

"Reaching Out Through Pastoral Care During a Pandemic"

This packet of resources provides guidance and insight for those facilitating pastoral care during the pandemic

Resources from April 14, 2020 Meeting

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Contact is not Possible



[THE HOUR OF OUR DEATH](#): Posted by Jim Van Vurst, OFM on 7/11/18 7:00 AM

<https://blog.franciscanmedia.org/franciscan-spirit/the-hour-of-our-death>

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I recently received a touching e-mail from a woman who described the moment her dear husband died. **“As he took his last breath, he reached his hand out as if trying to touch someone,”** she wrote. **“And in my heart, I believe he was being met by our daughter and his mom and dad.”** I thanked her for sharing that sacred moment with me—a moment she will never forget. As a Franciscan priest for 65 years, I have been blessed with the opportunity to preside at close to 700 funerals. Early on in my priesthood, I realized that the funeral homily is the most important one that I preach. It is more important than **homilies for major feast days such as Christmas. I’ve never seen anyone in the congregation drift off to sleep during a funeral homily for one simple reason: those gathered are reliving in their minds and hearts the deaths of their own loved ones and “filling in the blanks.” They come with many questions and even fears.**

Death is far more than a theological topic for discussion. It is perhaps the deepest human experience we will have, whether the death of a loved one or our own inevitable passing.

The Moment of Death

The reality of death may make us uncomfortable, even in our society where images of death are put before us so bluntly on TV newscasts. In fact, some people struggle to write their last will and testament for the simple **reason that they have to imagine they are dead. That’s too much for them to handle.** Yet the penalty for not facing up to that task gives the civil state and the court the right to determine our rightful survivors and what they should receive.

For most of us, death is a mystery. But I have found *mystery* is not **“that about which we know nothing.”** Rather, *mystery* is best defined as **“that about which we just don’t know everything.”** Death, mysterious though it may be, is such an important event in our lives and those of our loved ones that it is essential to understand as much as we can about what happens at the moment of death. A lack of understanding can only cause fear and unnecessary worry.

One common misperception is that death is something dreadful that takes life away. Death is neither something nor someone that acts upon us. It is, rather, the moment when we transition from our life in **earth time into timeless eternity. When we die, we gather all of our life’s moments as we give ourselves** to our Creator. It may sound poetic, but in reality it is we who embrace the transitional moment of death—rather than it taking us.

[What will heaven be like? Friar Jim gives us an idea.](#)

Jesus shows us that death is not something that just happens to us, but the last choice we make in our **life’s journey. We remember Jesus’ final words as he breathed his last on the cross: “Father, into your hands I commend my spirit” (Lk 23:46).**

God's revealed word in Scripture helps us so much in understanding this last moment of our lives. Our understanding goes deeper than scientific or academic knowledge, for we see through the lens of faith.

You may recall the advice the fox gave to the little prince in Antoine de Saint-Exupéry's marvelous fairy tale. The fox tells the prince, "And now here is my secret, a very simple secret: It is only with the heart that one can see rightly; what is essential is invisible to the eye." People with faith can see and grasp some of life's deepest mysteries; we see and understand with our hearts.

Scientifically speaking, death can be defined as "the cessation of one's heartbeat together with the end of any brain activity." Of course, that doesn't touch the most important fact—we are body and spirit. Death touches only the physical body. The soul, being spiritual, cannot die. In other words, once God gives life, it never ends.

Even as people of faith, it is natural to have questions about what our last moments will be like.

For 11 years, I had the privilege of serving as pastoral care director for a large midwestern retirement center that included a nursing-care facility for 150 residents. I had the opportunity to pray with many elderly who were in the process of dying. I would often tell family members with tear-filled eyes that they were privileged to be there at the moment their loved one saw the face of God.

We know that God is with us, his children, at that moment. And Jesus assures us that death is also a time of God's great grace. He reminded us of that with his words to Dismas, the thief on the cross, who murmured those beautiful words, "Jesus, remember me when you come into your kingdom." And Jesus' beautiful response: "Today you will be with me in Paradise" (Lk 23:42-43). These scenes and words of Scripture are God's way of revealing to us humans the deepest mysteries of our existence. They convey God's revelation not only to help us live our lives but also to help us understand those last moments of earthly life.

What If We Can't Be There?

Many people are not able to be with their loved ones at the time of death. Some feel a deep sense of guilt for not being there. I wasn't with my dad when, at the end of a round of golf on a beautiful Saturday in May, he suffered a massive heart attack and fell dead. Neither was I with my mom when, at around 2 a.m. in February 1985, sitting on her couch, she died from heart failure.

But I know that my dad nor mom died alone. No one dies alone. That's not just my opinion. In one of the most dramatic moments at the Last Supper, Jesus told the disciples: "Do not let your hearts be troubled. You have faith in God; have faith also in me. In my Father's house there are many dwelling places. If there were not, would I have told you that I am going to prepare a place for you? And if I go and prepare a place for you, I will come back again and take you to myself, so that where I am you also may be. . . . You know the way" (Jn 14:1-4).

Thomas said, "Master, we do not know where you are going; how can we know the way?" And Jesus replied, "I am the way and the truth and the life. No one comes to the Father except through me" (Jn 14:5-6).

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Did you catch the words Jesus spoke? *“I will take you to myself, so that where I am you also may be.”* What a marvelous image! One of the most common human expressions of closeness is a simple hug—our arms are wrapped around another and that person’s arms around us. A hug expresses a closeness whether we are sharing a moment of happiness or sadness, saying, “I’m with you in a special way this moment.” Jesus uses this image to assure his fearful disciples and all of us. At the moment of death, Jesus comes, puts his arms around us, and says, “Time to come home.”

This is not based on wishful thinking. These are Jesus’ own words.

On one occasion, I witnessed a perfect example of that. As chaplain at the nursing home where I served, I was with an elderly lady named Florence who was in the last stages of dying from congestive heart failure. Members of her family were also present. I stood next to her bed praying the Church’s beautiful prayers for those nearing death. As I prayed, the director of nursing, Carolyn, came into the room and sat on the edge of the bed.

With a face filled with compassion, she bent down and softly slipped her arms around Florence, lifting her a bit off the bed. As she did that, she said quietly, “Florence, I’m here for you.” It was the gentlest of hugs. And as I witnessed this, I thought to myself, *That’s exactly what Jesus was talking about.* In the person of Carolyn, Jesus was putting his arms around Florence, just as he said he would do, and telling this frail lady, “Florence, time for you to come and join all your loved ones who are eagerly waiting to receive you.”

In the next moment, Florence spoke her last words: “My Jesus, mercy.” It was not a plea for God’s mercy on Florence’s part; rather it was her profound act of faith. And then a second image came to mind: that of the dying Jesus, in the person of Florence, being embraced by Carolyn. I will never forget those two images.

No one dies alone, whether a soldier on the battlefield or a poor, abandoned person in an alleyway. God would never abandon one of his children at this last moment in his or her life. Would any father forget his child?

God Holds Us Tightly in His Arms

We can rest assured that we are never truly alone in the final moments of life. As I stood by Florence’s bed, the entire Church and I were praying for her and all those dying. These prayers are continuous around the globe, just as the Mass is offered without interruption. No one dies without being prayed for by the Church.

The Prayer of Commendation sounds like a send-off to a whole new wonderful life experience with God: “Go forth, faithful Christian, from this world to the next in the name of the Father, Son, and Holy Spirit.

May your home be with God in heaven, and may you live in peace with Mary, the Virgin Mother of God, with Joseph and all the saints. I commend you, dear sister [brother], to almighty God.”

At any one time, faithful around the world are joining in this prayer. Imagine the Church is, in effect, writing a letter of recommendation for each dying person. In a way, it is like the Church telling God to be kind and merciful to their brother or sister—as if God needs to be reminded.

Our Church gives us these special words of prayer for the dying, “We entrust you, dear brother and sister, to almighty God who formed you from the dust of the earth.” The word *entrust* carries with it the image of a loving family handing their loved one over to God. It is as if the Church is saying, “Lord, here is our loved one. Are you sure you have him held tightly in your arms?” As if God could ever drop anyone! And so, even when we cannot be with our dying loved ones, the entire Church around the world is praying for them as only God’s Church can pray. Jesus assures us, “I’m there.”

As a people of faith, we are wonderfully blessed to know that Jesus experienced death. We can never complain, “If only you, Lord, could understand what life and death are like.” We would hear the Lord’s reply: “Oh, my loved one, I know exactly what it is like. That’s why in both life and death I never leave your side.”

