

To Those Who Are Grieving The Loss of A Loved One:

A year ago on January 8, I lost my dear brother, Tom, very suddenly. Tom came to live with me and get me through the loss of my dear husband Ed after he died suddenly in May of 2007. Tom lived with me for the past seven years and our life together was wonderful. Always being very close siblings, losing him was an enormous loss for me and I just couldn't see myself going through this again.

When Fr. Jerry told me that Diane Mulroe, our Director of Human Concerns and head of the Bereavement Ministry was starting a new grief support group and it would be helpful for me to join, I told him I wasn't interested. I just didn't think there would be anything they could do for me to make my life easier through this very difficult time. However, things got so desperate for me, trying to go on with my life that I was willing to try anything. My faith in Jesus is always with me, and somehow I felt Him guiding me in this direction. I can only tell you how happy I am this day that I made the right decision and joined the group. It felt so comforting to be with people who were experiencing the same things I was in going through the grief process. We became so close, it was like we were a family joined together, sharing our thoughts, feelings, and fears. We cried together, comforted each other, and even had some laughs together.

The wonderful leader of this group couldn't have been more perfect in the part she played. With her experience, knowledge and unselfish love, she guided us and helped us through our grieving along with the companion books provided for us. At the end of the ten weeks, I felt the strength and peace that I needed to help me face the new challenges of my life. There were eight of us in this group, and we became so close that we still continue to get together for lunch each month. It is so good to see how far we all have come. I can only tell you of my experience, but would assure you that if you are facing a challenging time now going through the grief process, please take advantage of the Finding Hope/Healing Hearts Grief Support Group to help you find the hope, strength, courage and the healing you need.

Love, Carole