

Coping with Grief and Loss – Next Steps for St. John the Evangelist

LUNCHEON in Parish Center Wednesday August 13th 11:00 – 12:30

PURPOSE: Talk about how Grief and Loss and how we can support each other in our parish.

REGISTRATION: Sign-up in the back of the church or call the parish office at 225-8980 so we can get a count.

Your input will shape the future of our Journey Through Grief.

Prior to the Covid-19 pandemic there was a very active SJE program, known as the “Circle of Hope” meeting to support each other through socialization. During this time, Rose DiBella led a very effective program. I have spoken to Rose and to Fr. Peter and we would like to see something like this get back to the energy level it once had.

Recently at SJE, we have held two sessions lasting about 5-6 weeks in our parish and have had 4-6 people at each session to share in their experience with grief. This is a great start, and I know this ministry has much promise as I reflect on the needs of the parish.

Grief can feel very isolating. We really need to stay connected with loved ones and lean on your support network. That can include a mental health professional who can help you process your grief, or a support group for people experiencing loss. Expressing our feelings with people who are supportive of us can be cathartic.

Reaching acceptance is an important part of coping with grief and loss in a healthy way. Acceptance doesn't always mean happiness—for some, it can mean seeing tragedy as an opportunity to create meaning in their lives or find a renewed sense of purpose. Acceptance can also help us honor and celebrate who or what we've lost, and help us find a new path forward.

The next steps I would like to have us take together is to build a greater support network. So, let's get together and discuss what you want to see in your parish for your health and well-being.

Thank you, Deacon Lon