



# Death and Grief

Everyone reacts differently to death and employs personal coping mechanisms for grief. Coping with the loss of a spouse, family member or close friend maybe one of the hardest challenges that many of us face. When we lose a spouse, child, sibling, or parent our grief can be particularly intense. Even though loss is understood as a natural part of life, we can still be overcome by confusion and shock that can lead to prolonged periods of sadness or depression. Sadness typically diminishes in intensity as time passes, but grieving is an important process in order to overcome these feelings and continue to embrace the time you had with your loved one.

Join us on Tuesday, October 9, 2018 for

## *“Journeying through Death and Grief”*

presented by

Father Paul Yi

at

6:00 PM at the St. Jules Church Hall

Sponsored by St. Jules/St. Elizabeth Church Parish  
Stephen Ministry

