

I  
AM THE  
RESURRECTION.  
IF ANYONE  
BELIEVES IN ME,  
EVEN THOUGH HE DIES  
WILL LIVE,  
AND WHOEVER LIVES  
AND BELIEVES IN ME  
WILL NEVER DIE.  
(John 11:26)

MEETING DATES  
10:00-11:30  
TUESDAY MORNINGS  
2017

Facilitated by  
Dorothy J. Levesque

January 10 and 24

February 7 and 21

March 7 and 21

April 4 and 18

May 2, 16 and 30

June 13 and 27

July 11 and 25

August 8 and 22

September 5 and 19

October 3 and 17

November 14, and 28

December 12, and 19

**BEREAVEMENT  
SUPPORT GROUP  
AT  
LA SALETTE  
RETREAT CENTER**



**MEETS BI-WEEKLY  
10:00 – 11:30 a.m.  
ON TUESDAYS  
(Dates on back of this brochure)**

**FOR INFORMATION:  
508-642-1928**

African proverb:

As long as a **person's name** is still on someone's lips, that **person's spirit** is still alive.

Grief knows **no schedule** (Brook Noel and Pamela D. Blair, Ph.D.)

. . . there are times when you are in the midst of a normal, pleasant activity and **suddenly a wash of grief comes over you** . . . this is common.

The **strength of a support system** is described by **Molly Fumia** in Safe Passage:

“I'll cry **with you**” she whispered “until we run out of tears. Even if it's forever, we'll do it **together.**”

## WHO?

Individuals and families suffering through grief caused by the death of a loved one.

## WHAT?

A support system established to provide time and space to men and women experiencing a similar loss.

## WHERE?

La Salette Retreat and  
Conference Center  
947 Park Street  
Attleboro, MA 02703  
(508)642-1928

## WHEN?

Alternating Tuesdays

10:00-11:30 a.m.

## WHY?

The death of a loved one brings unexpected emotions at unexpected times in unexpected ways. Members of the support group speak the same language and are able to support and encourage one another as they walk the journey from grief to healing.

People are often **unprepared** for the **onslaught of emotions** that seem to invade **every fiber** of one's being **after the death** of a loved one. In reality, **emotions** . . .

. . . come and go

. . . without rhyme or reason;

. . . sometimes serenely

. . . sometimes stormily;

. . . they may settle in for a while

. . . they may be present for a long time;

. . . at times, they bring one to silence

. . . at times, they create babbling.

It is important to **recognize** a feeling, **name** it, **befriend** it, **process** it and **move on** . . . and know that the process must **often be repeated.**