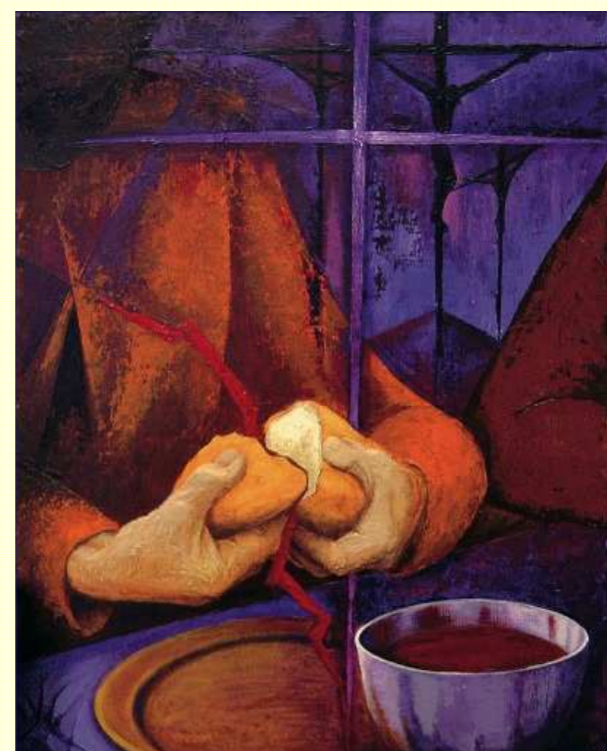


Emmaus Gatherings "Reunion" of friends and members of the Bereavement Group will be held periodically throughout the year. As Christ companioned the Apostles after their loss, we "companion" each other. We break bread together.



Dates for Bereavement  
Group Meetings

**Sunday, September 25th**  
"Where am I in the grieving process?"

**Sunday, October 2nd**  
"Can I be alone and not lonely?"

**Sunday, October 9th**  
Guilt and Regret

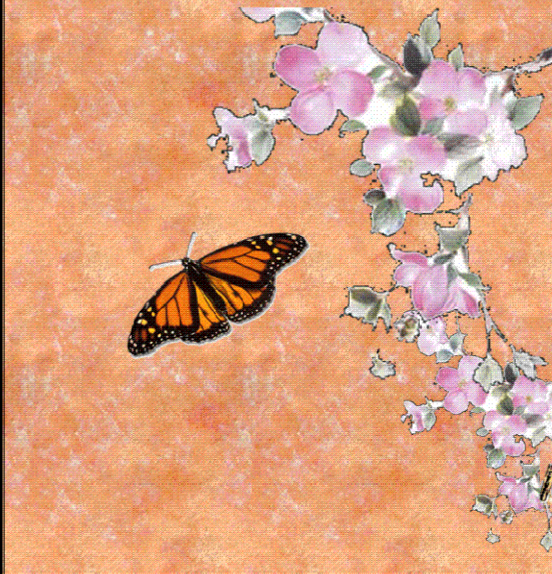
**Sunday, October 16th**  
"How do I deal with anger?"

**Sunday, October 23rd**  
Help Handling the Holidays

**Sunday, October 30th**  
"Am I moving on and healing?"

The Group will meet in the  
Dougherty Center  
61 Short Hills Avenue  
from 1:45 - 3:00 PM

Please call to  
register – call  
Sr. Catherine  
at (973) 921-9867



**Bereavement  
Ministry**

"To Comfort  
All Who Mourn"

St. Rose of Lima Parish  
50 Short Hills Avenue  
Short Hills, NJ 07078  
(973) 921-9867

Grief is the emotional suffering we feel after a loss, especially after the death of a loved one. Grieving is a unique process. No two people grieve in the same manner. The role of the bereaved is a new and undesirable one. The search for new identity, the struggle to accept oneself as a whole new person in a strange new role is the work of grieving.

Grieving people cry out for meaning, for security, for belief in a compassionate God, who brings life out of death.

Grief work calls for "inner work" to listen to what our feelings are telling us. The "inner work" also draws our attention to the changes that have taken place and those we need to address. By listening to our feelings we come to identify, heal and resolve our issues.

Reaching out to others in a support group is not a sign of weakness; it is a choice for healing.



**carrying heavy burdens, and I will give you rest."**

**Matthew 11:28**



**"Come to Me, all you who are weary and**



Thoughts from the Bereavement Ministry

When you feel unsupported in your grief, counsel yourself with this wisdom:

I will ask for the help I need,  
I will cry when I need to cry.