Standing Beside You
In Time Of Grief

“For I, the Lord your God,
hold your right hand,
it is I who say to you,
‘Do not fear, I will help you.”

Isaiah 41:13

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The All Saints’ community stands beside you at this very difficult time and we truly appreciate being included in your remembrance of a dear loved one. We hope that you will find our care to be spiritually healing and emotionally supportive. We are a diverse faith community focused on education, service, connection, and prayer and hope to be of support to you not only during your loved one’s funeral, but onward into your journey through grief.

Bereavement is one of life’s most difficult challenges and the early months can be painful and full of confusing physical symptoms. People often experience low energy, sleep difficulties, and digestive upset because the mind and emotions are working hard to process the loss. Emotionally, it’s normal to have dramatic swings between feelings of numbness and strong anxiety, sadness, anger, and guilt. Mentally, people often have trouble concentrating, finishing tasks, forgetting things, making decisions, and fighting absent-mindedness. It is sometimes said that you should avoid making any life-changing decisions for at least a year after the loss and this may be a good idea.

Luckily, there are many community resources to support your healing and here at All Saints’, the care of the bereaved is a high priority.

**Resources from All Saints’**

* Our clergy are available for time limited pastoral care counseling. Please call the Church Office for more information.
* Our Health Ministries Coordinator is available to meet with individuals and families to assess wellness needs and provide referrals to community resources. Please contact the Church Office or email Patrice Al-Shatti, LMSW, at palshatti@allsaints.org for more information.

**Resources from Our Local Community**

In the community, there are a variety of resources to assist the bereaved in understanding the grief journey and moving through it with wisdom.

* All Saints’ publishes a free Counseling Resources Guide. Just ask someone on the staff for a copy. It includes information about personal counseling services for people who face barriers to care because of limited income or lack of insurance.
* Our Mourner’s Path program is a very special grief resource. The program is a series of classes designed for mourners who are past the initial shock and grief, and are ready to explore life beyond loss. The program convenes in January, so please contact the Church Office if you’d like to speak to the facilitators or join a class.
* Our Community of Hope volunteers are available to provide supportive home visits to those elderly and/or disabled mourners who have difficulty leaving the home.

However your grief experience unfolds, we sincerely encourage you to allow us to be a part of it. All Saints’ offers inspiring worship and meaningful connection and we welcome you, now and in the months and years to come. We also encourage you to tap into bereavement support wherever you call home, and in whatever way you can. It’s said that grief denied is only grief deferred, and the smoothest way through it is straight through the center. We wish you God’s grace and comfort as you face your loss and make your way to your future, and welcome you to our community.