



# MINISTRY OF CONSOLATION

## From Grief to Healing

This is a bereavement group that strives to live in the image of Jesus Christ who wept with those who mourned. We believe that no one in our faith community should grieve alone.

The ministry seeks to provide a grief support group to help you cope with your grief and pain after the death of a loved one and to support you as you learn to go on with your life.

The nine-week support group uses the book, "The New Day Journal – A Journey from Grief to Healing" by Sister Mauryeen O'Brian. Each session identifies a "Task of Mourning" and has time for individuals to share their grief story and to learn about the grieving process. Sharing one's experience, feelings, and pain is one step in becoming aware that you are not alone. Listening to others gives the participant a perspective with which to begin healing.

*"Blessed are those who mourn; they shall be consoled"*  
*Matthew 5:4*

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Trained facilitators will lead the grief support group. They are people who have experienced grief in their lives and can move with the group through the tasks of grief.

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2024 sessions

June 11<sup>th</sup> - August 6<sup>th</sup>  
Tuesdays 6:30-8:30  
p.m.

Sep 8<sup>th</sup> – Nov 3<sup>rd</sup>  
Sundays 2:00-4p.m.

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Meetings are confidential and books are provided free of charge.

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