Ministry is a Person sharing a Person (God) with another Person

What NOT to Say

- *"Stop crying; you're only making it worse."* Expressing emotions, even strongly if so inclined, is a natural, normal, and healthy reaction to death.
- *"You should let your emotions out or you'll feel worse later."* It's also normal for some people to *not* cry; not showing outward emotions doesn't mean the person is grieving less or will have some kind of "delayed reaction."
- *"At least he's not suffering anymore."* This offers little condolence. Whatever the circumstances of the death, the bereaved person is still suffering.
- *"You must be strong," Or "God never gives us more than we can handle".* Such statements imply that it's wrong to feel bereft, which is a perfectly natural response
- *"God must have wanted her."* No mortal can purport to know God's purpose. People who don't believe in God might also bristle at your presumption in attaching a religious significance to the loss.
- *"Don't dwell on it."* It's normal and natural -- as well as helpful -- to talk about the person who died.
- *"I know exactly how you feel."* In fact, you can't. Even if you've experienced a similar loss, you're not the bereaved person, and you didn't have the same relationship to the person who died.
- *"At least he was old enough to live a full life."* How old would old "enough" be?
- *"You're lucky. At least [you have money, you're young and attractive, he didn't commit suicide, etc.]."* Loss is always horrible. Comparing misfortunes to others' or to alternate scenarios won't make the person feel better.
- *"It's been [six months, one year, etc.]; it's time to move on."* People never stop grieving for a lost loved one. Affixing a deadline to mourning is insensitive and does little to help people learn to live through their loss

Things TO Say: Less is Best—Listening is much more important

- "I'm so sorry for your loss." It's short, sweet, heartfelt, and always welcomed.
- "You're in my thoughts and prayers." Even people who aren't religious are unlikely to be offended if they know you're sincere (or leave off the "prayers" if you think they might be).
- If you knew the deceased, share a good memory: "She was so kind," **or "He will be greatly missed."** Don't worry that you'll make the bereaved person think about the loved one by bringing up positive reminiscences; you can rest assured he or she is always in mind already.

RIGHTS OF THE GRIEVING.....By DEB KOSMER

*Used with permission

The right to not like that someone they love has died
The right to regret unfinished business with the one who died
The right to be angry that they have been left to deal with.....
Whatever and everything.... Alone.....

The right to resent it when someone suggests that:

They should be thankful
That their loved one is at peace
Is no longer suffering
Died a peaceful death

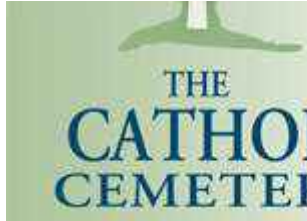
Because even if this is true
it does not speak to
the griever's pain
their suffering
their loss

the right to tell their story
again and again

the right to take the time they need
not the days or weeks society sanctions

the right to crynot just on the inside
but on the outside where others can see

the right to forget, if even for a moment
the right to laugh if they are able
the right to continue
to live
Though someone they love has died....



Locations

Visiting Your Cemetery

Cemetery Decorations Guidelines

Cemetery Rules & Regulations

Burial Options

Traditional Burial Options

Mausoleum Burial Options

Cremation Burial Options

Memorialization Options

Grave Monuments, Markers and Flower Vases

Mausoleum Crypt and Niche Adornments

Cremation Urns and Urn Vaults

Seasonal Tributes

Planning Ahead

Pre-planning the funeral service

Catholic

Catholic Cremation



Here are answers to common questions about cremation that summarize Catholic teaching and practice regarding this burial practice. We hope this information helps Catholics to better understand how the practice of cremation can be accomplished within a Catholic context, especially in relation to our funeral and burial rites.

If you have other questions about cremation, we invite you to talk to your pastor or call The Catholic Cemeteries at 651-228-9991.

To learn about cremation burial options, [click here](#).

What makes cremation Catholic?

- Cremation is Catholic when it is “of the Church” — that is, everything surrounding cremation, in all aspects, embodies the faith and practice of the Church. Cremation for Catholics flows from the mission of the Church—to teach, to come together in community, and to serve.
- Cremation is Catholic when the Order of Christian Funerals is celebrated in its liturgical fullness. This includes prayers at the time of death in the presence of the body, a vigil prayer during the time of the wake, a Funeral Liturgy, and the rite of committal.
- Cremation is Catholic when the cremated remains of the body are committed to the ground or a niche in a Catholic cemetery. As part of a continuum of faith with the parish community, Catholic cemeteries call to mind the resurrection of the dead and the communion of saints.

How should a Catholic plan for cremation?

Cremation
Church teachings regarding cremation
Moving Through Grief
When A Loved One Dies
Special Ways To Remember
Support Through The Grieving Process
Genealogy
Burial Record Request
Newsletter
Donate
John Ireland Memorial Fund
Archbishop Harry J. Flynn Compassionate Assistance
Children's Memorials and Healing Gardens
At Resurrection - Children's Memorial
At Resurrection - Peaceable Kingdom Garden
At Gethsemane - Children's Memorial

First , discuss your questions with a knowledgeable pastor or parish staff person, or contact The Catholic Cemeteries for more information.

Second, if your decision is to be cremated, make your wishes known in your will or in documents designed to help plan your funeral and burial. Provide copies of these documents to family members, your pastor, funeral home, or Catholic cemetery.

Lastly, as you plan, keep in mind the therapeutic value to your family of celebrating the full funeral liturgy with the body present.

Think of cremation of the body and committal of the remains as the conclusion of a funeral with the body.

What happens in the cremation process?

Cremation is the process of reducing the human body to calcium fragments by means of high intensity heat, approximately 1800 degrees, for a period of two to three hours. The process takes place at a licensed crematorium.

Properly executed cremation documents are required by the state of Minnesota. Once the cremation is performed, state law regarding final disposition of the body has been satisfied. However, following the completion of the cremation process, Catholics must inter the cremated remains in a cemetery, preferably a Catholic cemetery.

When should cremation take place?

The Church prefers that cremation take place after the full funeral liturgy with the body. Sometimes, however, it is not possible for the body to be present for the funeral liturgy. When extraordinary circumstances make the cremation of the body the only feasible choice, pastoral sensitivity must be exercised by all who minister to the family of the deceased.

When choosing cremation, is it necessary to purchase a casket and embalm the body?

If the body is present for the funeral liturgy, with cremation to follow, you may rent a casket or purchase a special cremation casket that will later be consumed in the cremation process. In the state of Minnesota, if the body is present for public reviewal, embalming is required. In most cases, the purchase of a cremation casket and simple embalming need not involve excessive costs.

In situations where the body cannot be present for the funeral liturgy, a casket would not be necessary nor would the body need to be embalmed.

However, the crematorium requires that the body be placed in a combustible, outer container prior to entry into the cremation chamber.

What is a proper container for the cremated

remains?

After cremation of the body occurs, the cremated remains must be placed in an appropriate container. An appropriate container need not be expensive. The crematorium usually returns the cremated remains in a cardboard or plastic container; this meets minimum requirements for inurnment in the cemetery. Classic urns, made of metal, bronze, or wood, can also be purchased from the cemetery or the funeral home. Other worthy vessels, made of suitable and respectful material, already in a family's possession may also be used.

Although jewelry, dishes, statuary, and space capsules are offered commercially, they are unacceptable receptacles for cremated remains in Catholic funeral practices. It is also unacceptable for Catholics to have cremated remains made into jewelry, artwork, or other objects of display or consumption.

When cremation is chosen, what are the funeral liturgy options pertaining to the Order of Christian Funerals?

Presence of the body at the funeral liturgy:

The Church prefers and urges that the body of the deceased be present for the vigil and the funeral mass, since the presence of the body better expresses the values which the Church affirms in these rites. In this scenario, following the funeral liturgy at the parish church, the family may find it consoling and meaningful to go in procession to the crematorium and be present for the placement of the body into the cremation chamber. In any case, after the cremation is completed, the family should gather later for the Rite of Committal at the cemetery.

Presence of the cremated remains of the body at the funeral liturgy:

In accord with the indult granted by Rome to the bishops of the United States, all the rites of the Order of Christian Funerals can be celebrated in the presence of the cremated remains. The cremated remains should be contained in an appropriate vessel and treated with the respect and dignity accorded to the body, including the respectful transportation and handling of the cremated remains to and from the church. A small table or stand is to be prepared for the container at the place normally occupied by a casket. The container may be carried in during the entrance procession or it may be placed on a table or stand before the liturgy begins. Holy water and incense may be used to reverence the cremated remains and the Easter candle will be burning nearby; however, the pall is not used. Photos and other mementos may be used at the vigil but are not appropriate for the mass. The rite of committal is celebrated at the cemetery as soon as possible following the funeral liturgy. The cremated remains, like the body, are always laid to rest with solemnity and dignity.

No body or cremated remains of the body present at the funeral liturgy:

In those pastoral situations when cremation and committal take place before the funeral liturgy, a vigil prayer, visitation, and rite of committal may occur before the funeral liturgy. The funeral mass is celebrated as indicated in the Order of Christian Funerals. Prayers which do not make reference to the honoring or burying of the body of the deceased are chosen instead of those having those themes. Families are encouraged to gather together for a meal after mass has concluded.

What does a Catholic do with the cremated remains after the funeral liturgy is completed?

The Church requires that the cremated remains be either buried in the ground in a cemetery or placed in a mausoleum or columbarium, preferably in a Catholic cemetery.

The Church recommends that the place of burial or entombment be permanently memorialized with a traditional memorial stone, crypt/niche front, or bronze plaque, minimally marking the name and dates of birth and death of the deceased person.

