

# Ministry to the Grieving:

## ***“God’s Help: Praying the Psalms in Times of Sorrow”***

Last year, during the worst part of the pandemic, SsAM launched a new ministry aimed at helping those experiencing the grief and sorrow of loss. Although we didn’t have enough people signed up for the grief support group, entitled, “Lord, Help Me Heal My Grieving Heart,” to go forward, the Ministry will continue to offer opportunities for you to come together to discuss, in a confidential and safe place, your emotions and thoughts as you face the pain and sorrow of loss.

Therefore, as we approach Lent, the Ministry to the Grieving would like to offer the opportunity to find solace in the emotions of grief through a prayer group. The group will meet on Zoom each **Tuesday evening from 7:00 - 8:30 p.m.** The prayer group will begin on **March 8**, and run for 10 sessions. Each week the group will take a psalm that addresses our emotions in grief. Through discussion of the psalm, and how it relates to our grieving, it is hoped that we will build strength to meet the painful emotions of grief. The format and the Psalms include the following:

Week One: Understanding the nature and tasks of grieving; telling our grief story

Denial: Psalm 46; Sadness: Psalm 31; Fear: Psalm 62; Hope: Psalm 33  
Anger: Psalm 77; Faith: Psalm 100; Guilt: Psalm 32;  
Praise: Psalm 71

Final Week: Liturgy for Our Beloved Dead

Your facilitators are Sister Rosie, OP, who is a certified grief counselor, and Mary Morgan, who has gained experience with the grieving through workshops and her service at Schoenberg Funeral Home. Our praying will be based on the book, ***"Grief: God's Help in Times of Sorrow,"*** by Cathy Maddams and Jim Reapsome. (available through Amazon \$12) Whether you have suffered loss recently or are still affected by a loss in the past, you are welcome to explore the strength gained through praying the Psalms.

To register, please send an email to Mary Morgan at [mc1360@aol.com](mailto:mc1360@aol.com). We will need at least 5 participants to hold the prayer group.