

# Bereavement Ministry

St. John Neumann's is hosting a series of interrelated bereavement seminars beginning in January. The conversations will extend from understanding loss and understanding normal reactions, to steps, guided by faith, to acceptance and hopeful recreation of lives to continue living. While a primary focus will be the death of a significant other, those who have experienced loss because of divorce, separation, or other substantial life altering events are welcomed.

The dates of the seminars will be **January 20, February 3, February 17, March 2, March 16, and April 6**. Each session will start at 7 p.m. in the Upper Room of the Parrish Administration Building, unless otherwise notified. All sessions will be facilitated by John Cole of St. John's Bereavement Ministry.

Registration can be made with **France Kennedy** at St. John's by calling **908-832-2513**. *Any questions about the seminars themselves should be directed to John Cole at [colejfp22@gmail.com](mailto:colejfp22@gmail.com) or via 908-399-4234.*

## **January 20, Conversation One:**

Recognizing the loss and telling the story. From shock to avoidance to acceptance; a journey of understanding, support, and faith.

## **February 3, Conversation Two:**

Normal grief reactions. Dealing with emotions and feelings.

## **February 17, Conversation Three:**

Coping with stress and adjusting. Finishing "unfinished" business. The role of faith.

## **March 2, Conversation Four:**

Remembering what we were like, celebrating what was, understanding what wasn't, and might have been.

## **March 16, Conversation Five:**

Letting go. Changing the relationship. Belief. Recreating and reinvesting in life.

## **April 6, Conversation Six:**

Memorializing and creating. Where we were, what we have done, and where we are poised to go.