Since the human body was the temple of the Holy Spirit during life, was fed at the Eucharistic table, and will share in the bodily resurrection, contemporary cultural practices like scattering the cremated remains over water or from the air or keeping the cremated remains at home are not considered reverent forms of disposition that the Church requires. Other practices such as commingling cremated remains or dividing up cremated remains among family members or friends are not acceptable for Catholics.

What burial or inurnment options are available in a cemetery?

There are two primary options for the final disposition of cremated remains in a cemetery: in-ground burial or above-ground inurnment.

Ground burial of cremated remains

- Cremated remains can be buried in a full size grave.
- Cremated remains can be buried in a smaller size cremation grave located in areas designated only for cremation burial.
- Cremated remains can be buried on top of an existing grave occupied by another person, provided permission is given by the lot owner and observance of the cemetery's rules for memorialization are followed.

Above-ground inurnment of cremated remains

- Cremated remains may be inurned in a crypt or niche located in a mausoleum building.
- Cremated remains may be inurned in a columbarium facility which may be a free-standing bank of niches located in the cemetery or attached to a building in the cemetery.
- Cremated remains may be inurned in other above-ground options in the cemetery such as cremation rocks, private family columbarium, cremation benches, or inside of granite memorials.

2105 Lexington Avenue South • Mendota Heights, MN 55120 • 651-228-99

Grief Support DIRECTORY



A COMPREHENSIVE LIST OF BEREAVEMENT SUPPORT GROUPS WITHIN THE DIOCESE OF GREEN BAY

Group membership is open to people of all faith traditions who have recently experienced the loss of a loved one. We would like to ensure a welcoming presence for you.

As these dates are planned for in advance, please confirm the dates and times prior to attendance. Many parishes and host sites will be adding additional groups throughout the year. Please call the names listed for future group offerings.

For more information or questions about a particular bereavement support group, please contact the parish or organization hosting the sessions. If you would like to include a group in this directory, please contact:

Mary Armbrust, Pastoral Care Ministry Coordinator
MArmbrust@gbdioc.org | (920) 272-8300

1825 RIVERSIDE DRIVE ■ P.O. BOX 23825 ■ GREEN BAY, WI 54305-3825
920-437-7531 ■ WWW.GBDIOC.ORG



Diocese of
Green Bay

Please note: Teddy Bears indicate programs for those who have suffered the loss of a child, experienced a miscarriage or stillbirth or programs specifically designed for children who have lost a loved one.

Algoma

Healing Your Broken Heart - St. Mary Parish

A six week session which offers grief support for adults who have experienced the loss of a loved one.

Donna Moran, (920) 723-1948, morandr286@gmail.com or June Harmann, (920) 487-5507

St. Mary Parish (Pastoral Ministry Office in the School), 118 Church St., Algoma, WI 54201

Begins September 10th @ St. Mary Parish in Algoma. *Call for more information and to register.*

Appleton

Bereavement Ministry - Sacred Heart Parish

Volunteers contact families who have suffered a loss.

Kelly Koszalinski, (920) 739-3196, ext. 139, faith@sacredheartappleton.com, www.sacredheartappleton.com

Sacred Heart Parish, 222 E. Fremont St., Appleton, WI 54915-1890

We provide condolences, visitation and ongoing support in the name of our parish.

A monthly mailing is offered to families over the course of the first year to help them through the grieving process.

Call the parish for more information or visit the website.

Grief Gathering - St. Bernadette & St. Therese Parishes

A three week support group for those who have lost a friend, family member or loved one.

This support group is offered two times per year in spring and fall at either St. Bernadette or St. Therese in Appleton.

Tina Poppe, (920) 733-8568, tina.poppe@st-therese.com

Call or email for more information and to register.

Living With Loss - Theda Care at Home Hospice

A six week group offering support to adults who have experienced the loss of a loved one.

Jonathan Elmer, (920) 730-3408, jonathan.elmer@thedacare.org

Please call Jonathan for meeting dates, more information and to register.

Miscarriage, Infant, Child Loss Memorial - St. Bernard Parish

Memorial for those who have lost a child at any age. We welcome you to attend our prayer and remembrance service.

(920) 739-0331, stbernard@stbernardappleton.org, www.stbernardappleton.org

St. Bernard Parish, 1617 W. Pine St., Appleton, WI 54914

Held the first week of November.

Gathering starts at 6:00 pm and Prayer Service at 6:30 pm

Call for more information and to register.



Pathway to Peace - St. Elizabeth Hospital

A memorial service held three times per year for those who have experienced a miscarriage or stillbirth.

Amy Farley, (920) 738-2094, amy.farley@ascension.org

St. Elizabeth Hospital or St. Joseph Cemetery

Contact Amy Farley for information on dates and times.



Remembering Through Sharing - Appleton Medical Center & Theda Clark Medical Center

Walk to Remember - Fall event

RTS Coordinator, (920) 729-2087, rts@thedacare.org, www.thedacare.org

Please call for more information and to register.

Support Group for Siblings

Support group for Siblings to cope with the loss of a loved one (brother, sister, brother/sister-in-law, cousin) by suicide.

Jeanette Potts, jmpotts@preventsuicidefoxcities.org, Prevent Suicide Fox Cities, 211 E. Franklin St., Appleton, WI 54911

➤ 2nd Wednesday of the month from 6-8 pm

Visit our website at www.preventsuicidefoxcities.org or call (920) 931-2552 for more information.

(S.O.S.) Survivors of Suicide Support Group - Center for Suicide Awareness

Group for family/friends/coworkers of those who have died by suicide.

Barb Bigalke, (920) 475-4748, barb@centerforsuicideawareness.org, www.centerforsuicideawareness.org

Unitarian Universalist Church, 2600 E. Philip Ln., Appleton, WI 54915

➤ 2nd Monday of the month, 6:30 - 8:30 pm

Free of Charge. For more information go to our website.

Survivors After Suicide Support Group - Appleton

Prevent Suicide Fox Cities offers a universal suicide support group after a suicide loss called Survivors After Suicide (SAS) on the 3rd Thursday of the month, a Sibling Suicide Support Group (to cope w/the loss of a brother, sister, brother-in-law, sister-in-law, cousin, friend) meets the 2nd Wednesday of the month. Support groups meet from 6-8 p.m. at Prevent Suicide Fox Cities, 211 E. Franklin Street, Suite F, Appleton WI 54911. Visit our website at www.preventsuicidefoxcities.org or call 920-996-0563 for more information. The support groups are facilitated by trained support specialists who are suicide loss survivors.

THEO (To Help Each Other) Group - St. Mary Parish

Support/learning for those who have lost a loved one.

Donna Nemecek, (920) 739-2093, dmntheo@aol.com or Ginger Stern, (920) 858-6213 or ging1219@aol.com
St. Mary Parish (Community Room), 312 S. State St., Appleton, WI 54911

- 1st and 3rd Monday of the month, 6:30 pm

Non-denominational. Free of charge.

We Remember Pregnancy & Infant Loss Support

A parent-led group providing mutual support and a safe place to share for those who have experienced the loss of a child through miscarriage, ectopic or molar pregnancy, stillbirth, or newborn death and support for those who try to conceive again.

Vince & Sarah Salvia, (920) 205-8825, support@we-remember.org, Facebook: We Remember Pregnancy and Infant Loss Support
Appleton Public Library, 225 N. Oneida St., Appleton, WI 54911, www.we-remember.org

- 2nd Wednesday of the month, 6:30 pm



Youth Survivors of Suicide Support Group - Center for Suicide Awareness

Open to ages 10 - 18 years old who have been affected by loss due to suicide.

Barb Bigalke, (920) 475-4748, barb@centerforsuicideawareness.org, www.centerforsuicideawareness.org
Unitarian Universalist Fellowship, 2600 E. Philip Ln., Appleton, WI 54915

- 3rd Monday of the month, 6:30 – 8:00 pm

Free of Charge. Pre-registration is required.



Cecil

Seasons of Hope - Grief Support

A support group for those who are grieving, cancer survivors and their families.

Deacon Mike Grzeca, (715) 745-6681, stmartin_cecil@frontiernet.net

St. Martin of Tours Parish, 407 S. Warrington Ave., Cecil, WI 54111

- Meetings are held weekly on Sunday after 9:00 am Mass

Please call or email for more information.

Chilton

The Empty Chair Grief Support Group

This is a general grief support group. Anyone at any point in their journey of grief is invited to attend.

Wieting Family Funeral Home in Chilton (Enter in back of the building), 411 W. Main St., Chilton, WI 53014

- 1st Monday of odd calendar months, 6:30 - 8:00 pm. www.wieting-funeralhome.com

For more information visit our website.

Clintonville

Journeying through Grief - St. Rose Parish

Support group for those grieving the death of a loved one.

Sue (715) 752-4422 or Linda (715) 754-5380

Spring sessions will be held at St. Rose Parish Gathering Space, 140 Auto St., Clintonville, WI 54929

Fall sessions will be held at St. Mary School, 207 W. Tielky Street, Bear Creek, WI 54922

Please call for current schedule. Registration not required but encouraged.

