

St. Richard Grief Ministry

**11223 Schuetz Rd.
St. Louis, MO 63146**

*“Blessed are those who mourn,
for they will be comforted.”
~ Matthew 5:4*

**The loss of a loved one can be painful, emotional, lonely and confusing.
It changes your world forever.**

The grief that comes from the death of a spouse, child, parent or sibling doesn't end when the funeral is over, or even months later. The hard reality is that while it will ease and change it will be a part of us forever.

While each person's grief is personal, if someone you loved has died, being with others who have experienced a similar loss can help. Whether your loss occurred in the last year, or several years ago, being with people who truly understand your experience and feelings can ease your pain, calm your fears or increase your support system.

If someone you loved has died, you are invited to participate in a Grief Ministry Support Program. This eight-week program is based on the book *No One Cries the Wrong Way* by Fr. Joe Kempf. Its healing ministry has been in place at other parishes for nearly a decade. You will find support and fellowship through prayer, conversation, a video presentation and various activities.

We will meet each Thursday on the dates listed below at 7 p.m. in the Parish Life Center's Sacred Heart Room.

- September 14
- September 21
- September 28
- October 5
- October 12
- October 19
- October 26 (No Class)
- November 2 All Souls Mass in Church
- November 9 Prayer Service and Dinner

To learn more about the program and to register, please contact Deacon Ron Reuther at 636-675-1364 or deaconronreuther@yahoo.com.

*“Do not be discouraged,
for the Lord your God will be with you where you go.”
~ Joshua 1:9*