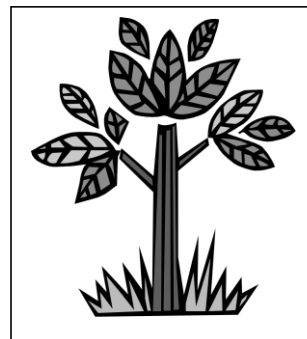


# Our Lady of Mercy Parish Grief Support Ministry

## “Grieving the Death of a Loved One”



### *A Journey toward Healing and Hope*

**Grief** is a journey that we are never really prepared to take. It begins the day you lose a loved one, and continues in many different moments of your life. It will take you to places you have never known and places that you may not want to go. **GRIEF IS A JOURNEY YOU DO NOT HAVE TO TAKE ALONE!**

**Our support group is currently not meeting in person due to Covid 19 restrictions and out of an abundance of caution for all of our participants.** Please visit the OLM website, [uolm.org](http://uolm.org) for additional resources for yourself or to support someone you know who has suffered a loss. Check the parish bulletin weekly for current information and updates concerning bereavement ministry.

If you would welcome a phone call from one of our parish priests or a member of our bereavement team, email **John Rokoszak** at [john.rokoszak@uolm.org](mailto:john.rokoszak@uolm.org) or call the rectory, 201-391-5315 and leave your name, contact information and a good time to receive a call. Please know that although we are not meeting in person, we continue to pray as a ministry and parish for you and your family during this difficult time of loss.

**PLEASE JOIN US AS WE REMEMBER ALL OF OUR DECEASED LOVED ONES**

**ALL SOUL'S DAY MASS  
MONDAY, NOVEMBER 2, 2020  
8:30AM IN CHURCH**