Denmark/Cooperstown

Circle of Faith Support Group - St. James Parish

Support group for those who have lost a friend, family member or loved one. Everyone is welcome.

Tom Bekkers, (920) 660-8066, stjamescoop@tm.net, www.circle-of-faith.org

St. James Parish, 18228 County Rd. R, Cooperstown, WI 54208, (920) 863-2585

Please call for more information.

De Pere

Unity Hospice, 2366 Oak Ridge Cir., De Pere, WI 54115

Contact: (920) 338-1111 or 1-800-990-9249, bereavement@unityhospice.org, www.unityhospice.org

Note: Registration is required for all groups

Hope and the Holidays

A 5-week support group. Topics: grief around the holidays, traditions, self-care and finding hope.

Tuesday afternoon (1:30-3) or evening sessions (6-7:30) in starting in November.

Please call for current schedule or visit our website www.unityhospice.org.

Generations - Hope for Grieving Families

A monthly program designed to support grieving families with children ages 6 - 18 years old. A complimentary dinner will be served at the beginning of each meeting. Separate groups are then held concurrently for parents/guardians, teens and children.

- 2nd Thursday of the month from 5:30 - 7:30 pm.



Grief Connection

An ongoing grief support group for adults.

- 3rd Thursday of each month, 1:30 - 3:00 pm or 6:00 – 7:30 pm

***Please note: It is recommended, although not mandatory, that participants first attend a five-week session of Navigating the Waters of Grief.*

Healing Thru the Arts

Creative grief support group for adults led by a grief counselor.

- 4th Thursday of the month, 10:00am - 12:00 pm or 2:00 - 4:00 pm

Navigating Grief

- Meets five consecutive Tuesdays from 1:30 – 3:00 p.m. or 6:00 – 7:30 p.m. throughout the year in DePere

Topics include common reactions to grief, memories, coping and adjusting to new roles, self-care, traditions and finding hope.

Understanding Grief

Monthly support group for adults held in multiple locations

Held monthly on Wednesdays in Wausaukee, Marinette, Sturgeon Bay and Gillett

Women's Luncheon

Monthly gathering for bereaved women for informal conversation and support.

- Meets the 3rd Wednesday from Noon-1:30 pm at a local Green Bay restaurant. Purchase lunch off the menu.

De Pere

Grief Support - Our Lady of Lourdes

Deacon Mike Vander Bloomen, (920) 336-4033, parish@lourdesdepere.org

Our Lady of Lourdes Parish, 1307 Lourdes Ave., De Pere, WI 54115

Please call for more information.

Light for the Longest Night - An Ecumenical Celebration of the Coming of the Christ Child for those who are suffering from any Loss or Sorrow

- Thursday, December 19, 2019 @ 7 pm

A quiet celebration of Christmas for those who are suffering from any kind of loss. The Christmas holidays can be a difficult time for those who are grieving; this service, on the longest night of the year, celebrates the birth of Jesus in a sensitive, yet joyful way.

Deacon Mary Lynn Adams, DcnMaryLynn@gmail.com, (920) 336-9571, www.stannes.us

St. Anne Episcopal Church, 347 S. Libal St., De Pere, WI 54115

Open to all. St. Anne is an inclusive Episcopal congregation.

Fond du Lac

Agnesian HealthCare a Member of SSM Health

1161 W. Johnson St., Fond du Lac, WI 54935, (920) 907-3940, agnesian.com/bereavement

Grief Matters Monthly Grief Support Groups

- 1st Thursday of each month, 6:00 - 7:30 pm

Grief Relief Peer Support for Grieving Children and Families

Call for more information at (920) 907-3940



Grief Relief in Schools

For more information on grief relief support in area schools, call (920) 907-3940

Individual Appointments Available

Please call to schedule an appointment at (920) 907-3940

Resolve Through Sharing

For those who have experienced a miscarriage, stillborn or infant death.

- 3rd Monday of the month, 6:00 - 7:30 pm



Spouse/Partner Grief Support Group

- 1st Wednesday of the month, 1:00 – 2:30 pm
- 3rd Wednesday of the month, 6:00 – 7:30 pm

For more information on any of the grief support groups listed, contact the Bereavement Center at (920) 907-3940 or e-mail us at agn-bereavement@ssmhealth.com

Gillett

Understanding Grief

A grief support group offered for adults who have experienced the loss of a loved one.

Contact: (920) 338-1111 or 1-800-990-9249, www.unityhospice.org

- Held monthly on Wednesdays.

Registration required. Please call for current schedule or visit our website.

Green Bay

AseraCare Hospice

Bereavement counseling to support people with emotional and psychological stresses following the death of a loved one.

This group is available to anyone who has experienced a loss. RSVP is not required.

For questions, please call Mandy Sarazen, (920) 339-9065, amanda.sarazen@aseracare.com, www.aseracare.com

Grief Support Group meeting information:

- 2nd Wednesday of the month at 2 pm @ the ADRC 300 S. Adams Street, Green Bay. Free of charge

Camp Lloyd - University of Wisconsin, Green Bay

Week long day camp for children, ages 7-14 years old who are grieving the death of a loved one.

Sponsored by the University of Wisconsin - Green Bay

Illene Cupit, (920) 465-2703, cupiti@uwgb.edu, www.uwgb.edu/campplloyd

Mauthe/Ecumenical Center on UWGB Campus, 2420 Nicolet Dr., Green Bay, WI 54302

Camp Lloyd is held in June. *For more information and to register go to our website.*



From Mourning to Hope – A Partner with Central Church

Our mission is to educate about grief and to support people within the community as they adjust to the death of a loved one so they do not feel as alone walking their grief journey.

Information: www.FromMourningToHope.com, griefinfo@gmail.com, Curtis (920) 737-2790

GriefShare

Each week you will watch a DVD on grief and recovery subjects. Videos feature expert interviews, real-life case studies, dramatic re-enactments and on-location video. Group discussion after viewing the video. During the week you have an opportunity to use your workbook to further personal study of the grieving process. For more information, contact Curtis (920) 737-2790, griefinfo@gmail.com, www.frommourningtohope.com. Adults/Teens

Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart

Think of your grief as a wilderness—a vast, inhospitable forest. You must journey through this wilderness. To find your way out, you must become acquainted with its terrain and learn to follow the sometimes hard-to-find trail markers—that are essential physical, emotional, cognitive, social and spiritual signs for mourners to look for on your journey through grief.

Cost: \$30 (Partial Scholarships available). Information: FromMourningToHope.com, griefinfo@gmail.com or call (920) 737-3790 to register.

Understanding Suicide Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart

When someone you love takes his or her own life, your grief is profound. Using the metaphor of the wilderness, you will be introduced to ten Touchstones that will assist you, the survivor, in what is often a complicated grief journey. Learning to identify and rely on the Touchstones will help you find your way to hope and healing. Adults/Teens

Cost: \$30 (Partial Scholarships available.) Information: FromMourningToHope.com, griefinfo@gmail.com or call (920) 737-3790 to register.

Walking Through Grief

A 10-week DVD based series about offering hope and help while providing information and practical tools for navigating the grief process. Group discussion time after the videos and during the week you utilize exercises in the workbook to help in the grieving process. Adults/Teens.

Cost: \$30 (Partial Scholarships available). Information: FromMourningToHope.com, griefinfo@gmail.com or call (920) 737-3790 to register.

HALOS - Hope After a Loved One's Suicide

The group meets on the second Thursday of each month throughout the year. Carrie, our primary facilitator, experienced and survived the double suicide of her parents.

Information: FromMourningToHope.com, griefinfo@gmail.com or call (920) 737-3790 to register.

Hope Cookout

Held in June. For Families. Information: FromMourningToHope.com, griefinfo@gmail.com or call (920) 737-3790 to register.

Hope Luncheon

Held in December. For Families. Information: FromMourningToHope.com, griefinfo@gmail.com or call (920) 737-3790 to register.

Pet Loss Grief Education and Support

For many of us, when it's time to say goodbye to our pets, the resulting sense of loss and grief is as real and overwhelming as when we lose a relative or human friend. Grieving the loss of your pet is a sign of the love that existed between you and the first step in coping with your grief is to acknowledge your feelings. You can share your feelings with others who are going through a similar experience. Information: FromMourningToHope.com, griefinfo@gmail.com or call (920) 737-3790 to register.

GriefShare - Pilgrim Lutheran Church

A series of 14 informative video/support sessions for adults who are grieving the death of someone close.

Linda Siegmann, (920) 965-2233, PSiegmann@new.rr.com, www.griefshare.org

Pilgrim Lutheran Church, 1731 St. Agnes Dr., Green Bay, WI 54304, www.pilgrimluth.com

➤ Mondays 6:30 - 8:00 pm

You may start at anytime, all are welcome. A fee for materials may apply. Please call to register.

