Widowed men and women are invited to participate in the Widowed Friends support group.

Contact info
Socorro Truchan
Associate Director, Domestic Church
struchan@diokzoo.org
(269)903-0199
**Widowed Men's Fellowship**

Gather with fellow widowers to share relevant topics and offer support/fellowship as men.

- Meet once a month (typically the 2nd Wednesday of each month)

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**Blessed are they who mourn for they will be comforted.**

- **Matthew 5:4**

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**Widowed Friends support group**

Gather with fellow widowers to share in relevant topics and offer support/fellowship at the Diocesan Pastoral Center from 4-5:30 p.m.

- Meet once a month (typically the 4th Wednesday of each month)
- Annual Mass with the Bishop on the Memorial of St. John XXIII (the patron saint of the Widowed ministry)
- Various activities and events throughout the year, as proposed by Widowed Friends members

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**TOPICS OF INTEREST**

- Concerns of the widowed
- Proper nutrition and exercise
- Meal planning
- Other suggested topics

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**ACTIVITIES OF INTEREST**

- Dinner out with friends
- Day trips (e.g., Shipshewana, Frankenmuth, local shrines, etc.)
- Community activities (e.g., St. Vincent De Paul)