

Testimonials from Pastors and Participants

"We have appreciated the gentle manner in which Christ is presented to grieving people." Facilitator

"This has been the most rewarding and fulfilling ministry in my 50 years of serving." Pastor

"Brought me back into relationship with God and the church." Participant



*For I know the plans I have for you,
says the LORD, plans for welfare and
not for evil, to give you a future and a
hope.
Jeremiah 29:11*

ARCHDIOCESAN GRIEF SUPPORT COMMITTEE

For more information on the Archdiocesan Grief Support Program, please contact any of the following Committee members.

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*Cast all your anxieties on him, for he
cares for you.*

1 Peter 5:7

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GRIEF SUPPORT PROGRAMS

*"If one member suffered in the body of Christ
which is the Church, all members suffer with
that member."*

1 Corinthians 12:26

PARISH-LEVEL GRIEF SUPPORT PROGRAM



Blessed are they who mourn, for they will be comforted.

The need for grief support exists at the parish level. Many individuals and families suffer grief from the loss of a loved one, a job, a marriage, or something else that is important to them. They look for a place to turn, especially within their parish, and they want someone to walk with them as they negotiate their personal journey of grief. Within the Archdiocese of Seattle, a few parishes provide these sources of comfort.

The Catholic Archdiocese of Seattle now offers resources to organize and offer parish-level Grief Support Programs. The Most Reverend Paul D. Etienne, the Archbishop of Seattle, fully supports this new ministry and hopes deaneries within the Archdiocese will make information about this program available to those parishes that express a desire to create this ministry.

The Archdiocesan Office of Pastoral Ministry has prepared this brochure that highlights a Grief Support Program model. The model suggested is quite simple, yet it includes a large resource section for additional research so that the model can be easily modified to meet the specific needs of any parish or parish cluster. Please prayerfully consider creating this ministry within your parish.

"Our grieving hearts say to us of our loved ones who have died, "We Belong together!" and God says to us in response, "You're right! You have all been made to be together forever in me. My grace is at work in this temporary separation, in this great, mysterious 'symphony of being.'" Be at peace and know that your loved ones are safely with me."

—Archbishop J. Peter Sartain

Our Mission

To assist those grieving throughout the Archdiocese of Seattle by providing spiritual and emotional support

Our Vision

To see the Holy Spirit and the graces of the Sacraments nourishing the bereaved.



No picture can be drawn with only the brightest colors, nor harmony created only from treble notes Our whole life is tempered between sweet and sour, and we must look for a mixture of both. Bl. Robert Southwell

THE BASICS

A Parish level Grief Support Program needs the following elements to successfully support individuals grieving the loss of loved ones:

- ◇ Pastoral Approval
- ◇ Parish Staff Support
- ◇ Funding (Parish budget item or donations from participants)
- ◇ Location
- ◇ Schedule (Dates and times)
- ◇ Advertising
- ◇ Program Coordinator
- ◇ Program Facilitators
- ◇ Training
- ◇ Meeting Format
- ◇ Resources

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