GriefShare - Beautiful Savior Lutheran Church

Help and encouragement after the death of a spouse, child, family member, or friend. You are welcome to begin attending our GriefShare group at any point. Each session is "self-contained" so you do not have to attend in sequence. You will be able to pick up any sessions you missed in our next 13-week cycle.

Location: 2160 Packerland Drive, Green Bay. www.beautifulsavior.com Call 920-256-0829

➤ Thursdays beginning February 27th at 6:00 pm

Healing Your Grieving Heart - Resurrection & St. Matthew Parishes

Ecumenical grief support group for adults who have experienced the loss of a loved one.

Sheila DeLuca, (920) 336-7768, sdeluca@gbres.org or Ann Froelich, (920) 435-6811, annrfroelich@gmail.com

Location: Resurrection Parish (park in back parking lot), 333 Hilltop Dr., Green Bay, WI 54301

➤ Thursdays: February 6, 13, 20, 27 and March 5, 2020

For more information call Sheila or Ann. Registrations for sessions are appreciated.

Grief Support - St. Philip the Apostle Parish

Three week session held in August and four week session held in January in the afternoon.

Bernie Connelly-Hock and Sr. Helen Keyzer, (920) 468-7848, ext. 214, srhelen@gmail.com

St. Philip Parish (St. Philip's Room), 312 Victoria St., Green Bay, WI 54302

Please call for more information. Registration is appreciated.

Journey Through Grief Support Group - St. Bernard Parish

Five week sessions offer grief support for all those who have suffered the death of a loved one.

Sr. Caroline Castellini, (920) 468-4811, ext. 103, caroline@stbernardcong.org. Please call to register

St. Bernard (Parish Office), 440 St. Bernard St. (Corner of Hillside Ln. and St. Bernard St.), Green Bay, WI 54302

➤ Tuesdays, 6:30-8:00 pm; dates TBD

Life Losses Grief Support Group - SS. Edward and Isidore Parish

Grieving can happen at any stage in your life, whether it is the death loss of a loved one, loss of a job, ending a relationship, etc. Join with other adults for three weeks to share and support each other through the grieving process.

SS. Edward and Isidore Parish, 3667 Flintville Rd., Green Bay, WI 54313

Carol Mueller, RN, cmueller@stedwardisidore.org

Lori Flanagan, lflanagan@stedwardisidore.org

- TBD
- Wednesdays, April 29, May 6, 13 from 6:15 – 7:45 p.m.
- *Night Out* – Fourth Tuesday of each month, 5:30 – 6:30 p.m. Potluck supper—bring a small dish to pass

Please call the parish office to register (920) 865-7844.

Miscarriage and Infant Loss Memorial - Resurrection Parish

This memorial is open to all faiths. There will be special prayers and annual planting to remember the loss of the loved infants.

Sheila DeLuca, (920) 336-7768, sdeluca@gbres.org

Resurrection Parish, 333 Hilltop Dr., Green Bay, WI 54301

The first Sunday in June at 9:30 am in the memorial garden on the south side of the church.

Please call or email to register.



New Hope Grief Group - Quad Parishes of Green Bay

Ecumenical grief support group open to anyone who has lost a loved one. The meetings provide invaluable information about the grief journey and help participants deal more effectively with changes that accompany the death of the loved one.

Sr. Pat Clement, (920) 496-2160, pclement@allofuswestgb.org

Annunciation Site, 1087 Kellogg St., Room 105, Green Bay, WI 54303

- Summer 2020 TBD
- April 21, 28, May 5, 15 and 26

Please call to register at (920) 496-2160. All sessions are held at Annunciation, 1087 Kellogg St, Room 105 from 1:30 – 3 pm

Serenity Bereavement Support Group - St. John the Baptist Parish

Support group for anyone grieving the death of a loved one.

Ruth Holloway, (920) 434-2145, ext 209, rholloway@sjbh.org

St. John the Baptist Parish, 2597 Glendale Ave., Green Bay, WI 54313

Please call for more information.

Share Pregnancy & Infant Loss Support Program - St. Vincent Hospital

For parents who have lost a baby through miscarriage, stillbirth or infant death.

Theresa Shuck, (920) 433-8634, theresa.shuck@hshs.org, [Facebook: Share of Northeast Wisconsin](#)

St. Vincent Hospital, 835 S. VanBuren St., Green Bay, WI 54307

- 2nd Thursday of the month, 7:00 pm

Follow signs to the meeting room.



(S.O.S.) Survivors of Suicide Support Group

Support group for family and friends to cope with the loss of a loved one by suicide.

Mary Doemel, (920) 339-8952, mdoemel2@new.rr.com

Bellin Administrative Building (2nd Floor, Room 129), 2020 S. Webster Ave., Green Bay, WI 54301

- 3rd Monday of the month, 7:00 – 8:30 pm

The Compassionate Friends - Green Bay Chapter

For siblings, parents and grandparents grieving the loss of a child

Steve Schmeisser, (920) 370-3858, info@compassionatefriends.org, www.compassionatefriendsgb.org

First United Methodist Church, 501 Howe St., Green Bay, WI 54301

- 3rd Tuesday of the month, 6:00 - 8:00 pm

Call for more information.



Women's Luncheon - Unity Hospice

A monthly opportunity for bereaved women to gather at a local restaurant for informal conversation and support. Lunch is available for purchase off the menu.

Call (920) 338-1111 or 1-800-990-9249 or write bereavement@unityhospice.org. Website: www.unityhospice.org

- 3rd Wednesday of the month, 12:00 - 1:30 pm

Call the Unity office for location.

Hope's House, Inc.

A local non-profit that provides free bereavement support groups to grieving children, teens and their families throughout the greater Green Bay and Fox Valley areas. Website: www.hopeshousewi.com Email: info@hopeshousewi.com
Contact Gina Poetter or Vicky Wittman

Greenville

Grief Support - St. Mary Parish

A non-denominational four week support group for those who have lost a family member, loved one or a friend. This program is offered twice a year: Fall and Spring. Everyone is welcome.

St. Mary Parish, (920) 757-6555, ext 205, griefsupport@stmarygreenville.org

Please call or email for more information.

Humboldt

Grieving with Great Hope - St. Thomas the Apostle

A support group for those grieving the loss of a loved one. All are welcome. Please call to register or for more information.

Cheryl Maricque, (920) 217-8164, parish.ministries@threecatholicchurches.com

St. Thomas the Apostle Parish, 5930 Humboldt Rd., Luxemburg, WI 54217

➤ Dates TBD

Kaukauna

Elizabeth Ministry Prenatal Bereavement and Miscarriage/Infant or Child Death Bereavement Services

Provide burial and bereavement resources for those grieving the death of an unborn child, infant or child.

(920) 766-9380, info@elizabethministry.com, www.elizabethministry.com

Elizabeth Ministry Retreat & Resource Center, 120 W. 8th St., Kaukauna, WI 54130

Please call for more information or visit our website.



Journey of Hope - St. Paul Elder Services

St. Paul Grief Support Group is open to those served by St. Paul Elder Service and the community at large. Journey of Hope provides an opportunity to establish connections with others who have experienced loss, to share stories, to give and receive support and to promote good self care.

Sue Grasse, CSW, Bereavement Coordinator, (920) 766-6180, susangr@stpauelders.org, www.stpauelders.org

St. Paul Villa Chapel, 316 E. Fourteenth St., Kaukauna, WI 54130

➤ 3rd Tuesday of the month, 9:45 am

Call Sue for additional information.

Kewaunee

Healing Your Broken Heart

A six-week session which offers grief support for adults who have experienced the loss of a loved one.

Donna Moran, (920) 723-1948, morandr286@gmail.com or June Harmann, (920) 487-5507

Holy Rosary Parish, in the Bridal Room in Father Mike Hall, 521 Juneau Street, Kewaunee

Begins April 16th @ Holy Rosary in Kewaunee. Call for more information and to register.

Understanding Grief

A grief support group offered for adults who have experienced the loss of a loved one.

Contact: (920) 338-1111 or 1-800-990-9249, www.unityhospice.org

➤ 2nd Wednesday of each month

Registration required. Please call for current schedule or visit our website.

Little Chute

St. John Bereavement Support Group

We welcome all grieving widows and widowers.

Robin Verbruggen, (920) 419-1017 or Deacon George, (920) 788-9061

St. John Parish (Pine St. Entrance 9, Room 11), 323 Pine St., Little Chute, WI 54140

➤ 2nd Thursday of each month, 6:00 - 7:00 pm

Please call for more information.

Manitowoc

"Grieve Not Alone" - Manitowoc County

Non-denominational group of volunteers dedicated to the care and support of those who are grieving. Free of charge. NO RSVP
Judy Janowski, (920) 682-3589, Manitowoc Public Library, 707 Quay St., Manitowoc, WI 54220
1st Monday of the month, Walk-In Sessions, 6:00 -7:30 pm in the Franklin Street Room. Call for additional information

Stepping Stones: Your Grief; Your Journey

A series of topics to help people adjust and grow after the loss of their loved one. Each topic is "self-contained." Attend any session you wish depending on your availability and interest. For adults 18 and older. Open to the public.

