



ARUNDEL CATHEDRAL

DEDICATED TO OUR LADY
AND SAINT PHILIP HOWARD



MINISTRY OF CONSOLATION

SUPPORTING YOU THROUGH
YOUR LOSS

Come unto me, all ye that labour and are
heavy laden,
and I will give you rest.
(Matthew 11: 28)

The death of a loved one or other kinds of loss can be a bewildering and devastating experience and may bring about very strong emotions.

People grieve in different ways. Some seem to cope well initially but find it more difficult later. Some have more difficulties at the beginning.

Be gentle with yourself whatever feelings and reactions you are experiencing. Grief is a very personal experience there is no right or wrong way to feel. We are all different and deal with things in different ways. It is important to allow yourself time to grieve in a way that feels right for you. It is normal to feel angry, or guilty or very alone. Life may feel as if it has no purpose.

Take things one day at a time!

- Keep in touch with family & friends by phone, text, email, or letter.
- Get rest, fresh air, sunlight, and exercise when possible.
- Keep a regular routine.
- Accept practical help from others.
- Talk about your feelings and the loss you have experienced.
- Do allow Jesus to comfort you.

The Cathedral Ministry of Consolation Team may be able
to help



Do not let your hearts be troubled (*John 14: 1*)

- A November Mass of Consolation and chance to chat to others and the Arundel Cathedral Consolation Team over coffee.
- One to one support for those who would like it
- A group meeting for those who have experienced loss.
Please see Newsletter for details

A Prayer

May He support us all day long, till the shadows lengthen and the evening comes, and the busy world is hushed, and the fever of life is over, and our work is done. Then in His mercy may He give us a safe lodging and a holy rest and peace at last.

St John Henry Newman

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