

# Bereavement Support

## The Lazarus Bereavement Support Program at St. Rosalie's Church

We have all suffered the loss of someone near and very dear to us. It may have been a spouse, child, parent, sibling or friend. Often our grief can be so devastating that we may feel completely lost and alone.

**The Lazarus Bereavement Support Program** is a nine-week program in which healing can begin. It provides members with an opportunity to understand grief in a way that rebuilds our identity and strengthens our faith in ourselves and in our Lord. Now in its sixth year, the **Lazarus Bereavement Support Program** helps members to understand that grief is experienced in each person differently, and that it often takes a very long time for the pain to heal. Participants will learn strategies for dealing with grief and will receive and give valuable group support and fellowship throughout the healing process.

Anyone who has experienced grief will be enriched by attending. **The Lazarus Bereavement Support Program** at St. Rosalie's Church will meet on Tuesday mornings at 10 a.m. in the Parish Center, beginning **October 9, 2018**, for nine sessions. We invite all interested parties to call the Parish Center at 631-728-9461. Please register now before the maximum enrollment is reached. There are no fees or expenses to participate. This is a Church-sponsored opportunity to heal.

### **Lazarus Bereavement Group Schedule and Topics**

<b>October 9</b>	<b>Accepting the Reality of Loss</b>	<b>(Journaling pp. 14-15)</b>
<b>October 16</b>	<b>Accepting the Reality of Feeling</b>	<b>(Journaling pp. 22-23)</b>
<b>October 23</b>	<b>Experiencing the Pain of Grief</b>	<b>(Journaling pp. 30-31)</b>
<b>October 30</b>	<b>Loneliness vs Aloneness</b>	<b>(Journaling pp. 37-38)</b>
<b>November 6</b>	<b>Adjusting to a New Environment</b>	<b>(Journaling pp. 44-45)</b>
<b>November 13</b>	<b>Hope: From Survival to Growth</b>	<b>(Journaling pp. 51-52)</b>
<b>November 20</b>	<b>Emotional Relocation</b>	<b>(Journaling pp. 57-58)</b>
<b>November 27</b>	<b>Establishing a New Identity</b>	<b>(Journaling pp. 66-67)</b>
<b>December 4</b>	<b>Moving Toward Closure</b>	<b>(Journaling pp. 73-75)</b>

**Text: *The New Day Journal: A Journey from Grief to Healing*, Versa Press**

**Handouts: Distributed at the first group session.**

In the meantime, please know that you are in our continued prayers.

*-Rev. Edward Sheridan, Pastor  
Dr. Christopher Hayes  
Deacon Chris Ervin*