



So do not fear, for I am with you;  
do not be dismayed, for I am your  
God.

I will strengthen you and  
help you...

Isaiah 41:10 (NIV)

# ST. ANDREW'S PRESBYTERIAN CHURCH

Ministry of Care  
The Ministry of Presence

# "Grief is the other side of the coin of love"


*~Rabbi Earl Grollman*

Simply stated, grief happens because we love; because we care. Grief is the normal, natural, necessary response to a significant loss. The more significant the loss, the more acute the grief response.

Grief represents a set of behaviors and feelings that are normal reactions to major loss and change.

## Calls of Support

Once the flurry of funeral activity dies down and out-of-town guests go home, grieving family members and friends find themselves alone with their grief. Sometimes this period is more difficult than the initial experience of loss because it can be lonely. Our Life after Loss team makes a point of periodically calling to check in with people from the congregation who have recently experienced the death of a loved one. During phone calls, they ask how the grieving person is doing, how they are processing their loss, and perhaps offer to go out to coffee or lunch.

"Grief is **NOT** a disorder,  
a disease or sign of weakness.  
It is an emotional, physical and spiritual  
**necessity**, the price you pay  
for love   
The only cure for grief is to  
**grieve**" -- Earl Grollman

## Celebration of Life Service

The Life after Loss team hosts our Celebration of Life service at the end of November for anyone who has experienced a loss of any kind and finds the Christmas season difficult.

## Candle Lighting

Candle lighting in memory of a loved one is offered on the 5<sup>th</sup> Sunday of the month (about 3-4 times a year) after both services. Participants have an opportunity to spend additional reflective time in prayer if they so wish.



If you or your family member has lost someone or is grieving, or if we can offer love, comfort and support to your family, please contact one of our ministers or email Judie at [pastoralcare@standrewscalgary.ca](mailto:pastoralcare@standrewscalgary.ca)

If you would like prayers, please contact Lorie at [prayer@standrewscalgary.ca](mailto:prayer@standrewscalgary.ca)

*Please let us know how we may support you.*

## Support Sessions

Grief, loss and recovery related topics, facilitated by Life after Loss team members, will be offered in informal sessions during the year.

Our bereavement ministry invites you to offer your time and talents to reach out to the congregation. This ministry offers you the opportunity to grow spiritually by showing your love and compassion.

## Helpful Scriptures

### **Psalm 34:18 (NIV)**

The LORD is close to the broken hearted and saves those who are crushed in spirit.

### **Matthew 5:4 (NIV)**

Blessed are those who mourn, for they will be comforted.

### **John 14:1-3 (NIV)**

“Do not let your hearts be troubled. You believe in God; believe also in me. My Father’s house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.”

*If you are interested in learning more...*

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