

The Grieving Process

Something you may find helpful during the grieving process is to familiarize yourself with the stages of grief and understand that you may go back and forth through these stages ... denial, anger, bargaining, depression, acceptance. You may find yourself crying, shouting, sleeping more or not being able to sleep at all. You may find yourself staring into space and ignoring those nearby. Concentration may be difficult for you.

Share these feelings with someone. It may be your friend, your Pastor, your doctor or a counsellor. Although you will never forget your loved one, it will get a bit easier later on. Your church is here to walk this journey with you.

Your church remembers those who have past on during a service around 'All Saints Day' in the Fall. A candle is lit in memory of each person that has died in the past year. Try to attend this 'memorial' service for your loved one. It helps with the grieving process.

2 Corinthians 5:1 TLB

For we know that when this tent we live in now is taken down – when we die and leave these bodies – we will have wonderful new bodies in heaven, homes that will be ours forevermore, made for us by God himself, and not by human hands.