

Peace of Christ Bereavement Group
*Healing and Hope through
Shared Experience*

Peace of Christ Parish has more funerals than any other parish in the diocese. We decided a Bereavement Ministry in the northeast area was definitely needed.

Our bereavement group is open to adults 21 years old and over who have lost a loved one through death. In addition to Peace of Christ Parish, the group is open to anyone living in, or visiting the area. All are welcome.

We currently have four trained grief facilitators, Sr. Marlene Vigna, Laurie Maier, Judy Brawley, and Pamela Beers, who are qualified to lead a group through the challenging journey of bereavement.

It will be both a healing and a spiritual journey as the mystery of death unfolds and leads us to a deeper understanding of ourselves and our own mortality.

Purpose of a Bereavement Group

Provide a comfortable place to go, close to home, where one can vent the multiple emotions associated with the loss of a loved one.

Allow people to tell their story as it relates to the death of a loved one without interruption or judgment.

Protect the vulnerability of people telling their story...what is said in the room stays in the room.

Make sure participants realize that crying is healthy...pain doesn't heal, tears do!

Listen to one another unconditionally. This supports the person telling their story and validates the pain of their particular loss.

Share fellowship.

Experience healing through humor. Yes, we even laugh!

For: Adults 21 years and up.

Where: Peace of Christ Parish Office. Conference, Rm. 25 Empire Blvd.; Rochester, NY 14609

When: Every other Saturday 10:00 am to 11:30 am beginning August 9, 2008

Call Judy Brawley at 288-5000 Ext. 122 for further information.