



10 Tips For Beginning Your Healing Journey After Losing A Loved One



JOHN PAUL II
CENTRE FOR LIFE





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The Journey of Healing

"Indeed as the sufferings of Christ overflow to us, so, through Christ does our consolation overflow"

2 Corinthians 1:3-5

Where to go from here? There is never one answer to this painful question as this is so personal. Healing can occur in a day, a month, or a year. More than likely, it will take a lifetime.

A lifetime because one day when we face the Lord in heaven, only then will there be no more pain and the joy of our hearts will be with Jesus and with our children. This guide may help in processing your grief and to begin the healing process. We pray it will be a starting point for you.

1. Examination of Conscience:

This is the time to examine your conscience so you can be real and raw with your confessor. Jesus is patiently waiting for you to invite Him into your suffering. We are happy to find you the support you need if you have never done this before.

2. Confession:

Make time to go to confession. This is where Jesus pours his grace onto us through this healing sacrament.

3. Mass:

Make sure you attend Mass every Sunday and on the Holy days. Find a Catholic Church in your area and decide if you want to be a member. Being part of a family and having a priest praying for you and your family is very important for your soul and your faith.

4. Pray together:

Every day and every night. If you want to learn more about a person, pray together as a family. This is also a great way to set an example for your children.

5. Find a spiritual director:

You can get a spiritual director as a couple or as an individual. After prayerful consideration, see if they can provide you with ongoing spiritual direction.

6. Counselling:

If you need counselling, consider going to a counsellor who is Catholic. It is important for you to see someone who shares the same faith and morals as you. A counselor who is coming from a different world view can lead you down a variant path at a time when you are most vulnerable.

7. Find a support group:

Start by contacting your parish office or us at JP2 Centre for Life. We can lead you in the direction of where to find support. We meet on the 4th Monday of each month at 7.30 am at St Teresa's Church, praying the Seven Sorrows Rosary for those who have lost a loved one. There is a Mass before this at 7am.

8. Make a friend:

As hard as this might sound, reach out to your priest and see if they are aware of any other parents in your parish who are suffering from child loss, even if it was some time ago. If not you can reach out via social media. Having a friend who has gone through this is priceless. This will be healing for both of you.

9. Start your own group:

Consider starting your own small faith-sharing group for people who have lost a loved one. People are grateful that someone will reach out, especially when the grief is deep. You could advertise in your weekly bulletin or ask us at JP2 for advice on how to start up a group. Come up with a few guidelines such as:

- Give everyone a chance to share.
- Don't feel like you have to offer the grieving person advice; sometimes they need someone to listen.
- Stick to the allotted time, whatever you decide that will be.
- Begin and end each session with a prayer. Ask for an increase in faith in being united with loved ones in eternity.

10. Go to Adoration:

You can receive great solace from spending time at Adoration. Christchurch Diocese has a Perpetual Eucharistic Adoration Chapel beside St Gregory's Church in Cotswold Ave. Bring your suffering to unite with His suffering, cry it out in your heart, where Jesus is present in the tabernacle. It is important to unite each moment of our suffering with the pain of Jesus. We are not alone, He is suffering with us.

As St Francis of Assisi said,

“Start by doing what is necessary; then do what is possible, and suddenly you will be doing the impossible.”

St Padre Pio:

“Don't waste energy on things that generate worry, anxiety and anguish. Only one thing is necessary: lift up your spirit and love God.”

St John Paul II:

“Turn your eyes incessantly to the Blessed Virgin; she, who is the Mother of Sorrows and also the Mother of Consolation, can understand you completely and help you. Looking to her, praying to her, you will obtain that your tedium will become serenity, your anguish change into hope, and your grief into love. I accompany you with my blessing, which I willingly extend to all those who assist you.”

The saints were always running towards Christ...we can ask their help in rejoicing in the midst of suffering, trusting Him, who showed how real His promises are.

Talk to Christ throughout the day....let Him see you love Him