Held 3rd Monday of each month, 5:30-6:30 pm, Cooperstown Room, Holy Family Memorial Harbor Town Campus, 1650 South 41st Street, Manitowoc

No registration required. Call 920-320-4235 with any questions. Visit www.hfmhealth.org/steppingstones

Marinette

Understanding Grief - Unity Hospice

A grief support group offered for adults who have experienced the loss of a loved one.

Contact: (920) 338-1111 or 1-800-990-9249, www.unityhospice.org

➤ 1st Wednesday of each month

Registration required. Please call for current schedule or visit our website.

Grief Spiritual Direction

A one on one experience with a certified spiritual director and member of the Spiritual Direction International.

Call 715-923-9549 or email jmharper1964@gmail.com

Neenah/Menasha

A Time to Mourn - Affinity Visiting Nurses

A six-week program provides information and support, looking at all aspects of the grief experience. Offered periodically throughout the year.

Angela Schuldt, (920) 727-2000 or 1-866-236-8500, Angela.Schuldt@ahah.net, www.affinityvisitingnurses.org

Please call for upcoming dates. Pre-registration required.

Grief Share - Calvary Bible Church

Grief Share is a Christ centered 13-week video support group which meets in the Spring and Fall. People are welcome to join at any time during the 13 weeks.

Debbie Smoll, (920) 841-3906 or (920) 725-3896 (church), deb.smoll@gmail.com, www.griefshare.org

Calvary Bible Church (Room 145), 1450 Oakridge Rd., Neenah, WI 54956 (Hwy 41 Exit 132)

Park in the rear lot and enter through Door #6. Turn left down the hall to the Conference Room.

GriefShare - St. Gabriel Parish/St. Margaret Mary Parish

*The GriefShare program is open for all types of loss of a loved one. The winter sessions run for 13 weeks and meet at St. Gabriel parish from 12:30-2:30 p.m. on designated dates. Participants can start at any time. **Each week's topic stands alone. A "Loss of Spouse"** group will begin in early February 2020.*

Mary Ellen Brown, (920) 719-1531, brownmaryellen47@yahoo.com, www.griefshare.org

St. Gabriel Parish, 900 Geiger St., Neenah, WI 54956

Call St. Gabriel Parish Office at (920) 722-4914 for dates.

Loss of a Spouse

To begin in late August. Contact Mary Ellen Brown at 920-719-1531 or brownmaryellen47@yahoo.com

Men Journeying Through Grief - Affinity Visiting Nurses

A unique support opportunity for men only. An open gathering of men who have experienced the death of a loved one.

Gatherings include a home-cooked meal followed by sharing of grief information and support resources.

Angela Schuldt, (920) 727-2000 or 1-866-236-8500, Angela.Schuldt@ahah.net, www.affinityvisitingnurses.org

Affinity Visiting Nurses Office, 816 W. Winneconne Ave., Neenah, WI 54956

➤ 1st Wednesday of the month, 6:00 - 8:00 pm

Pre-registration appreciated for meal planning purposes. Call for more information. Free of charge.

Night of Remembrance - St. Patrick Parish

Mary Krueger, (920) 725-8381, ext. 102, marykrueger@stpatricksmenasha.org

St. Patrick Parish (meet in gathering area of church), 320 Nicolet Blvd., Menasha, WI 54952

- Date and Time to be determined.

Registration is required to have enough candles and programs for all.

Remembering Through Sharing - Appleton Medical Center & Theda Clark Medical Center

Candlelight Memorial Service

RTS Coordinator, (920) 729-2087, rts@thedacare.org, www.thedacare.org.

Bridgewood Resort Hotel and Conference Center, 1000 Cameron Way, Neenah, WI 54956

- Date and Time to be determined.

Please call to register at 1-800-236-2236 or visit our website.

(S.O.S.L) Survivors of Suicide Loss Support Group

Group for family/friends/coworkers of those who have died by suicide.

This group is facilitated by a professional counselor, free of charge, pre-registration is not required. All are welcome!

Debbie Peters, Executive Director, (920) 230-4840, www.communityforhope.org

First Presbyterian Church (please use the Doty Street entrance), 200 Church St., Neenah, WI 54956

- 2nd Thursday of the month, 6:30 - 8:00 pm

Call Debbie for more information.

Oconto/Oconto Falls

Understanding Grief - Unity Hospice

A grief support group offered for adults who have experienced the loss of a loved one.

Contact (920) 338-1111 or 1-800-990-9249, www.unityhospice.org

- 3rd Wednesday of each month, 12:30 - 2:00 pm

Registration required. Please call for current schedule or visit our website.

Oshkosh

Grief Support Drop-in Group

This is a grief support group for anyone experiencing the loss of a loved one.

Angela Schuldt, (920) 727-2000 or 1-866-236-8500, Angela.Schuldt@ahah.net, www.affinityvisitingnurses.org

Oshkosh Senior Center, 200 N. Campbell Rd., Oshkosh, WI 54902

- 1st and 3rd Thursday of the month, 1:00 - 2:30 pm

Please call or email for more information.

Grieving with Great Hope

A five-week support program offering hope and healing to those who are mourning the loss of a loved one.

Thursdays: October 8, 15, 22, 29 and November 12 from 6-8 pm. Deadline to register: September 29, 2020

To register, call 920-231-9782 or online @ www.mbsoshkosh.com. Click on CARE then Grief Ministry.

Fee: \$25 covers all materials. Make check payable to MBS. *No one will be turned away for inability to pay.*

Location: Most Blessed Sacrament Parish (St. Peter's site), 435 High Avenue, Oshkosh

For more information, visit www.goodmourningministry.net.

(S.O.S.L) Survivors of Suicide Loss Support Group - Community for Hope of Greater Oshkosh

Group for family/friends/coworkers of those who have died by suicide.

This group is facilitated by a professional counselor, free of charge, pre-registration is not required. All are welcome!

Sarah Danahy, Executive Director, (920) 230-4840, www.communityforhope.org

Community For Hope Offices, 2700 W. 9th Ave., Suite 100, Oshkosh, WI 54904

- 3rd Thursday of the month, 6:30 - 8:00 pm

Call Sarah for more information.

Ripon

Grief Matters Support Group

Ripon Medical Center, 845 Parkside St., Ripon, WI 54971, bereavement@agnesian.com, www.agnesian.com/bereavement

- 2nd Tuesday of the month, 1:00 - 2:30 pm

Please call for more information or visit our website.

Seymour

Debbie Boettcher Bereavement Provider - Muehl-Boettcher Funeral Home
Gina Boettcher, (920) 833-2328, office@muehlboettcher.com, www.muehlboettcher.com
Muehl Boettcher Funeral Home, 358 S. Main St., Seymour, WI 54165
Please call for more information or visit our website.

Shawano

Living With Loss - Theda Care at Home Hospice
A six week support group offering support to adults who have experienced the loss of a loved one.
Sarah Lederer, (920) 716-2783, sarah.lederer@thedacare.org
Please call to register or for more information.

Understanding Grief
A grief support group offered for adults who have experienced the loss of a loved one.
Contact 920) 338-1111 or 1-800-990-9249, www.unityhospice.org
➤ 4th Wednesday of each month
Registration required. Please call for current schedule or visit our website.

Sheboygan & Sheboygan Falls

Compassionate Parents Support Group
A peer-led support group for parents and families who have experienced the death of a child.
Open Door, 817 N. 8th St., Sheboygan, WI 53081
➤ 2nd Monday of the month, 6:30 pm
Prior to first meeting and for more information, please contact Mental Health America (920) 458-3951.



Cup of Feelings - Children's Grief Support Group
A group that provides children and teens the information and support they need for grieving the loss of a friend or loved one.
Marianne Brandt, Spiritual Care and Bereavement Coordinator, (920) 467-7950
Sharon S. Richardson Community Hospice Center, W2850 State Rd. 28, Sheboygan Falls, WI 53085, (920) 467-1800
➤ 1st Tuesday of the month from 4:00 - 5:30 pm for ages 5 - 11 years old.
➤ 2nd Thursday of the month from 4:00 - 5:30 pm for ages 12-17 years old.
Registration required at first meeting.
Private Grief Counseling is also available; please call (920) 467-1800.



Cup of Hope Support Group
A group that provides grief support and information to individuals experiencing the death of a loved one.
Marianne Brandt, Spiritual Care and Bereavement Coordinator, (920) 467-7950
Sharon S. Richardson Community Hospice Center, W2850 State Rd. 28, Sheboygan Falls, WI 53085, (920) 467-1800
➤ 3rd Thursday of the month, 6:00 - 7:30 pm
➤ 4th Wednesday of the month, 10:30 am – 12:00 pm
Pre-registration not required and everyone is welcome. Private Grief Counseling is also available; please call (920) 467-1800.

Rainbow Kids, Inc.
A 10 week peer support group for children and adults who are grieving a loss from a difficult life event. When families experience a significant loss due to death, divorce, separation, incarceration or abandonment, Rainbow Kids will guide them through the grieving process by providing coping skills and granting HOPE for the future.
Michele, (920) 452-2838 or rainbowkids@excel.net
Please call to register or for more information. Free services for ages 4 – adult.



