

The only people who think there's a time limit for grief, have never lost a piece of their heart.



Take all the time you need.



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

Mar 8, 2018

11:45am ~ 1:00pm

Commons Rm 100A

RSVP: Steve Niles 214.451.6581

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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.

St. Rita Bereavement Ministry Program
Contact: Ministry Lead Steve Niles, sniles@stritaparish.net



Everyone experiences loneliness at one-time or another. Turning to the Lord in prayer is more important than ever when you're lonely because He loves you and you can believe in His promise to stick by you and never leave you (Heb. 13:5). Use these biblical prayers to help sustain and encourage you when you're experiencing loneliness.

Hope. O God of hope, fill me with all joy as I trust in You, so that I can overflow with hope by the power of the Holy Spirit. When I'm feeling lonely, I put my hope in You because You are my rock, my fortress, and my deliverer in whom I take refuge. (Ro. 15:13; Ps. 18:2)

God's Love. Jesus, sometimes I feel so rejected. Because You were rejected by men, You understand what that feels like and have compassion on me. Even when I feel pushed away by others, I thank You that neither height nor depth, nor anything else in all creation, will separate me from Your love. (Is. 53:3; Ro. 8:39)

Peace. Lord, may Your peace, which transcends all understanding, flow over me and guard my heart and mind. During seasons of loneliness, open my eyes to the peace I have with You. (Phil. 4:7; Ro. 5:1)

Comfort. Please turn to me during this lonely time, Father. Thank You for Your grace and Your power, which reassure and calm me. Help me to receive Your unfailing love as my comfort. (Ps. 25:16; 2 Cor. 12:9; Ps. 119:76)

Community. When You created the world, God, You said that it was not good for man or woman to be alone, but during lonely times I tend to withdraw from those around me. Help me to remember that when I feel lonely it doesn't mean something is wrong with

me—I'm just longing for the community You've created me for. (Gen. 2:18)

God's Perspective. Lord, Your ways are so much higher than mine, and You think about things so differently than I do. Would You please show me how You are looking at my loneliness? What do You want me to see or understand about this painful thing I am going through? Teach me Your ways, O Lord, so I can walk in Your truth. (Is. 55:9; Ps. 86:11)

Protection. Jesus, when I'm lonely, I may be tempted to form close bonds with the wrong people or to make bad choices just to numb the pain. Help me to trust in Your protection instead of trying to escape this lonely season. (Prov. 13:20; 2 Cor. 6:14; Is. 50:10-11)

Close to God. I know that if I come near to You, God, You will come near to me. And I want to draw closer to You because You love me more than I can ever imagine and have promised to never leave me. (Jas. 4:8; Heb. 13:5)

Communication. *Abba* Father, I am so glad that when we confess our struggles to our friends, it builds relationships and shows us—and them—that we are not alone. Give me the courage to open my heart and honestly share what I'm going through and, in turn, listen to and build up others. (1 Thess. 5:11)

Courage. Jesus, when I am lonely, I sometimes focus only on myself. Lord, strengthen me to look beyond my own wants and problems so I can reach out to others and create relationships. Help me act on the fact I didn't receive a spirit that makes me a slave again to fear, but instead received the Spirit of sonship. (Ro. 8:15)

Friends. You've promised to set the lonely in families, God. Guide me to true friends who will stick closer than a brother so that we can carry each other's burdens, and in this way fulfill Your law. Show me how to be the kind of friend who picks another up when he falls. (Ps. 68:6; Gal. 6:2; Eccl. 4:10)