



Archdiocese  
of Vancouver

## *Bereavement Ministry*

### *Winter 2023 Newsletter*



### **A Blessed Advent to you!**

The Season of Advent is upon us. Seems to come faster each year, doesn't it? This time of year can be especially hard for those who have lost someone especially this year or in years past. If you are grieving, I urge you to be kind to yourself, take time for yourself, and if possible surround yourself with friends and loved ones. It is ok to have sad moments and always ok for remembering and if needed, tears.

We have gathered a few resources which might help you this season. We have also included some upcoming webinars and events that might be of interest. Please forward this email to anyone you think might be interested.

I am excited by new bereavement groups starting in parishes and it is my hope for more. If you need help please contact me.

Michele

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## Embracing Your Vulnerability During the Holiday Season

The holiday season can be hard for many people -- here's a short video featuring Dr. Alan Wolfelt, the director of the Centre for Loss & Life Transition in Fort Collins, Colorado, as he talks about how to embrace your vulnerability during this holiday season.

[Go to video here.](#)



### Articles by Denis Boyd

- **Christmas Blues**
  - Where do the Christmas Blues come from and what can be done to ease them?
  - [Read more here.](#)
- **Preparing for Post Holiday Blues**
  - "What can we do to ease ourselves out of this period of letdown?"
  - [Read more here.](#)
- **Post-Holiday Blues**
  - "[Christmas] is suddenly over and you may think, 'Is that all there is?'"
  - [Read more here.](#)





## **"Coping with the Christmas Season" ... when someone you love is gone**

When it does not feel like "Peace on Earth", know that you are not alone. Come and learn strategies for coping with the Christmas season. Know that your loss is not forgotten.

**Dates:** Tuesday, Dec 5 (Part 1)

Tuesday, Dec 12 (Part 2)

**Time:** 7 - 8:30 p.m.

**Location:** Our Lady of the Assumption  
3141 Shaughnessy St., Port Coquitlam

**Cost:** Free of charge

**Pre-registration is required -- space is limited.**

Register by emailing: [olasupport@shaw.ca](mailto:olasupport@shaw.ca)



## **Ave Maria Press: Free Professional Development Webinars**

Ave Maria Press has online, free webinars on a variety of topics, including grief, dementia, theology, and pastoral ministry.

Donna MacLeod (who wrote Seasons of Hope) is doing a monthly video series -- November's was "Our Call to Compassion". The next one is December 5th, "Finding the Hidden Joy of Tending to Grieving Hearts."



## Save the Date!

### Upcoming Events in the Lower Mainland

- Dec 5 & 12, 2023: "Coping with the Christmas Season" at Our Lady of the Assumption Parish, Port Coquitlam.
- Jan 20, 2024: Presentation by Denis Boyd at All Saints Parish, Coquitlam.

### Upcoming Bereavement Ministry Support Meetings

- Jan 24, 2024; 7-8:30 p.m. on Zoom. [Learn more here.](#)

### Spiritual Care Training Program on Zoom (8 Weeks)

- Feb 1 – Mar 21, 2024; 1:30 – 4:30 p.m. [Learn more and register here.](#)

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