



OLPH Ministry of Consolation

Volume 1, Issue 2

March/April 2010

Ministry Update...

Since summer, Our Lady of Perpetual Help Ministry of Consolation has been working toward full implementation of this outreach to parishioners who have lost a loved one to death. Some of the initial goals that have been accomplished since the formation of this ministry include:

- Working with those who are grieving the loss of a loved one.
- Initiating an annual mass to commemorate the deceased of our parish on All Soul's Day. Families participated as the names of their loved ones were read in remembrance.
- Developing our resource webpage on the OLPH.net website.
- Establishing teams to assist Father Joe and Deacon Steve in visiting families as they make decisions on funeral details; offering appropriate follow up after a loss.
- Securing condolence cards and booklets on *Understanding and Coping with Grief* for mailing to the families following a funeral.
- Facilitating a newsletter for parishioners during the Christmas season as a resource for support and healing. Planning for quarterly newsletters.

We welcome new volunteers to assist with the Ministry as well as your ideas and prayers for future issues of this newsletter. Thank you for your support.

OLPH Ministers of Consolation.....

Grief, Loss & Mourning

"In order to understand bereavement, one needs to make the distinction between grief and mourning. Grief is a person's internal experience, thoughts and feelings related to the experience of a great loss. Mourning is the external expression of one's grief. A person may experience extremely painful grief but, because of a need to appear stoic, may not mourn. Grief and mourning are intensely personal and unique experiences. We often refer to stages of grief, but these often do not occur in an orderly progression. Depending on the situation and the individuals involved, one may not experience some stages, or may cycle in and out of the same emotional state several times.

Loss often happens in a family context. Family members grieve and mourn individually and as a group. The method of death, sudden or suffering of a long illness is an important factor. A sudden death may be particularly difficult because of the intense anger often involved. "It didn't have to happen." Even if the death is the long expected release from a painful illness, it can still be a powerful experience. Mourning, although a painful process can also be a way for families to grow together. Relationships may seem even more precious because they are fragile and impermanent."

Reference: Grief, Loss and Mourning

Carol E. Watkins, M.D.

Glenn Brynes, Ph.D., M.D.

Baltimore, Maryland

Website:

<http://www.ncpamd.com/bereavement.htm#Why%20Must%20We%20Grieve?>



Prayer For Our Beloved Parishioners

In company with Christ, who died and now lives, may they rejoice in Your kingdom, where all our tears are wiped away. Unite us together again in one family, to sing Your praise forever and ever....Amen.

(Excerpt from *Catholic Prayer For The Dead*)

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MINISTRY OF CONSOLATION
TELEPHONE & EMAIL SUPPORT

Sometime we feel the need to talk to someone who understands the pain we feel and will listen to us.

Please contact the Parish Office to reach a member of the Ministry: (443) 302-1002.

OLPH Website: www.olph.net

Support Groups for Grief Healing

- **Grief Share**- Support Group for variety of losses.
<http://www.griefshare.org/>
- **Compassionate Friends**- Support group for bereaved parents.
<http://www.compassionatefriends.org/home.aspx>
- **Hospice of Chesapeake**
<http://www.hospicechesapeake.org/>
- **National Catholic Ministry to the Bereaved**
<http://www.griefwork.org/>
- **Widow Net (resource for widow & widowers)**
<http://www.widownet.org/>

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Lenten Meditation

O Christ Jesus, when all is darkness and we feel our weakness and helplessness, give us the sense of Your presence, Your love, and Your strength. Help us to have perfect trust in Your protecting love and strengthening power, so that nothing may frighten or worry us, for, living close to You, we shall see Your hand, Your purpose, Your will through all things.

-St. Ignatius of Loyola



Poems

Imagine

Imagine
Stepping onto a shore and finding it heaven
Imagine
Taking hold of a hand and finding it God's hand
Imagine
Breathing new air and finding it celestial air
Imagine
Feeling invigorated and finding it immortality
Imagine
Passing from storm and tempest to an
Unknown calm
Imagine
Waking and finding it home

Author: Michael Podesta
Submitted by: Karen Hogan

Scripture Consolation

Peace I leave with you. My peace I give unto you; not as the world giveth give I unto you. Let not your heart be troubled, neither let it be afraid.

John 14:27

"And if the Spirit of him who raised Jesus from the dead is living in you, then he who raised Jesus from the dead will give life to your own mortal bodies through his Spirit living in you."

Rom 8:11

"I am the resurrection and the life...whoever lives and believes in me will never die."

John 11: 25-26

