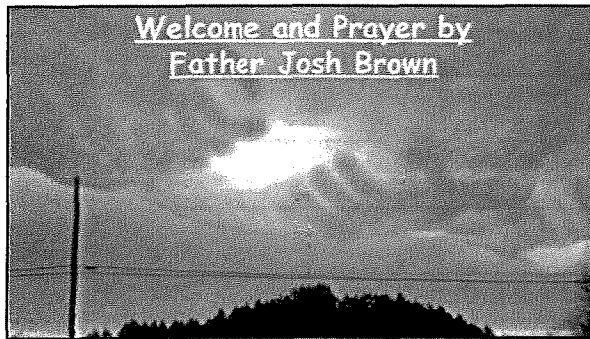


A Journey of Faith:
Grief, Suffering, and Salvation

- Sign in
- Make a name tag
- Welcome - Find a seat

Welcome and Prayer by
Father Josh Brown



Introductions

- Father Josh Brown & Father Mark Seiker
- Moriah Eickhoff - Healing after the loss of my dad
- Monica Kramer - Healing after the loss of my husband
- Karen O'Connor - Healing after the loss of my sister
- Romano Polanco - Healing after the loss of my wife

Agenda

1. Welcome and Prayer
2. Introduction of Speakers and Program
3. Introduction of Agenda
4. Presentation on Grief
5. Stages of Grief
6. Father Josh Brown
7. Video
8. Overview of Holy Cards
9. Break
10. First Speaker
11. Second Speaker
12. Lunch
13. Third Speaker
14. Fourth Speaker
15. Overview on Suffering
16. Closing

An Overview of Grief

By Monica and Moriah

- Death of Humans or Pets
- Divorce
- Loss of a Job
- Children Leaving the Home
- Bankruptcy
- Retirement
- Loss of a Home
- Loss of a Dream
- Loss of a Limb or Body Part
- Inability to Conceive a Child

Stages of Grief

7 Stages of Grief

(Based on Kubler-Ross's Model)

Shock*	• Initial numbness and feeling that nothing can be done.
Denial	• Trying to avoid the inevitable.
Anger	• Frustration and outpouring of justified anger.
Bargaining	• Seeking to talk the way out.
Depression	• Final realization of the inevitable.
Testing*	• Seeking creative solutions.
Acceptance	• Finally finding the way forward.

*The asterisk indicates that these stages are not necessarily sequential and may occur simultaneously or in a different order.

A world view of the stages of grief ...

Denial

- Denial is the first of the five stages of grief
- It helps us to survive the loss. In this stage, the world becomes meaningless and overwhelming
- Life makes no sense
- We are in a state of shock and denial
- We go numb
- We wonder how we can go on, if we can go on, why we should go on

Anger

- Anger is a necessary stage of the healing process
- Be willing to feel your anger, even though it may seem endless
- The more you truly feel it, the more it will begin to dissipate and the more you will heal
- There are many other emotions under the anger and you will get to them in time, but anger is the emotion we are most used to overlooking

Bargaining

- Before a loss, it seems like you will do anything if only your loved one would be spared
- We become lost in a maze of "If only," or "What if," statements
- We want life returned to what it was, we want our loved one restored
- We want to go back in time
- Guilt is often bargaining's companion
- The "if only's" cause us to find fault in ourselves and what we "think" we could have done differently

Depression

- After bargaining, our attention moves squarely into the present.
- Empty feelings present themselves, and grief extends our lives on a deeper level, deeper than we ever imagined.
- This depressive stage feels as though it will last forever.
- It's important to understand that this depression is not a sign of mental illness.
- It is the appropriate response to a great loss.

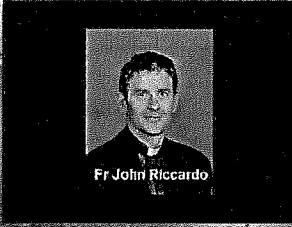
Acceptance

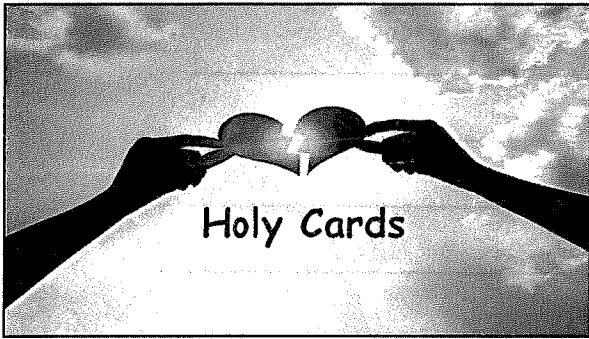
- Acceptance is often confused with the notion of being "all right" or "OK" with what has happened.
- This is not the case.
- Most people don't ever feel OK or all right about the loss of a loved one.
- This stage is about accepting the reality that our loved one is physically gone and recognizing that this new reality is the permanent reality.
- We will never like this reality or make it OK, but eventually we accept it.
- We learn to live with it.
- It is the new norm with which we must learn to live.

