

SPIRITUAL DIRECTION

Spiritual direction is a privileged time and place to *confidentially* reflect with a trusted person about your relationship with God. In addition to participating in the support groups, meeting individually with a Spiritual Director at St. Laurence can facilitate your grieving and healing process.

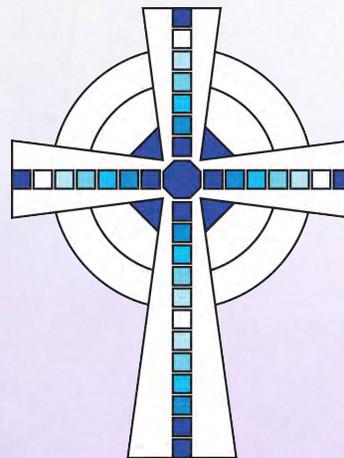
The focus is your life with God as it is lived out in all your experiences. Spiritual direction is for those who may be experiencing life's transitions and even at

times seeking God when it feels like God is distant. The gift of spiritual direction is the process of coming home to your deepest self, discovering God in the midst of daily living.



ST. LAURENCE CATHOLIC CHURCH BEREAVEMENT MINISTRY MISSION STATEMENT

The St. Laurence Bereavement Ministry is committed to serve all among us who have experienced the death of a loved one, by providing support through grief groups.



St. Laurence Catholic Church
3103 Sweetwater Blvd.
Sugar Land, TX 77479
281.265.5774
www.stlaurence.org

*For more information, please contact
Anne Marie Daniel, Coordinator at
adaniel@stlaurence.org or 281-265-5774.*

BEREAVEMENT MINISTRIES at St. Laurence



Blessed are they who mourn, for
they shall be comforted.

The Bereavement Ministry Support Groups

GRIEF SUPPORT MINISTRY WALKING THROUGH GRIEF WEEKLY SUPPORT GROUP

When a loved one has died we are in a place that we may never have been before. There can be a sense of isolation when we are grieving, especially after the funeral when others return to their lives and we are still in the throes of early grief and do not know where to turn. Support groups are an important tool for finding hope on this journey.

Our group meets weekly on Tuesday evenings from 6:30-8:30 pm at St. Theresa — St. Catherine room (temporary location during construction at St. Laurence). Whether your loss is recent or in the past we will walk the grief journey with you! We are a group of compassionate lay people who also have experienced the death of someone we dearly loved.



“Walking Through Grief”, produced by The Grief Toolbox is the basis for our discussions. Attend as often or as little as you wish - there are no requirements or prerequisites. Grief does not end in a prescribed number of days or weeks! All are welcome, any denomination or parish!
No one should grieve alone!

Contact: Sandy Barber at 281-633-9090
Or Help2grieve@hotmail.com

HOPE HELPING OUR PAIN EASE



Learn How to Ease the Pain of Grief After the Death of a Loved One.

HOPE (Helping Our Pain Ease) is an adult informative grief support group which helps in processing and learning how to cope with the death of a loved one, either recently or in the distant past. Led by a hospice-trained facilitator, the 7-week series meets on the Thursday evenings from 6:30-8:30 PM. Four 7-week sessions are offered each year. For more information and starting date of the next session, please contact Annette Bisanz at the contact information below.

The weekly grief support meetings are for follow up of the HOPE Classes or a bridge available to you until you can attend the HOPE Classes. We recommend that all who are grieving participate in the HOPE program because it teaches the grief process. This is necessary in addition to participating in the support groups.

It takes an average of two years to grieve and we do not want anyone to be alone in their grief. The Catholic Community of St. Laurence is here to support you.

Contact Annette Bisanz at 281-980-1449.

GRIEVING FAMILIES

Coping with sudden or tragic death of a loved one can be very difficult. Survivors are often overwhelmed by the grief that follows an unexpected death, and this may complicate the grieving process. Connecting with others who are also grieving the sudden death of loved ones can facilitate the healing process.

The Grieving Families support group is for those who are grieving the death of loved ones through murder, suicide, accident, or any other sudden death. The group meets on the third Thursday of each month, from 1:00PM to 2:30PM in the Corpus Christi Room.



Contact Agnes Fernandes at 281.933.3721
or agnesffernandes@gmail.com.