

## **Grief to Grace:**

**Grief to Grace Ministry** formed out of a desire to aid individuals and families through any situations in life which cause grief. This ministry encompasses specific components to move individuals and families through the stages of grief and to help pick up the pieces of life. These elements are designed for continual growth and acceptance of the phases of life surrounding grief. It is the mission of the Grief to Grace Ministry to take every opportunity to comfort and care for those who are grieving.

1. **Book Study & Discussion Groups** – the book title is “On Grief & Grieving” Finding the Meaning of Grief Through the Five Stages of Loss by Elisabeth Kubler-Ross, M.D. & David Kessler  
Quote from the authors’ “We hope this book will become a beacon by shedding light, hope and comfort on the most difficult time we will all experience in our lives” (Elisabeth Kubler-Ross & David Kessler, August 2004)

Discussion groups are held twice per year (Spring & Fall). These groups meet weekly for a 7 week session on Tuesday evenings at 6:00 PM in our Family Life Center. The groups are limited in size to allow for optimal attention to each person in attendance. For Books and registration please contact our church office at 985-447-2013. Completely free – no fees involved.

2. **Hot Topic Nights** – These gatherings are open to the public at no cost and are offered 2 to 3 times per year. Each night is designed to provide information with an intentional focus on relevant topics. Presentations are made by professionals with particular expertise on the related topic for each particular night. The night is designed to be social and informational. These nights are advertised through our church media portals (pulpit announcements, bulletin, Facebook, Instagram, etc.). Completely free and no registration required.
3. **Funeral Liturgy Planning** – Our team of compassionate volunteers will walk with you and your family through the process of planning all the details of the funeral Mass. When a loved one dies the funeral home director will contact the church office to notify. At that time our office staff will obtain the contact information of the Next of Kin or the person responsible for making the arrangements. One of our volunteers will contact that family

member to schedule an appointment to meet for the funeral liturgy planning. Together you will walk through all the details and decisions. The goal of our team is to offer support during an already difficult time.

4. **Funeral Hospitality** – Our Team of Grief to Grace Hostesses / Host are with you on the day of the funeral to assist your family in whatever way best serves you. On that day their role is one of support and to answer any last minute questions and care for any last minute details.
5. **One on One support** – Having trouble coping? Need someone to talk with? We can help! We offer Pastoral Support in a one on one setting by appointment. For more information call our office at 985-447-2013. Completely free – no fees involved.
6. **Grief to Grace Retreat** – Our ministry offers a one day retreat for anyone who desires healing from the pain of loss. The retreat is hosted on the grounds of Christ the Redeemer and begins with Mass in church. It is facilitated by our team and includes personal prayer time, large group presentations, small group discussion, and Question & Answer sessions. This day-retreat is our gift to you and is completely free.
7. **Annual Memorial Mass** – Each year our families are invited to remember their loved ones in this special Memorial Mass which is held on November 2<sup>nd</sup> as the church celebrates All Souls Day. This Mass is followed by a reception for all in attendance. Families who have suffered a loss within the year are invited by personal invitation and asked to participate in the presentation of the candles.
8. **Invitation to Service** – JOIN US! If you have desire to serve others who have suffered a loss we'd love to have you join our team of compassionate volunteers. To find out more about how you can support others please call our office at 985-447-2013

*Grief never ends, but it changes.  
It's a passage, not a place to stay.  
Grief is not a sign of weakness,  
Or a lack of faith... it is the price of love.*

*Unknown Author*

