BEREAVEMENT NEWSLETTER

Spring/Summer 2017

2076 St. Anthony Avenue
St. Paul, Minnesota 55104

(651) 789-5032
ourladyofpeacemn.org

Our Lady of Peace

Greetings,

We continue to think of you during your journey through grief. We look forward to the arrival of spring and the signs of hope and new beginnings.

Just as nature provides us with "seasons," grief too has "seasons" of its own. As we transition from winter to spring, we encourage you to reflect on who supports you, what sustains you, where are you finding comfort and how have you grown through this experience.

There is no right or wrong way to grieve, but it is important to allow yourself to heal. Understanding your feelings can be helpful during the healing process. If you permit yourself the right to feel, you are also giving yourself permission to heal.

While there is no instruction book that covers all aspects of the grief process, there are some commonly held misconceptions. Recognizing these myths is the first step in embracing grief as a natural experience.

It is an honor to be a companion on this journey with you. May you continue to experience the blessings of healing at this time.

Debbie & Skylar
Bereavement Services

Upcoming Events
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MAY

Adult Child Loss Workshop	2
Living with Loss	3
Living with Loss	10
Living with Loss	17
Living with Loss	24
Parent Loss Workshop	31

JUNE

Teddy Bear Workshops	24

For all upcoming events, check out our online calendar:
ourladyofpeacemn.org/events

Bereavement Services at Our Lady of Peace are offered at no charge.

If you would like to talk on the phone or in person, don't hesitate to contact us at 651-789-5032 or email
debbies@ourladyofpeacemn.org
skylarp@ourladyofpeacemn.org

Grieving is the natural way of working through the loss of a love. Grieving is not weakness, nor absence of faith. Grieving is as natural as crying when you are hurt, sleeping when you are tired or sneezing when your nose itches. It is nature's way of healing a broken heart.

-Doug Manning