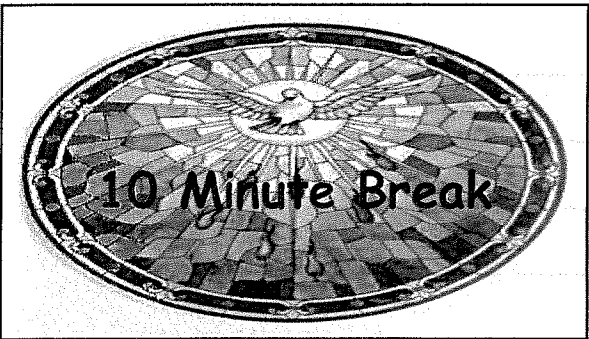
Father Josh Brown Transferring to a New Parish

Personal experiences with loss and grief
Helping others walk through their grief

What you need to know about death,
grieving, and the joy in the next life





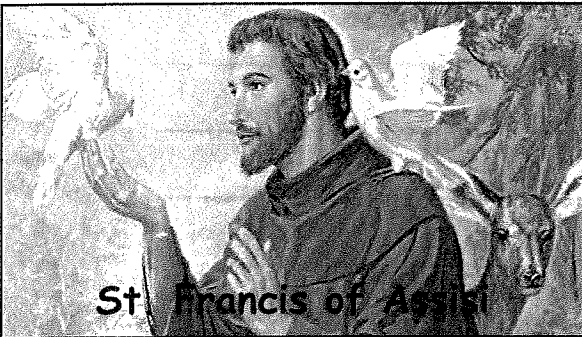


Healing after the loss of my dad



Randy Kramer

My journey through loss and grief



St. Francis of Assisi

Healing after the loss of my husband

- Marrying Randy was the single most important decision of my life
- Adopting the number 333
- A metaphor of walking the fence
- Wonderful Friends
- Storytelling - Walking the Fence
- Family (but they were suffering like I was... grandkids not wanting to stay with me... uncertain if I was going to cry... not seeing Randy in his chair)
- Survivor's Guilt



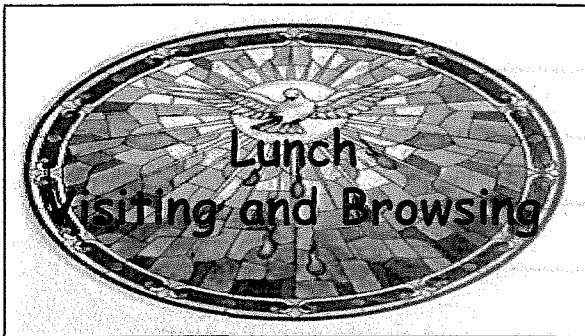
Randy Kramer

Cemetery 2017

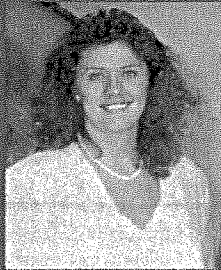
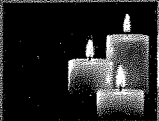


- Promise to be always with me
- He is always near
- Moon
 - Cemetery 2018
- Reality of Death - Desire to be with God and Randy
- Our Legacy
- Eternity Cross/Waterfall
- Soon and Very Soon






Healing after the loss of my sister



Gerri Lynn



- Blindsided - unexpected - out of order
- Comparisons - there are no rules when grieving
- Faith - Mother Mary - Rosary - Candles - Mass - sitting in church
- Signs - Messages (\$) - Dreams
- Until we meet again - kindness shown to others in memory
- Keep moving forward - focus on seeing Geri Lynn and others again
- Journaling

Romano Polanco



Jessica Polanco

My journey through loss and grief

Romano Polanco

Always and Forever by Heat Wave



Thanks For Watching
Created By Gina

Father Mark Seiker
Suffering

Father Josh Brown and
Father Mark Seiker
The Closing
