

# Bereavement Newsletter



APRIL – MAY - JUNE 2009

We begin our newsletter by remembering those who have recently died. Please keep them and their families in prayer.

**2-4-09**

***Arnold Heeke***

**2-13-09**

***Hilda Luebbehusen***

**2-22-09**

***Mary Willegal***

**3-6-09**

***Mary Lou Tretter***

In scriptures, we learn:

“The God of mercies...consoles us in all our affliction, so that we may be able to console those who are in any affliction.”  
(2 Corinthians 1:3-4)

“See how the farmer waits for the precious fruit of the earth, being patient with it until it receives the early and the late rains. You too must be patient. Make your hearts firm, because the coming of the Lord is at hand...You have heard of perseverance, and you have seen the purpose of the Lord, because the Lord is compassionate and merciful. (James 5:7-11)

“I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die.” (John 11:25)





### **Welcome Spring -- A time of Growth and Renewal**

Spring is a time when we look and listen to the miracle of new life. We see the growth of green buds poking through the earth and the beauty of blooming flowers. We hear the birds, especially early in the morning, and we know that God cares for them, so we realize that we are cared for too, with even greater love.

As we grieve the death of our loved ones, we sometimes forget that God is present and working in us, and actually helps us to bloom and grow, and to find peace.

The movement of God within us may be slow, and we may not be aware that growth and healing are happening. But as we reflect and look back, we are able to see a difference in ourselves. Friends may even notice that we are more peaceful, or more into living life.

God works in us and surprises us with peace and love. This peace and love may come in the faces of families and friends, in the laughter of children and grandchildren, and in the quiet times of prayer with our loving God. We are all being loved and cared for at every moment and brought to a place of fuller awareness with God, for this is where the greatest love and peace are found.

*Sr. Jayn*

### **FERDINAND OFFERS TWO BEREAVEMENT GROUPS**

#### **Widow/Widower Support Group**

Meets on the **3<sup>rd</sup> Sunday** of every month at 6 PM in the St. Ferdinand Church Spiritual Life Center (SLC). Meetings are free, and open to those who have lost a spouse. Please call Dave and Mary Ziliak (367-1163), or Darla Laake (367-2582) for more information, or if you need to talk to someone.

#### **Family Bereavement Support Group**

Meets on the **4<sup>th</sup> Sunday** of every month at 6 PM in the St. Ferdinand Church Spiritual Life Center (SLC). Meetings are free and open to those who have lost a spouse, parent, sibling, child, relative or friend. Please call Sr. Jayn Lein (367-1212 Ext. 42) or Deacon Jim Wobkenberg (367-2181) for more information.

*We invite you, and your friends, to attend one or both of our confidential support groups. There is no need to make reservations, and it is ok to just visit. Please bring a friend too. Dessert refreshments are served.*

**Sunday April 19, 2009**

**Sunday April 26, 2009**

**Sunday May 17, 2009**

**Sunday May 24, 2009**

**Widow/Widower Group**

**Family Bereavement Group**

**Widow/Widower Group**

**Family Bereavement Group**



## Children Have Feelings Too....

Even very young children grieve, and, like adults, if they are not allowed to express their feelings they will hide until they come out late, often in debilitating ways.

Children don't have preconceived notions about death or what they "should" feel. They may withdraw one minute and lash out the next. Although they grieve in different ways, there are some common signs, eg. anger at the deceased person, their parents or God. Another is fear, whether of being alone, of loved ones leaving home, or of dying. Children may regress to habits like thumb-sucking, bed-wetting or temper tantrums.

Physical symptoms, like headaches, changes in appetite or sleep disturbances, are possible. So are problems at school, such as failing grades, inappropriate behavior or loss of interest in activities or friends.

## How Can I Help My Child Grieve?

Listen and answer the children's questions.

- ❖ Be honest. Don't tell a child someone who has died is sleeping or has moved away.
- ❖ Be present and available.

- ❖ Be open to whatever questions they have. Never let them feel that something they say about grief is silly.
- ❖ Don't try to force them through grief on your timetable.
- ❖ Encourage them to speak, draw and communicate as they are willing.
- ❖ Never force a child into a fearful ritual.
- ❖ Talk to teachers, day care workers and others in contact with your children so they know what's happening.
- ❖ Allow children to attend the wake and funeral. Take them to the cemetery if they want to bring flowers or some other memento.
- ❖ Allow them to talk about their loved one and create their own rituals for remembering.

*(Source -- Christopher News Notes)*



## Peace

Peace be with those who have left us  
and have gone to God.  
May they be at peace.  
May they be with God.

May they be with the living God.  
May they be with the immortal God.  
May they be in God's hands.

May they sleep in peace.  
May they live in peace.  
May they be where the name of God  
is great.

May they be with the living God now  
and on the day of judgment.  
May they live with God.  
May they live in eternal light.

May they live in the peace of the Lord.  
May they live forever in peace.  
With God in peace.  
*(Catholic Funeral Liturgy)*

***“For you have died, and your  
life is hidden with Christ in God.  
When Christ your life appears,  
then you too will appear with him  
in glory. (Col. 3:3-4)***



### **A Reading from the Gospel of Luke:**

Soon afterward Jesus journeyed to a city call Nain, and his disciples and a large crowd accompanied him. As he drew near to the gate of the city, a man who had died was being carried out, the only son of his mother, and she was a widow. A large crowd from the city was with her. When the Lord saw her, he was moved with pity for her and said to her, “Do not weep.”

He stepped forward and touched the coffin; at this the bearers halted, and he said, “Young man, I tell you, arise!” The dead man sat up and began to speak, and Jesus gave him to his mother. Fear seized them all, and they glorified God, exclaiming, “A great prophet has arisen in our midst,” and “God has visited his people.”

*(Luke 7:11-16)*

May God grant you a Blessed and Happy Easter. May the Risen Christ fill your heart with peace.

*Sincerely,*

*Dave and Mary Ziliak*

*Darla Laake*

*Sr. Jayn*