



## Who We Are

We are a support group for people whose spouses or significant others have died. We meet on the first and third Thursdays every month at 7 p.m. We know how important it is to tell your story and have it heard by compassionate people who understand.

Location:

Holy Family Parish  
2515 Palatine Road

## Faith-Based

We are an ecumenical organization based in a Catholic community. Yet we openly welcome those of deep faith, no faith, or anywhere in between. Grief often involves grappling with issues of God and faith. We share our struggles, doubts, anger at God, and varying beliefs. We respect and gently embrace each person who walks in the door, accepting them where they are and companionship on the path to healing and hope.

## More Than Spiritual

On occasion, we host a program or a speaker presentation. Sometimes the topic relates to grief itself. More often it covers some practical aspect of learning to live alone - security concerns, simple car maintenance, plumbing repairs, traveling alone, and more. Other times the topic is just plain fun - learning tai chi or flower arranging, enjoying a coffee tasting, or hearing about dream interpretation.

Together we learn, we laugh, and we begin haltingly to enjoy life again. To Be Joyful Again reaches out to anyone in need regardless of race, gender, age, or religious affiliation. Newcomers are welcome!

## Resources

Grief and healing are not a common topic of conversation in our society. Most people know very little about it until they find themselves in the midst of grief. We offer factual information to reassure you that you are not crazy or overreacting, and to guide you along through your grief process.

## Socializing

We know how important it is to build new friendships beyond the "coupled" friendships that collapse when they don't know what to do with you or what to say. At our meetings, we enjoy desserts and casual conversation. We plan social events, brunches, dinners out, and other opportunities to relax, share on an informal basis, and build the network of support to see you through this difficult time.

## Kindred Spirits

In our small group sessions, we have trained facilitators, all of whom have also been widowed.

We listen with love and attention. We help you deal with guilt and regrets. All of us share our high points and our sorrows, offer advice on dealing with the loneliness and with well-meaning people who try to help but get it all wrong. We share pointers on what helps or what doesn't, and give each other the kind of support that is only possible from those who have been there.

***For more information, call Pat at 847-985-4624, Bob at 847-438-2884, Amy at 847-882-3491, or Bob 847-882-3491***



To Be Joyful again is a ministry of Holy Family Catholic Community. For more in about Holy Family and its many ministries please visit our website.

**[www.holyfamilyparish.org](http://www.holyfamilyparish.org)**