in infection of the wound.
- ★ The expression of grief can at times be very painful, but denying grief only results in diminished physical and emotional well being.
- ★ Bereavement is a process occurring over time and not an event that suddenly "happens".

- ★ The bereavement period is usually much longer than most people assume.
- ★ The experience of sharing with other bereaved persons can provide support and insight and help in the healing process.
- ★ Temporary set-backs do occur in the healing process. An event such as an anniversary, may cause the wound to crack open a tiny bit. Such minor set-backs in the healing process DO NOT mean that the entire healing process has been undone.
- ★ After the death of a loved one, life will never be exactly the same again.
- ★ Human beings possess the power to establish new life styles, develop new relationships, make decisions. and accept responsibility for their own future.
- ★ Healing does and will eventually occur following the death of a loved one.



**Meetings will be held in the St. Augustine Room (Lower Level) of the school building.**

**Please call (216) 662-8685 to register for your first session.**

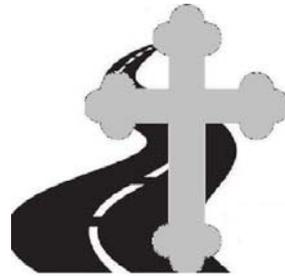
**Our meeting sessions are accessible for those who are disabled by way of the elevator.**

**All meetings are held every other Tuesday evening from 7:00pm to 8:30pm followed by fellowship.**



## **MEETING DATES**

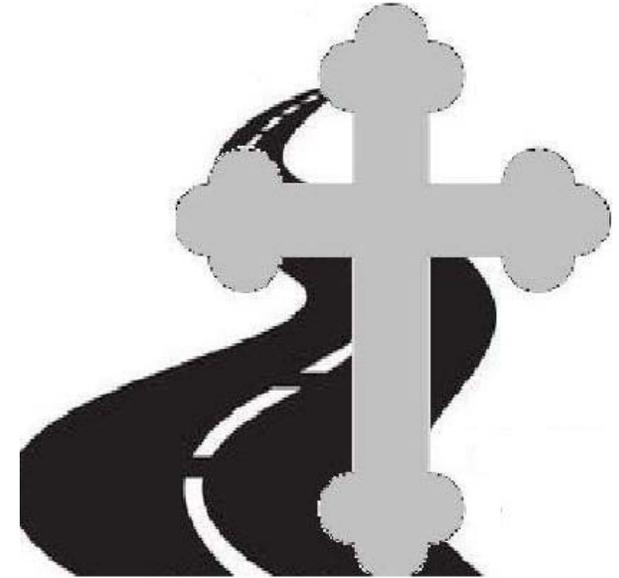
**November 14, 2017  
November 28, 2017  
December 12, 2017  
December 26, 2017  
January 02, 2018  
January 23, 2018  
February 06, 2018  
February 20, 2018**



***“Do not  
let your hearts  
be troubled;  
have faith in God,  
have faith also  
in me.”***

***John 14:1***

## **St. Monica Parish Bereavement Ministry**



**St. Monica Church  
13623 Rockside Rd,  
Garfield Hts., OH 44125  
(216) 662-8685**

***“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”***

***Matthew 11:28-29***