

*Lord, in this time of grief,  
loneliness, and uncertainty,  
guide our fumbling steps.  
Hold us up when we can not  
bear to go further,  
When we cannot see  
the path before us.  
Support us and fill us with  
your strength and grace  
that we may once again find  
joy in the morning,  
and peace in our hearts.*

*Amen*

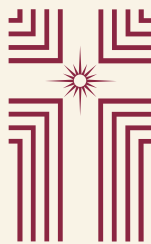
### A PRAYER WHEN VISITING YOUR CATHOLIC CEMETERY

*Heavenly Father, have mercy on all  
who are buried here. In particular,  
we pray for (name(s) of deceased).  
Bring them into your kingdom of  
light and peace and let them share  
eternal joy with you and with your  
saints forever. We ask this through  
Christ our Risen Lord.*



*“I know that my Redeemer lives  
and on the last day I shall rise  
again: In my body I shall look  
on God my Savior.”*

*— Book of Job*



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## WHEN A LOVED ONE DIES

### Finding Your Way Through Loss



*“Blessed are they who mourn,  
They shall be comforted.”*

*— Matthew 5:4*



### FACING GRIEF AND LOSS

Grief is a natural part of the process of healing following the experience of a loss. Grieving is nature’s way of acknowledging the pain of separation. You may experience emotions you have never known before. Grief is a unique experience for every person but everyone carries within themselves the capacity to heal.

There is no replacement for the one you have lost. The depth of the emotions we feel after a loss can never be fully anticipated or accurately described and is often not understood by others. You have a right to grieve.

As Christians, we believe that we share a common bond with all those who have suffered loss. And so, we pray not alone but with all those who grieve.

## BEREAVEMENT RESOURCES

The weight of grief is lighter when shared. Even when we're trying to do everything "right", grief can get very complicated. There are times when you may need help in your healing journey.

Here is a brief list of some of the resources that are available in the Archdiocese of Toronto.

### Catholic Family Services

416-921-1163 • [www.cfsofto.org](http://www.cfsofto.org)

### Morning Light Ministry — Perinatal Bereavement Services

c/o St. Mary Star of the Sea Parish  
905-278-2058

### New Beginnings (Widowed Persons)

Meetings held at various locations  
416-222-1101 ext 107/258

## PARISHES

**Nativity of our Lord**, Etobicoke  
416-621-2732

**St. Justin Martyr**, Unionville  
905-479-2463

**St. John the Evangelist**, Whitby  
905-668-3676

**St. Martin de Porres**, Scarborough  
416-284-9192

**St. Bonaventure**, Toronto • 416-447-5571

**St. Mary's**, Barrie • 705-728-2985

**Sacred Heart of Jesus Parish**, Etobicoke  
(Korean) 416-259-5601

**St. Luke's**, Thornhill • 905-881-2786 ext. 35

**St. Anthony of Padua**, Bramalea  
905-793-8030

Many local funeral homes and hospitals also offer bereavement support and resources.

*Listings are for information only and do not imply endorsement.*

## SYMPTOMS OF GRIEF

Grief affects our bodies, minds, spirits and emotions. It also affects how we manage day to day living. Since grief does not have a set timetable, each of us will experience different symptoms. Grief can bring on many changes such as:

- ✦ Shock, denial, numbness and disbelief
- ✦ Anger, guilt, and loneliness
- ✦ Anxiety, fear, panic
- ✦ Physical reactions such as headaches, illness, fatigue, weakness and confusion
- ✦ Sleep may become difficult or you may want to sleep all of the time
- ✦ Changes in appetite, nausea
- ✦ You may find that you are always crying or wonder why you don't cry at all
- ✦ There may even be feelings of relief and then guilt for feeling relieved.

These responses are normal. They are part of the healing process.

*Loving God, be with us in our sorrow,  
so that one day soon we will feel our-  
selves walking again in the light of your  
love, and know the joy you have promised  
us all. We know our loved ones now  
share in your glory. Help us accept and  
rejoice in that, so that our tears will turn  
to laughter and our hearts be filled with  
peace.*

*Amen.*

## HOW CAN I FIND RELIEF?

Here are some practical suggestions that may help during the difficult times.

**Be gentle with yourself.** Grief takes as long as it takes. The path is seldom clear but what is clear is that we must hold on to hope. The hope of healing, the hope of the future, the hope that someday this pain will be behind us. Healing will continue as long as we live.

**Find ways to express and not repress the hurt.** Don't hold your grief in! That could mean sharing with family, friends and church community. Ask people to listen to your story.

**Maintain daily routine.** Consistency is important in relieving stress. Try to eat, sleep and exercise with regularity, even if it is difficult.

**Have supportive relationships.** Reach out to others. Your family and friends are there to help. Encourage all who have been touched by the death to share.

**Rely on your faith.** No matter how strong we feel that our faith is, grief can shake it. Remember, God never abandons us and neither does His community, the Church. Let the Church's rituals and prayer be a reminder of our hope in the future.

*"Come to me all you who labour and are  
overburdened and I will give you rest."*

— Matthew 11:28

### Acknowledgements:

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**Bereaved Families of Ontario/Toronto**  
1-800-236-6364 • [www.bfotoronto.ca](http://www.bfotoronto.ca)

Durham Region • 905-579-4293

Toronto Office • 416-440-0290

Halton Peel • 905-813-4337

York Region • 905-898-6265

**Perinatal Bereavement Services Ontario**  
905-472-1807 • [www.pbso.ca](http://www.pbso.ca)

**Soul II Soul Bereavement Services for Teens**  
[www.soul2soul.ca](http://www.soul2soul.ca) • 416-440-0290

**Wellspring Bereavement Group**  
416-480-4440 • [www.wellspring.ca](http://www.wellspring.ca)  
For individuals and families living with cancer.

**Hospice Simcoe**, Barrie • 705-722-5995  
[www.hospicesimcoe.ca](http://www.hospicesimcoe.ca)

**Hospice Richmond Hill** • 905-884-6683

**Hospice Vaughan** • 905-850-6266  
[www.hospicevaughan.com](http://www.hospicevaughan.com)

**Evergreen Hospice**, Markham • 905-472-5014  
[www.evergreenhospice.org](http://www.evergreenhospice.org)

**Hospice Durham** • 905-430-4522  
[www.hospicedurham.com](http://www.hospicedurham.com)

## HELPFUL WEBSITES

**Grief, Loss and Recovery**  
[www.grieflossrecovery.com](http://www.grieflossrecovery.com)

**Centre for Loss & Transition**  
[www.centerforloss.com](http://www.centerforloss.com)

**Bereaved Families Online**  
[www.bereavedfamilies.net](http://www.bereavedfamilies.net)

**Genesis Bereavement Resources**  
[www.genesis-resources.com](http://www.genesis-resources.com)