

I THOUGHT OF YOU WITH LOVE TODAY

*I thought of you with love today,
but that was nothing new.
I thought about you yesterday,
and days before that too.
I think of you in silence,
it's hard to speak your name.
All I have are memories and you
in that lovely picture frame.
Your memory is a keepsake,
with which I'll never part.
God has you in His keeping,
I have YOU in my heart.*

~ Author Unknown



St. Rita Care Ministries Council is comprised of the following ministries:

- Bereavement Ministry
- Business Network
- Good Samaritans
- North Dallas Shared Ministries
- Outreach Angels
- Prayer Chain
- St. Vincent dePaul
- Stephen Ministry

Refer to Parish website for more information:

<https://stritaparish.net>

St. Rita Catholic Community



“One of the most valuable things we can do to heal one another is to listen to each other’s stories.”

-Rebecca West

Bereavement Luncheon
Feb 1, 2018
11:45am ~ 1:00pm
Commons Rm 100A

RSVP: Steve Niles 214.4516581

Our Catholic Community



When someone dies, a special journey begins. For the one who dies, the journey is the completion of their earthly pilgrimage and their movement to God who judges all with truth and love, and has the power to grant life in its fullness.

For those who remain, another kind of journey begins. It is a journey of separation and loss, a time of confrontation with the challenge that death brings to our confidence, even to our faith. For the bereaved family and friends, this may be a very long road. Even many years later, the challenge may still remain.

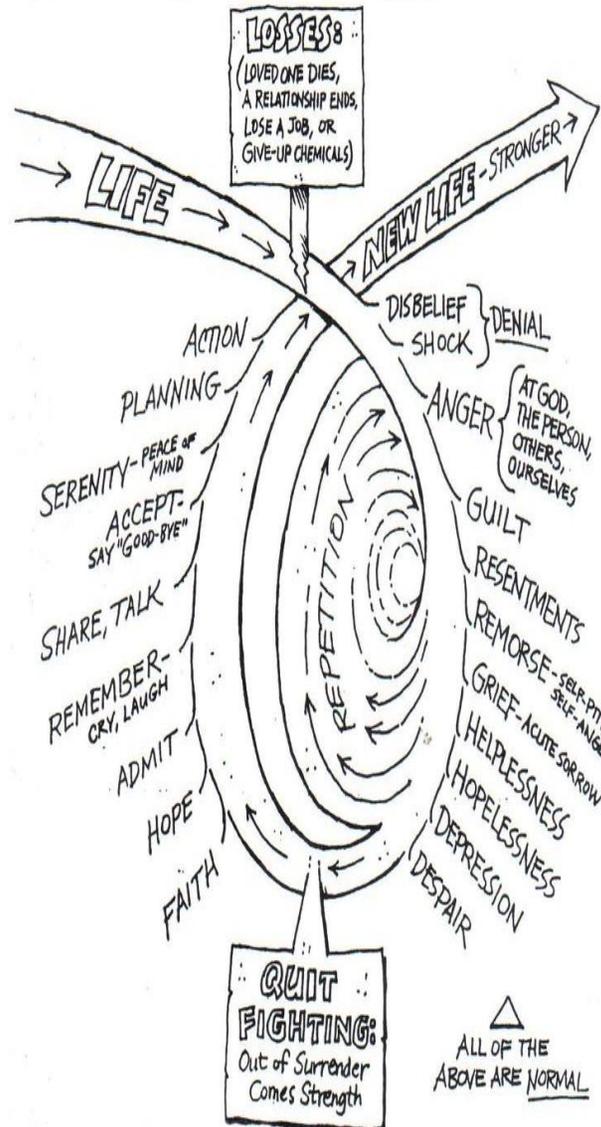
Yet a critical stage of this journey for the human community is the period that begins at the moment of death and ends with the burial or entombment of the deceased for some. However, the stark realities of death demand attention now, and people, especially those that have lost their loved ones, search their souls for Peace, Understanding, Strength, and Hope (*PUSH*). Hence; the journey that has begun requires one to *PUSH* forward despite the difficulty, adversity or internal conflict...but in due course.

Christian people bring to this experience the knowledge of Jesus Christ, who by his own death and resurrection broke death's dominion, and holds out the promise of eternal life. In the Catholic tradition, no one makes this journey alone. Both the dead and the living are embraced in the Church's compassion and ministry. The Catholic Church through its Bereavement Program reaches out to those in time of need, when adversity is sometimes too much for one to bear.

This embrace, this companionship in the journey of death, is not just for the moment, but for a life-time. It becomes concrete in the help and concern offered to those who have lost someone in death. Just as our deceased loved ones are provided the tangible gestures and stages of the funeral liturgy, so too does the Church and its community, offer comfort and place to heal for the bereaved.

The Loss Cycle

The Normal Cycle for All Losses...



DENIAL - ANGER - DEPRESSION - ACCEPTANCE - RECONSTRUCTION
(BARGAINING TAKES PLACE ALL ALONG)

The Tear Model

the tasks of grief

T = To accept the reality of the loss

E = Experience the pain of the loss

A = Adjust to the new environment without the lost person

R = Reinvest in the new reality

Based upon Worden's (1991) tasks of mourning: Worden, J.W. (1991). Grief Counseling and grief therapy: A handbook for the mental health practitioner (2nd edition). London: Springer.

PSYCHOLOGYTOOLS

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