Suicide Loss Support Group
A peer-led facilitated support group for those who have lost a loved one to suicide.
Mental Health America, 915 N. 7th St., Sheboygan, WI 53081
➤ Last Monday of the Month, 6-7 pm @ Lakeshore Community Health Care, Sheboygan
RSVP not necessary, all are welcome. Please contact Mental Health America (920) 458-3951 for more information.

Sturgeon Bay

AseraCare Hospice -- Grief Support Group for Loss of a Spouse

Bereavement counseling to support people with emotional and psychological stresses following the death of a loved one.

RSVP is not required. Free of charge.

For questions, please call Mandy Sarazen, (920) 339-9065, amanda.sarazen@aseracare.com, www.aseracare.com

Grief Support Group meeting information:

- 2nd Thursday of the month at 10 am @ Bay View Lutheran Church, Sturgeon Bay. prevent

Understanding Grief

A grief support group offered for adults who have experienced the loss of a loved one.

Contact (920) 338-1111 or 1-800-990-9249, www.unityhospice.org

- 2nd Wednesday of each month

Registration required. Please call for current schedule or visit our website.

Two Rivers

St. Peter the Fisherman Parish, 3201 Mishicot Rd., Two Rivers, WI 54241, (920) 793-4531

Grief Support Group

Sheila Bialek @ 920-793-8067, x105 or e-mail sheilab@spfcg.org

- 1st Monday of the month @ 1 p.m.

Call or e-mail for more information

Healing Waves Grief Support

Marjean King @ 920-323-0126 or the parish office @ 920-793-4531

Spring and Fall sessions. Call to register

Remembrance Vigil

Remembrance service for those who have lost a loved one this past year.

Cheryl Kuether, (920) 793-4531

Will be held in November. Call for the date, time and for more information.

Never Alone - Widows and Widowers Group

We gather to connect, strengthen and support each other.

Sheila Bialek, (920) 793-8067, ext 105 or sheilab@spfcg.org

Socials held once a month. Call or email for more information.

Parents Who Have Lost Children

Jenny Weier, (920) 242-1835

Call for meeting dates and information.



Waupaca

Living With Loss - Theda Care at Home Hospice

A six week support group offering support to adults who have experienced the loss of a loved one.

Sarah Lederer, (920) 716-2783, sarah.lederer@thedacare.org

Please call to register or for more information.

Waupun

Grief Matters Support Group

Waupun Hospital, 620 W. Brown St., Waupun, WI 53963, bereavement@agnesian.com, www.agnesian.com/bereavement

- 4th Tuesday of the month, 1:00 - 2:30 pm

Please call for more information or visit our website.

Wausauke

Understanding Grief

A grief support group offered for adults who have experienced the loss of a loved one.

Contact (920) 338-1111 or 1-800-990-9249, bereavement@unityhospice.org, www.unityhospice.org

- 1st Wednesday of each month

Please call for current schedule or visit our website. Registration required.

Statewide

Camp HOPE for Kids

A weekend program providing an atmosphere of love and acceptance for children and teenagers to express themselves following the death of a loved one.

Vicky Wittman, (715) 341-0076, camphope89@gmail.com, www.camphopeforkids.org

Wisconsin Lions Camp, Central Wisconsin, P O Box 84, Amherst, WI 54406

Check our website for camp dates and details. Free of charge.



Heartland Hospice Grief Support

Heartland Hospice offers grief support for families who have experienced the loss of a loved one. Offering grief support groups and resources to the community as well as the families we serve through our hospice program.

Bereavement Coordinators, (920) 336-6455

Please contact a Hospice Bereavement Coordinator for current support group opportunities.

Survivors Helping Survivors Support Groups in the Milwaukee Area

Open to all family members and friends of a loved one who has died by suicide. All ages, occupations and religious affiliations welcome. There is no fee; attend as often as you would like.

Mental Health America of Wisconsin in the Milwaukee area. www.mhawisconsin.org/survivors

Contact Leah Rolando @ 414-336-7970 or leahr@mhawisconsin.org. Updated information on group meeting dates and locations can be found on this link: http://www.mhawisconsin.org/Data/Sites/1/media/shs/shs-milw-flyer_updated-7.31.19.pdf

Nationwide

The Compassionate Friends - Self Help Non-Profit Organization

Offers emotional support and understanding for families grieving the death of a child.

1-877-969-0010, nationaloffice@compassionatefriends.org, www.compassionatefriends.org

Please call or check our website for locations of support groups and more information.



Elizabeth Ministry Prenatal Bereavement and Miscarriage/Infant or Child Death Bereavement Services

Provide burial and bereavement resources for those grieving the death of an unborn child, infant or child.


(920) 766-9380, info@elizabethministry.com, www.elizabethministry.com

Elizabeth Ministry Retreat & Resource Center, 120 W. 8th St., Kaukauna, WI 54130

Please call for more information or visit our website.



If you would like your group included in this publication in the future, please contact Pastoral Services at (920) 272-8291 or 1-877-500-3580 ext. 8291.



Reaching Out through Pastoral Care
Mary Armbrust: Pastoral Care & Ministry Coordinator
Catholic Charities of the Diocese of Green Bay
marmbrust@gbdioc.org

Making Pastoral Care Calls

1. Consider setting up reception of phone call requests to a single phone number at the parish.

- Communicate the number to parish members through your bulletin.
- Create a team to retrieve and respond to requests. Provide orientation.

2. Set boundaries on the purpose and the limits of what is being offered. Be accountable.

- Pastoral Care visits, including those by phone, are done to connect someone who is suffering to the love of God through a personal encounter with the parish community. It is relational.
- Offer a compassionate, listening, prayerful presence. Make referrals for other needs.
- Always establish if it is a convenient time for the call receiver: in advance if possible.
- Limit calls in length to 20 minutes, no more than 2 times a week per person.
- Calls should be noted and kept in a secure central location by an administrator.
- All calls are confidential with the exception of indications of harm to self or others.
- Phoning minors is governed by Safe Environment boundaries.
- Begin call identifying self as part of a parish ministry to let receiver know that God cares and so does your parish family. We are in this together. Your call reflects on your parish and the Church.

3. First Do No Harm.

- The call is about the other person—keep that as your focus and let them decide topics. Refrain from talking about yourself, judgment, giving advice, problem-solving, or diminishing feelings.
- Fear manifests in variations of *Fight, Flight, Freeze*, depending on personality type. Anticipate.

4. Skills for Effective Communication—Practice with Someone.

- Pay close attention to your volume, rate of speech and tone of voice.
- Summarize and reflect back what they say using the feeling words they have used.
- Be open to silence to allow people to process feelings and form responses. Take a sacred pause before your responses for the same reason. Do not interrupt.
- Pray using a formal prayer of the Church, spontaneous prayer, or other appropriate prayers.
- If relevant, share techniques on de-escalation anxiety: Breath Prayers, 3-2-1 Sense Awareness.

5. Be prepared: Spiritually, Emotionally, Physically, Mentally

- Only make calls if feeling well in all areas.
- Seek support for your own needs.



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Prayer Vigil Ideas for Spiritually Accompanying Persons who are Dying

- **Prayer Vigil - No One Dies Spiritually Unaccompanied:** Parish members may sign up for one-hour long time slots in hopes that every hour of is covered:
<https://www.signupgenius.com/go/9040b49acaf2ca7fc1-prayer>
- **Official Prayers of the Catholic Church for Death and Dying:** <http://www.usccb.org/prayer-and-worship/bereavement-and-funerals/prayers-for-death-and-dying.cfm>
- **Additional Catholic Prayers for those who are Dying and who have Died:** [http://www.cmq.org.uk/Miscellaneous/Prayers for the dying.pdf](http://www.cmq.org.uk/Miscellaneous/Prayers%20for%20the%20dying.pdf)
- **Pray the Chaplet of Divine Mercy:**
<https://www.thedivinemercy.org/messagedevotionspray-the-chaplet>
- **Pray the Rosary—Sorrowful or Glorious Mysteries**
- **Pray from scripture about the Resurrection of Jesus or from the Psalms:** The Lord is my Shepherd—Psalm 23, The Lord is my Light and my Salvation, of whom should I be a afraid?—Psalm 27, I AM the Resurrection and the Life—John 11:17-27 (short form, 11:21-27), Rejoice and be glad, for your reward will be great in heaven—Matthew 5:1-12a, Come to me and I will give you rest—Matthew 11:25-30, I wish that where I am they also may be with me—John 17:24-26.
- **Sing or pray the words to music typically sung as reassurance during Funerals—you can google for lyrics or go to YouTube:** On Eagles Wings, Be not Afraid, Amazing Grace, How Great Thou Art, I am the Bread of Life, Come to me all who Labor, Precious Lord take my Hand, May the Choirs of Angels, You are Near.

