

We care about you.

Blessed Sacrament parish wants to support you in your loss - be it a parent, child, spouse, sibling, or significant other - whether recent or many years ago. In his research and many writings on grief and mourning, Dr. Alan Wolfelt, PhD explains these emotions in this way:

Grief is Internal. While they are often used interchangeably, the words *grief* and *mourning* contain a subtle but important difference. The term *grief* refers to our thoughts and feelings on the inside. After the loss of a loved one, our initial, private response is grief. We feel bereaved which means “torn apart.” Mourning is the next step.

Mourning is External. *Mourning* is the shared social response to loss or “grief gone public.” Mourning takes our internal grief and externalizes it in the form of an action, a symbol, a ceremony or a ritual that activates social support. A funeral helps us to begin mourning by coming together with a group of people to express our honest feelings. We find love, support and encouragement in each other and we find the strength to begin our journey through grief.

We walk with you in your journey of grief.

Blessed Sacrament parish offers bereavement sessions for grieving individuals only when they are ready. Our program provides:

- † Confidential sharing in small groups
- † Support that brings to light the depth of our pain
- † Understanding how loss affects us emotionally, spiritually, physically, and mentally
- † Coping mechanisms for difficult times such as holidays or special days when our loss is more likely to affect us and our families
- † Suggestions for how to adapt to a life style without our loved one
- † Suggestions for how to take personal care of ourselves



“So may our hope for you be made firm, knowing that, just as you are participants in the suffering, so also shall you be participants in the consolation.” (2 Corinthians 1:7)

SHRINE OF THE MOST BLESSED SACRAMENT

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*"Then God's own peace, which is beyond all understanding, will stand guard over your hearts and minds, in Christ Jesus."
(Philippians 4:7)*

"Yesterday I found myself crying at different times of the day. I had no idea why this was happening."

"I am really so uncomfortable going to holiday celebrations. I just don't know what my mood will be, how I will act and what emotions I am going to experience, and I don't want to spoil it for everyone."

Pastoral care after loss of a loved one...
**Bereavement
Ministry**
SHRINE OF THE
MOST BLESSED SACRAMENT

"I am just so lonely. The kids are around, they are great, and they are totally interested in how I am doing. Yet, when I get up early in the morning, there is just this feeling there is something missing."

"I am so glad I found a program that has a Catholic foundation. I wanted support and comfort and I realized the best place for this would be a program given in a Catholic environment."