

LOSS & GRIEF SUPPORT GROUP



HELPING IN YOUR TIME OF
LOSS AND CHANGE

CONTACT

In the immediate instance of losing a loved one, please contact the numbers listed below to assist you with your funeral liturgy options, guidance and support.

Parish Priest: Fr. Michael O'Toole

Parish Phone: 9451 5097

Parish Fax: 9452 2096

Parish Manager: parishmanager@ffcp.org.au

Office Hours:

Mon — Fri: 9am — 4.30pm

Parish Office: 9 Currie Road
Forestville 2087

Website: www.dbb.org.au/parishes/frenchsforest

Loss and Grief Group: 9451 5097



LORD I NEED YOU

Lord, every day I need you
But today especially
I need some extra strength
To face what is to be.
Today, more than any other day
I need to feel You are near,
To strengthen my courage
And to overcome my fear.
By myself I cannot meet
The challenge of the hour
There are times when other's help,
But today I need Your power
And so Lord I pray
Hold my hand and be near me today.





PARISH LOSS AND GRIEF SUPPORT

The Catholic Parish of Frenchs Forest Loss and Grief Group consists of lay persons from each of the three church communities - Davidson, Forestville and Terrey Hills, who appreciate that your time of loss can be a difficult journey.

Its role is to help ease this path through:

ASSISTING THE CLERGY

The Loss and Grief Group members work with the clergy in providing the coordination of the practical needs of the bereaved family following a death.

God, You answer when I call; when I am in trouble You come to my relief; be kind to me now and hear my prayer.
(Ps. 4)

Some Reflections on Loss and Grief.....

It is normal to experience intense and painful emotions at varying times relating to loss.

There may be feelings of anger, isolation, denial, confusion and that 'no-one' understands.

Any feelings of guilt need to be expressed, freed and heard in a safe place.

Grief helps to heal the wounds of loss, leading to acceptance and eventually hope.

There is no set time limit for the journey of grief. Each individual experiences differing periods of time to go through the grieving process.

Understanding the grieving process helps you know when you are experiencing normal grieving feelings, behaviours and emotions.

FUNERAL LITURGY HELP

Most of us have never needed to prepare a funeral service and may not know where to start. Members can assist the family with funeral liturgy options for readings and music. The ministry can provide examples of service booklets and practical suggestions to help you develop a beautiful personalised service in memory of your loved one.

BEREAVEMENT SUPPORT AND CARE

Generally the members are not professional counsellors, but rather, caring parishioners who can offer a phone call or visit for a quiet chat, if you wish.

Alternatively, you may wish to have someone sit with you quietly in reflection or prayer

If at any time you need a listening ear please do not hesitate to contact the Parish Loss and Grief Group through the Parish Office – Ph: 9451 5097



*Come to Me, all you who labour and are overburdened and I will give you rest...
You will find rest for your souls.
Yes my yoke is easy and my burden light. . (Matt: 11:28)*