Prayers For Death And Dying

"The Christian meaning of death is revealed in the light of the Paschal Mystery of the Death and Resurrection of Christ in whom resides our only hope. The Christian who dies in Christ Jesus is 'away from the body and at home with the Lord' (2 Cor 5:8)."

- Catechism of the Catholic Church, no. 1681

Prayers with the Dying

The following prayers may be recited with the dying person, alternating with times of silence. Sometimes, the same prayer should be repeated many times. The Our Father, Hail Mary, and Glory Be are also appropriate. The dying person may be signed on the forehead with the cross, as was done at Baptism.

Short Texts

- What will separate us from the love of Christ? (Rom 8:35)
- Whether we live or die, we are the Lord's. (Rom 14:8)
- We shall always be with the Lord. (1 Thes 4:17)
- To you, O LORD, I lift up my soul. (Ps 25:1)
- Though I should walk in the valley of the shadow of death, no evil would I fear, for you are with me. (Ps 23:4)
- Into your hands I commend my spirit. (Ps 31:6a)
- Jesus, remember me when you come into your kingdom. (Lk 23:42)
- Lord Jesus, receive my spirit. (Acts 7:59)
- Holy Mary, pray for me.
Saint Joseph, pray for me.
Jesus, Mary, and Joseph, assist me in my last agony.

Scripture Readings

Among many appropriate Scripture readings are the following:

- [Job 19:23-27](#)
- [Psalms 23, 91, 121](#)
- [1 John 4:16](#)
- [Revelation 21:1-7](#)
- [Matthew 25:1-13](#)
- [Luke 22:39-46](#)
- [Luke 23:44-49](#)
- [Luke 24:1-8](#)
- [John 6:37-40](#)
- [John 14:16, 23, 27](#)

Those gathered might take turns reading these passages from the family Bible.

Prayer of Commendation

As the time of death approaches, this prayer may be said.

Go forth, Christian soul, from this world
in the name of God the almighty Father,
who created you,
in the name of Jesus Christ, Son of the living God,
who suffered for you,
in the name of the Holy Spirit,
who was poured out upon you,
go forth, faithful Christian.
May you live in peace this day,
may your home be with God in Zion,
with Mary, the Virgin Mother of God,
with Joseph, and all the Angels and Saints.

Prayers after Death

Prayer for the Dead

In your hands, O Lord,
we humbly entrust our brothers and sisters.
In this life you embraced them with your tender love;
deliver them now from every evil
and bid them eternal rest.
The old order has passed away:
welcome them into paradise,
where there will be no sorrow, no weeping or pain,
but fullness of peace and joy
with your Son and the Holy Spirit
forever and ever.

R/. Amen.

Prayers Immediately after Death

The following prayers may be recited immediately after death and may be repeated in the hours that follow.

Saints of God, come to his/her aid!

Come to meet him/her, Angels of the Lord!

R/. Receive his/her soul and present him/her to God the Most High.

May Christ, who called you, take you to himself;

may Angels lead you to Abraham's side. **R/.**

Give him/her eternal rest, O Lord,

and may your light shine on him/her forever. **R/.**

Let us pray.

All-powerful and merciful God,

we commend to you N., your servant.

In your mercy and love,
blot out the sins he/she has committed
through human weakness.

In this world he/she has died:
let him/her live with you forever.
Through Christ our Lord.

R/. Amen.

These verses may also be used.

V/. Eternal rest grant unto him/her, O Lord.

R/. And let perpetual light shine upon him/her.

V/. May he/she rest in peace.

R/. Amen.

V/. May his/her soul and the souls of all the faithful departed,
through the mercy of God,
rest in peace.

R/. Amen.

Gathering in the Presence of the Body

When the family first gathers around the body, before or after it is prepared for burial, all or some of the following prayers may be used. It is most fitting that, where possible, family members take part in preparing the body for burial.

All make the Sign of the Cross. Then one member of the family reads:

My brothers and sisters, Jesus says:

"Come to me, all you who labor and are overburdened,
and I will give you rest.

Shoulder my yoke and learn from me,
for I am gentle and humble in heart,
and you will find rest for your souls.

Yes, my yoke is easy and my burden light."

The body may then be sprinkled with holy water:

The Lord God lives in his holy temple yet abides in our midst.

Since in Baptism, N. became God's temple
and the Spirit of God lived in him/her,
with reverence we bless his/her mortal body.

Then one member of the family may say:

With God there is mercy and fullness of redemption;
let us pray as Jesus taught us:

Our Father...

Then this prayer is said:

Into your hands, O Lord,

we humbly entrust our brother/sister N.

In this life you embraced him/her with your tender love;
deliver him/her now from every evil
and bid him/her enter eternal rest.

The old order has passed away:

welcome him/her then into paradise,

where there will be no sorrow, no weeping nor pain,

but the fullness of peace and joy
with your Son and the Holy Spirit
forever and ever.

R/. Amen.

All may sign the forehead of the deceased with the Sign of the Cross. One member of the family says:

Blessed are those who have died in the Lord;
let them rest from their labors
for their good deeds go with them.

V/. Eternal rest grant unto him/her, O Lord.

R/. And let perpetual light shine upon him/her.

V/. May he/she rest in peace.

R/. Amen.

V/. May his/her soul and the souls of all the faithful departed,
through the mercy of God,
rest in peace.

R/. Amen.

All make the Sign of the Cross as one member of the family says:

May the love of God and the peace of the Lord Jesus Christ
bless and console us

and gently wipe every tear from our eyes:

in the name of the Father,

and of the Son, and of the Holy Spirit.

R/. Amen.

Prayers for Mourners

- Lord God,
you are attentive to the voice of our pleading.
Let us find in your Son
comfort in our sadness,
certainty in our doubt,
and courage to live through this hour.
Make our faith strong
through Christ our Lord.
R/. Amen.
- Lord,
N. is gone now from this earthly dwelling,
and has left behind those who mourn his/her absence.
Grant that we may hold his/her memory dear,
never bitter for what we have lost
nor in regret for the past,
but always in hope of the eternal Kingdom
where you will bring us together again.
Through Christ our Lord.
R/. Amen.
- May the love of God and the peace of the Lord Jesus Christ
bless and console us

and gently wipe every tear from our eyes:
in the name of the Father,
and of the Son, and of the Holy Spirit.

R/. Amen.

For those who mourn the death of a child:

- O Lord, whose ways are beyond understanding,
listen to the prayers of your faithful people:
that those weighed down by grief
at the loss of this little child
may find reassurance in your infinite goodness.
Through Christ our Lord.
R/. Amen.

Prayers at Graveside

- Lord Jesus Christ,
by your own three days in the tomb,
you hallowed the graves of all who believe in you
and so made the grave a sign of hope
that promises resurrection
even as it claims our mortal bodies.

Grant that our brother/sister, N., may sleep here in peace
until you awaken him/her to glory,
for you are the resurrection and the life.
Then he/she will see you face to face
and in your light will see light
and know the splendor of God,
for you live and reign forever and ever.

R/. Amen.

- O God,
by whose mercy the faithful departed find rest,
send your holy Angel to watch over this grave.
Through Christ our Lord.
R/. Amen.

Prayers for Death and Grieving from [Catholic Household Blessings and Prayers](#), ©
2007, United States Conference of Catholic Bishops, Washington, DC.

<http://www.usccb.org/prayer-and-worship/bereavement-and-funerals/prayers-for-death-and-dying.cfm>



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Suggestions for Reaching out at the Hour of Death when Face-to-Face Contact is not Possible

- **Offer Reassurance of God's Love and the Support of the Parish:** (Attached Making Pastoral Care Phone Calls Handout).
- **First do no Harm:** Tips for things to say and not say for bereavement ministry (attached).
- **Offer Reassurance of God's Love and Mercy even when we don't get to say Goodbye:** Remind people that their loved one knows that they were loved and that even after death we are still able to give and receive love, forgiveness and spiritual support through our prayers and the prayers of the Community of Saints. (Article, "At the Hour of Death" by Jim Van Vurst, OFM: <https://blog.franciscanmedia.org/franciscan-spirit/the-hour-of-our-death>).
- **Answering questions about Church Teaching on Cremation** (attached).
- **Prayer Vigil - No One Dies Spiritually Unaccompanied:** Parish members may sign up for one-hour long time slots in hopes that every hour of is covered: <https://www.signupgenius.com/go/9040b49acaf2ca7fc1-prayer> (Prayer ideas attached).
- **Official Prayers of the Catholic Church at the Hour of Death and for Mourners:** Official prayers of the Church for the dying, immediately after death, and for the burial. We may adapt these prayers that are meant to be prayed in person through these ways: a phone call with a single person or on speakerphone, lead families in prayers in online meeting or Facebook Messenger, use during a Prayer Vigil for those dying in isolation. Some may be appropriate at a later date, such as the first time visiting the graveside. (attached).
- **Additional Catholic Prayers for those who are Dying and who have just Died:** (attached).
- **Grief Directory with Resources in the Community:** (attached).
- **Catholic Health Care and End-of-Life Planning Resources and Documents:** <https://www.wisconsinatholic.org/parish-resources/>