

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
2018

Facilitated by
Dorothy J. Levesque

January 2, 16 and 30

February 13 and 27

March 13 and 27

April 10 and 24

May 8 and 22

June 5 and 19

July 3, 17, and 31

August 14 and 28

September 11 and 25

October 9 and 23

November 6 and 20

December 4 and 18

**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.**