

Bereavement Community



Next Meeting: Tuesday, September 7, at 7:00 p.m.

Wondering how you will get through the pathways of grief?

The Bereavement Community at St. Joseph Parish meets monthly and welcomes anyone who has experienced a loss either through death or the breakup of a relationship. Members may come for one or all meetings and are free to share their experience or just come and listen to others' experiences.

Program

After a candlelight prayer ceremony members discuss how they met the challenges in their loss, such as: anger, fear, stress, denial, anxiety, depression, negotiation, and acceptance. Suggestions are exchanged on approaches to handling each stage. Materials are distributed so members may review what they have heard at later times.

Visitors Always Welcome

There isn't a standard length of time for grieving. Loss affects each one of us differently, and members of our group are at different stages of grief. Anyone who is experiencing a loss, no matter how long ago is welcome.

Call (617) 697-0888 for information on maintaining traditions or introducing new ones. Discern ways to live in the moment while keeping memories of loved ones fresh and meaningful.