# Ministry to Those Experiencing Grief:

# In Its Many Forms

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| ***Scripture****Isaiah 61:1-3 (NKJV)****Misunderstandings about Grief*** ***Grief & Compassionate Care******What can we do?*****Resources**  | “The Spirit of the Lord God is upon me,Because the Lord has anointed me…To comfort all who mourn, To console those who mourn in Zion,To give them beauty for ashes, The oil of joy for mourning,The garment of praise for the spirit of heaviness;That they may be called trees of righteousness,The planting of the Lord, that He may be glorified.” * Mourning lasts for a brief time, from 48 hours to two weeks and should completely end at 1 year.
* We should keep the mourner busy at all costs.
* Grief is a private matter.
* Mourning is much better handled by women.
* Death is never a relief.
* Telling your own story to the mourner is a helpful first step toward healing.
* Help others be gentle with themselves: “Be gentle with yourself. Be sure to take time out to care for yourself, whether it is through pampering or just slowing down your pace.
* Offer Encouragement: “Be sure to eat a nutritious diet, take a walk with me, get adequate sleep and avoid alcohol.
* Be Available for Sharing: help others talk about their feelings and allow them the right to talk about the person who died. The process of sharing memories may help with the healing process. Memories often bring us to both tears and laughter, but they are what sustain us through the years.
* Support a setting of limits: Back-up someone as they figure out the difference between what they want to do and what they can do vs. what they should do. “The ‘should’ will get you every time.” It’s important to let go of the need to be perfect or doing it all. If you’re used to doing all of the shopping, cooking and decorating around the holidays, perhaps this is the year to share those things with others.
* Support the release of guilt: “It is not disrespectful to the memory of a loved one if you have a good time.” “Your loved one would be happy to know you are enjoying yourself.”
* Offer to meet and sit with someone at church, at a concert. It can feel better not to attend worship and events with a friend nearby can help significantly.
1. The quality of "being present" is most important.
2. Grief is emotionally and physically exhausting. That's why specific helps like preparing food, helping with errands, making phone calls and housecleaning are needed. Make the offer which can be sincere and generous and ask permission to follow through on your ideas. That respects the grieving persons' "space."
3. Most people do not respond to those who call and say, "Let me know what I can do?" Good openings for offering your care include: "I would like to offer you ..." or "May I help with ..."
4. Staying present in the present is important. In the first few weeks after the funeral, there will be legal and financial matters to deal with, but immediately those questions are premature.
5. It's not supposed to be easy to accompany people who are grieving. Someone in the midst of overwhelming grief may sob, wail and keen.
6. We can trust our intuition about how "helpful" to be. If we don't feel a sense of direction, the "do as we would wish done with and for ourselves" is the rule.
7. Offer to pray with people who are grieving. The prayer can be short, emphasizing the need to be comforted and born up in God's strength.
8. The grief process can bring up long-buried family issues.

**Books:** ***Good Grief: A Constructive Approach to the Problem of Loss***by Granger E. Westberg***Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart***by Alan D. Wolfelt***The Last Lecture***by Randy Pausch***A Grief Observed***by C. S. Lewis***How to Go on Living when Someone You Love Dies***by Therese A. Rando **Grief Resources for Adults:****GriefEncounters:** Nassau’s Bereavement Support GroupFriday mornings 10:00-11:30 AM, Conference Room; March 7, 14, 21, 28, April 4 & 11 Grief is one of life’s most profound experiences. Many of us are simply not prepared for the level of sadness, isolation, and vulnerability that often result after losing someone we deeply love.  Please join us as we share our journeys of grief, supported by God’s grace, scripture, and one another. Contact Sara Alyea**tjsara3c@gmail.com****Grief Resources for Parents:** **The Compassionate Friends** - supports families who have experienced the death of a child.[**www.compassionatefriends.org**](http://www.compassionatefriends.org)Mercer County Chapter 445 Whitehorse Mercerville RoadHamilton Township New Jersey 08619 **Grief Resources for Children:****Good Grief -** Childhood bereavement affects every demographic and brings with it risks to mental, physical, emotional, and spiritual health. Recognizing that children who have lost a parent or sibling often grieve alone and suffer the stigma of death, a community resource that promotes resiliency and strong social bonds was urgently needed. This is why Good Grief was founded in 2004 and has grown stronger ever since. Good Grief cares for children throughout New Jersey by creating a safe and nurturing environment to grieve while maintaining meaningful ties to their person who died through two Family Centers: Morristown and Princeton (5 Mapleton Rd). [**good-grief.org/**](https://good-grief.org/) |
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