

## A Word to Those Grieving from a Recent Death

The death of a beloved friend or family member is always hard but as we approach winter and the holiday season that grief can feel especially difficult. If mourning is your companion right now, here are a few things at Holy Trinity you might consider.

- You might join an 8-session grief group we are starting in February called “Walking the Mourners Path.”
- You might attend our Wednesday 10 am healing Eucharist or our Wednesday night combination of 6 pm Evening Prayer and 6:30 pm Lectio Divina for a quiet time to bring your deepest yearnings to God.
- You might join Father Greg on the first Wednesdays of November and December and the second Wednesday of January for an informal dinner at Coyote’s Mexican Restaurant, just a short walk from Holy Trinity. We’ll head over at 7pm following the 6pm Evening Prayer and 6:30 Bible Study. There won’t be any program, just a time of fellowship among those who have suffered a recent death.
- You might attend the pre-Thanksgiving potluck and Eucharist on Sunday, November 24th at 6:30 pm. We’ll invite people to bring photos of loved ones they are remembering and give thanks for their lives and the hope we have through Christ.
- Because it can be easy to isolate yourself when grieving, remaining connected to your community of faith is especially vital. You might make an extra effort to be regular at Sunday worship, even if your grief tells you to stay in bed, and to connect or reconnect with whatever group you might be a part of here (Sunday school, a guild, choir, youth group, etc.).
- Finally, know that the clergy and pastoral care folks at the parish are always only a phone call, text, or email away. Don’t hesitate to reach out.

None of these options can make the pain of a loved one’s death go away. But we do not grieve as those without hope, and these opportunities for fellowship, prayer, and worship can reveal the hope within you that grief tries to obscure.

Peace,

Fr. Greg+