

# **Bereavement and Loss**

**St Mary & St Ethelburga  
Lyminge  
Bereavement Team  
Offer help and support**

## **GRIEF**

Grief is felt by all of us when we are parted from someone we love. Bereavement is one of the most difficult and painful experiences that anyone can suffer. In society generally there is a tendency to underestimate the depth of this distress and to suppose that a bereaved person should soon 'get over it'. But those who have themselves suffered bereavement, know that grief is a process which needs time to work through.

There are many very normal expressions of grief. They include the following:

- a welling up of sadness and tears
- sudden outbursts of anger
- tiredness and aimlessness
- anxiety and guilt
- loss of appetite
- sleeplessness

The pain of loss can be acute, but remarkably it also has the power to bring healing. It is through the suffering of grief that the loss, which results from bereavement, begins to be relieved and accepted. So the pain of grief needs to be experienced and expressed. For there is no way round grief, only a way through it.

## **CARING FOR YOURSELF**

- Do remember that crying is natural and grieving is a normal process for everyone
- Do talk about what has happened.
- Do try to eat regularly.
- Do take care of yourself. Remember accidents are prevalent at stressful times.
- Do ask for help when you feel you need it.

## **SUPPORT AND HELP**

Grief cannot be avoided, though mercifully it can be shared. It is in the weeks and months after the funeral that the reality of what has happened takes a grip. Family members and friends can offer tremendous support. But we have learned the value of also having someone alongside, during the bereavement journey, who is less attached — someone with whom you may feel more free to voice what you are going through.

St Mary & St Ethelburga Lyminge has a pastoral team who give care and comfort to those who have been bereaved. We offer help simply by being a listening ear to as much or as little of whatever you wish to share.

Lynne Lane leads our Bereavement Team. She will be in touch with you to arrange for a team member to visit you in your home. At any time you are also very welcome to contact The Rectory should you wish to see Rev Peter [tel 01303 862432]

Other activities we arrange are a monthly meeting to give support to those who have been bereaved which takes the form of a lunch at our local Lyminge public house on the third Thursday of every month. Also an annual service of remembrance for our loved ones at All Souls on the 2<sup>nd</sup> November, which you will receive an invitation to.

*'Even if I go through the deepest darkness, I will not be afraid, Lord, for you are with me'*

Psalm 23:4

## **PRAYER**

There is solace and strength to be found in expressing grief to God in prayer. We believe in the God who has special compassion for those who mourn. You can use this (or any) prayer whenever you feel the need:

Gracious God,  
you know my heart and understand my sorrow.  
Surround me with your continuing compassion.  
Do not let grief overwhelm me, or be unending.  
Embrace me with your love  
and give me hope in my confusion;  
Through Jesus Christ.  
Amen.

God of all life  
When all there is in our lives is an empty space where the beloved was and nothing can fill it and we want nothing to fill it because nothing, and no one, can take the place of the beloved, and we walk drearily through the days, dragging one foot after another and there is no joy in anything. Give us your strength in our sorrow, your presence in the absence we feel, your rest, that we might rise again to new life, and your hope, that in death we are not divided.  
Through Jesus Christ  
Amen.

*'The Lord bless you.....  
The Lord turn his face toward you and give you peace.'*

*Numbers 6:24,26*