

You are Invited to Lunch

Hosted by the Bereavement Ministry

Thursday, November 30th

11:45 am - 1:00 pm

Commons Rm 100A

St. Rita Bereavement Ministry will host a luncheon for bereaved parishioners on Thursday, November 30th.

The luncheon will provide an opportunity for bereaved persons to enjoy a closed lunch together, pick up some helpful grief literature and hear suggestions from others in confidentiality.

If you are interested in attending this luncheon, please RSVP to Steve Niles via phone 214.451.6581 or email sniles@stritaparish.net.



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

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

For more information contact the Pastoral Office @ 972.934.8388

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
Nov 30, 2017
11:45am ~ 1:00pm
Commons Rm 100A**

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

A Journey through Grief with Sherri Mandell

Sherri Mandell is an Israeli-American author, a mother and activist. She is best known as the mother of Koby Mandell, a thirteen-year-old American boy who was murdered near their home on the West Bank. Mandell and her husband, Rabbi Seth Mandell, founded the Koby Mandell Foundation and she wrote a book about the murder entitled *The Blessing of a Broken Heart*. She travels extensively helping others who have lost a loved one.

Some of Sherri's reflections regarding Grief:

- Do not try to be what you were, you are different now.
- Have others help you. Don't hesitate to ask them. People underestimate the amount of need you have.
- Grief is like a cave. You cannot lead yourself out without a light.
- Help others. They depend upon you.
- Often there is nothing you can say. Don't try. Just Be.
- It's OK to feel like that, think like that. It is right now. You are learning again.
- Use your pain to grow.
- Don't allow your spirit to die.
- You will feel like a prisoner to Grief.
- Others will not understand your grief.
- Tell others your story and listen to theirs'.
- We have to say what we need.
- To seek closure is ridiculous – the lost person is part of your life and always will be.
- Grief can be powerful, it allows you to do things when channeled.
- You want to hear about the one who has been lost.
- You can use your love for the one lost and their love for you to create more love in the world.
- No sorrow can be created by a story.
- Keep people in your life as much as possible. Being in a relationship with other bereaved individuals is important. Do everything you can to surround yourself with supportive people.

Login into YouTube Website, www.youtube.com and type into search **A Journey through Grief with Sherri Mandell**.

Grief and the Holidays: Some Ways to Cope

- **Realize this year will be different.** Don't compare this holiday with the nostalgia of past holidays. Acknowledge that the holidays may not be the same as those in the past.
- **Expect emotions to intensify.** Accept the likelihood that the holidays may be painful.
- **Plan ahead.** Pace yourself. Set realistic limits and lower expectations. It is okay to say "no" to things like sending cards, decorating and buying gifts.
- **Be flexible** and patient with yourself and others.
- **Tell others what you need.** Others may not know how to help you and need to be told. Communicate your needs.
- **Be gentle with yourself.** Give yourself permission to feel whatever you feel.
- **Remember your physical needs.** Don't abandon healthy habits like exercising, eating right and getting plenty of sleep.
- **Make new holiday rituals.** When you do things differently, it tells others that your life is different. Light a candle, walk, pray, or do whatever feels right for YOU.
- **Honor traditions.** Let family know what traditions are meaningful for you and which are painful. It is okay to let some traditions go.
- **Take 5 minute "mini mental breaks."** Sit down, practice deep breathing and simply close your eyes. Alternatively, go for a walk, listen to music or meditate.
- **Stay involved.** Meet together as a family and share what each needs to make these holidays special and be willing to change the normal routine.
- **Lean on your faith for strength.** Touch base with your spirituality, which can bring comfort, strength, peace and wisdom. Explore what gives your own life meaning.
- **Remember to remember.** Celebrate the memory of your loved one in a way that helps you cope.
- **Find moments of joy.** Remember that your loved one would want nothing but your happiness over the holidays. Don't feel guilty to laugh, joke or find joy in the simple things in life.
- **Do what is right for YOU.** At the end of the day, everyone grieves differently