

## INVITATION

Today's fast paced society provides little time, space or support for those who have suffered loss.

“Companions Along the Journey” is a bereavement support group for anyone who has suffered the loss of a loved one.

**Your privacy and confidentiality will be observed.**

The bereavement support group offers a safe, non-judgmental place for people to do their grief work through

- Prayer
- Reflections on understanding grief
- Small group sharing

## Contact

**DIOCESE OF LAFAYETTE  
OFFICE OF PRO LIFE APOSTOLATE  
1408 CARMEL DR.  
LAFAYETTE, LA 70501**

Karol Meynard, Director  
kmeynard@diolaf.org

Trista Littell, Assistant  
tlittell@diolaf.org

337.261-5607 or 337.261-5598

## **Companions Along The Journey Bereavement Support Group**

### Day Time Location

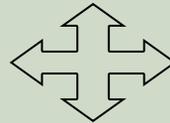
**Diocese of Lafayette**  
Immaculata Center  
Katharine Drexel Meeting Room  
1408 Carmel Dr.  
Lafayette, LA 70501

### When

Meets the 2nd and 4th Monday of each month  
from 12:00—1:00 p.m.

### Contact

**OFFICE OF PRO LIFE APOSTOLATE**  
Karol Meynard, Director  
Trista Littell, Assistant  
337.261-5607 or 337.261-5598



### Evening Location

**St. Peter & Paul Church**  
Room #1 of the new CCD Building  
1110 Old Spanish Trail  
Scott, LA

### When

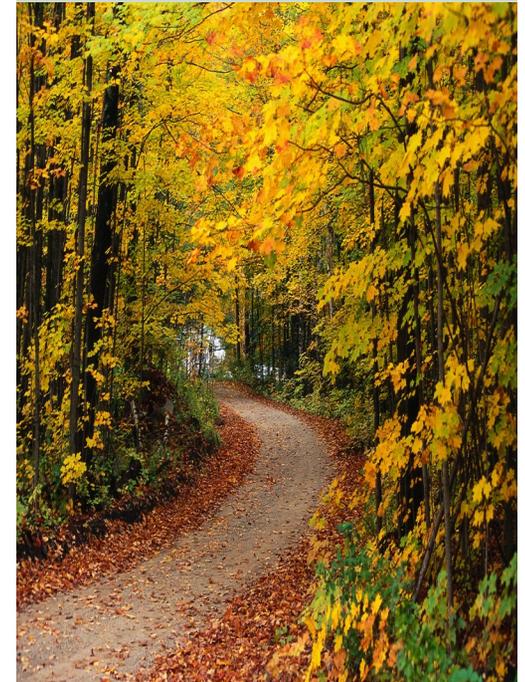
Meets the 2nd Thursday of each month from  
6:30—8:30 p.m.

### Contact

Carla Oliver  
337.654.8917

## **“COMPANIONS ALONG THE JOURNEY”**

A Bereavement support group for those suffering the loss of a loved one.



O God of the journey,  
renew in me a deep trust in you.

Take my hand in yours, and guide me  
ever so gently across the new  
territory of my life.

**Thus says the Lord,  
“Do not let your hearts  
be troubled or afraid”  
(John 14:27)**

## “Companions Along the Journey”

### A Bereavement Support Group

All, 18 years or older, are welcome to participate in this enriching education-based ministry to help bereaved people heal from the loss of a loved one.

You will find love, compassion, and opportunities for hope and healing ... a safe place for understanding your grief and for being restored by the Lord who awaits you.



### TEN TOUCHSTONES FOR UNDERSTANDING GRIEF

1. Open to the presence of your loss
2. Dispel misconceptions about grief
3. Embrace the uniqueness of grief
4. Explore your feelings of loss
5. Recognize you are not crazy
6. Understand six needs of mourning
7. Nurture yourself
8. Reach out for help
9. Seek reconciliation
10. Appreciate your transformation

## SIX CENTRAL NEEDS OF MOURNING

Alan D. Wolfelt, Ph.D.

1. Accept the reality of the death.
2. Let yourself feel the pain of the loss.
3. Remember the person who died.
4. Develop a new self-identity.
5. Search for meaning.
6. Let others help you — now and always.



### EACH PERSON'S GRIEF IS UNIQUE

***Companions along the Journey Bereavement Support Group* brings new people in our lives during difficult times of loss.**

- **Our help on the grief journey may not always be our family members or closest friends.**
- **Members of the same family may grieve differently and at a different pace.**
- **Not everyone has the capability of being a companion through grief.**
- **Very often someone new emerges with a similar experience of loss to help us cope with this transition on life's journey.**

### HEALING AFTER LOSS MEDITATIONS FOR WORKING THROUGH GRIEF

“Saddened as I am by loss, my heart lifts in gratitude for the richness my loved one has brought to my life...”  
— Martha Whitmore Hickman

“All I know from my own experience is that the more loss we feel the more grateful we should be for whatever it was we had to lose. It means we had something worth grieving for. The ones I'm sorry for are the ones that go through life not even knowing what grief is.”  
— Frank O'Connor