

*Grieving is as natural as
crying when you are hurt,
sleeping when you are tired,
eating when you are hungry,
or sneezing when your nose itches.*

*It's nature's way of healing
a broken heart.*

Doug Manning, Don't Take My Grief Away



*Lord, may we always be present
to those who suffer bereavement
and help us to be
attentive to their needs.*

Useful Resources

Liverpool Bereavement Service

1st Floor
Granite Buildings
6 Stanley Street
Liverpool
L1 6AF

Tel: 0151 236 3932

Email: enquiries@liverpoolbereavement.co.uk

Alder Centre

For those affected by the death of a child.

Child Death Helpline: 0800 282 986

Local: 0151 252 5391 (Daytime)

Grief Net

An internet community of persons
dealing with grief, death and major loss.

www.griefnet.org

Sands

For those who experience still birth.

Tel: 020 7436 5881

Email: helpline@uk-sands.org

The Ministry of Consolation



*The responsibility for the ministry of
consolation rests with the believing
community... each Christian shares in
this ministry according to the various
gifts and offices in the Church.*

Order of Christian Funerals n.9

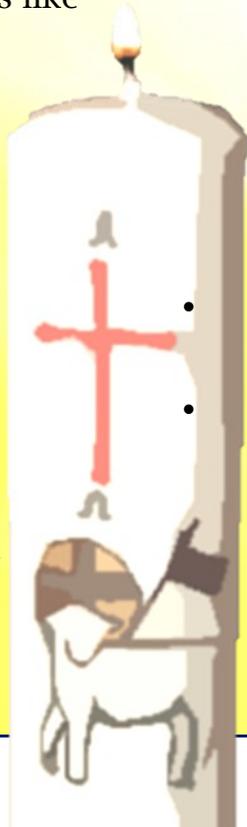


Archdiocese of Liverpool

What can we do to support those who are living with a bereavement?

...as a parishioner

- Befriend a bereaved person.
- Offer a listening ear.
- Don't cross the road to avoid a bereaved person.
- Talk about the deceased person.
- Say 'I'm really sorry about the death of.....'.
- Offer help with practical tasks like shopping, cooking, transport, child care.
- Go to funerals.
- Sing, play or read at funerals if you can.
- Pray for the deceased and the bereaved.
- Invite a bereaved person to go with you to parish events or other activities.
- Keep in contact by occasional phone calls.
- Join or start a bereavement support team.

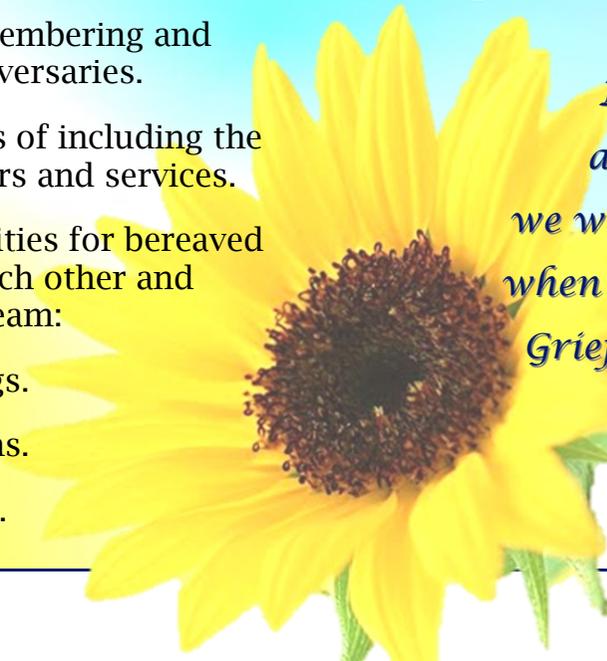


...as a parish community

- Gather a bereavement support team.
- Include people with different gifts and skills:
 - Visiting.
 - Listening and keeping confidences.
 - Preparing and taking part in liturgies.
 - Ensuring good communication between all those involved: family, priest, undertaker, other team members.
 - Maintaining a book of remembrance.
 - Recording, remembering and marking anniversaries.
- Find creative ways of including the bereaved in prayers and services.
- Provide opportunities for bereaved people to meet each other and members of the team:
 - Coffee mornings.
 - Drop-in sessions.
 - Regular groups.

...as a pastoral area

- Provide initial training and continuing support for parish bereavement teams:
 - Listening skills courses.
 - Days of Reflection and Prayer.
 - Training on supporting difficult bereavements such as suicide or the death of a child or young person.
- Arrange regular celebrations and gatherings for bereaved families.
- Encourage parishes to share good practice and good experiences.



*If we didn't love
and care so much
we wouldn't hurt so much
when a special person dies.
Grief is the price we pay
for loving.*