

# Caring & Sharing

The mission of the St. Mary Bereavement Ministry is to remember those who have gone before us marked with the sign of faith and to extend support to those who are healing from the loss of their loved ones.



## Bereavement Ministry

In 2001, some interested parishioners saw the need to minister to persons grieving the loss of a loved one. Since that time, a ministry has developed to reach out on many levels. Initially, a rose is sent to the family at the wake. This is followed by cards throughout the first year. "Evenings of Sharing" provide an opportunity for peer ministry. People who have experienced a loss can best relate to others who are grieving

The Bereavement Ministry meets monthly and is open to parishioners who are interested in serving the parish in this manner.

"We want you to be quite certain about those who have died, to make sure that you do not grieve about them, like the other people who have no hope. We believe that Jesus died and rose again, and that it will be the same for those who have died in Jesus: God will bring them with Him."

I Thessalonians 4:13

## Eternal Rest Grant Unto Them O Lord

In your charity, please remember those who have died and their families in your prayers

John Urling Maravy	Frances Duvall
Frieda Rider	Margaret Crook
Robert VanLinge	Charles Lambert
Janet Schorr	Mary Reddy
George Williams Sr.	Maria Reynolds
Larry Seesholtz	Felice Ann Woods
John William Mugg	Teresa Smith
Zita Trimmer	Alberta Bertels
Joseph Forquer	Mary Street
Francis Fox	Mary Doan
Ellen Baltz	Fred Kemp
Jennifer Hedrick	Mary Lou Kremer
RoseMary Shonk	Thomas Sullivan
Robert Daubmire	Mary Louise Snider
Patricia Gemperline	Carolies Schmelzer
Henry LeMay	Joseph Lieb
Marvene Weigerding	Paul Leitwein
Robert Crook	Frances Bright
Rose Boch	William Williams
Joan Tigner	Vivian Elise Greten
Barbara Crowley	Joseph Wolfe
Katherine Rose Bonnette	Charlotte Berens
Samuel Barney	Clara Starowesky
Virginia Andrews	Cathy Lineberger
Minnie Azbell	Robert Davy
Lucy Hurlbut	Frederick Kemp
Gertrude Ames	Howard J. Alspach. Sr.
Vincent Kim	Harold Colopy
Francis Boch	Mary Margaret Alspach
Phyllis Senig	Mary Zita Cook
Irene Sandor	Sarah Johnson
Ralph Dittoe	Ann Walters Goode
Virginia Roush	

## Evenings of Sharing

Could this be you?

"I seem to be falling apart. My attention span can be measured in seconds, my patience in minutes. I cry at the drop of a hat. I forget to sign the checks... I am a newly grieving person." - Anonymous

These feelings are normal, and others may be experiencing the same type of feelings as you. It may help to talk with others who have recently lost a loved one.

Won't you join us for "Evenings of Sharing?" The St. Mary Bereavement Ministry facilitates these group sessions once a month and they are open to anyone in the Fairfield-Hocking Deanery. We meet in the rectory basement conference room at 7pm. Evenings are open for sharing and discussing healthy grieving.

For more information about the Bereavement Ministry, please contact a member of the ministry. Please check the bulletin for upcoming sessions.



### Bereavement Ministry:

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## How can I help a grieving friend?

When a friend has lost a loved one, it can sometimes be difficult, or even awkward, to find the right things to say or do. Here are some ways you can be supportive when they need you the most:

• **Be there.** Sometimes we avoid those who are grieving because we don't know what to say. Your presence alone can show you care.

• **Listen.** A friendly ear or a shoulder to cry on might be just what they need.

• **Talk about their loved one.** Speak the person's name and recall happy moments.

• **Offer specific help.** Many people will say "Call me if you need me," but the grieving person may not call. Instead, say "I'll be over tomorrow to help you do laundry," or "I'm cooking dinner for you tonight."

• **Invite them to go out with you.** If your friend has lost a spouse, he or she may not want to go to "couples" events right away, but let them know that they are still a part of your circle of friends.

• **Grieve with them.** Chances are, you knew their loved one, too. Don't be afraid to share your feelings.



## Helpful Reading & Resources

- "Healing after loss" by Martha Whitmore Hockman
- "Grieving with the help of your Catholic Faith" by Lorene Hanky Duquin
- "Mourning Sickness" by Keith Smith
- **The Rosary for Grieving Persons**