



The Dove November 2021

A publication of the Holy Cross Faith Community Nurse Program

Greetings from the Holy Cross Faith Community Nurse Program.

For everything there is a season, and a time to every purpose under the heaven: (Ecclesiastes 3:1)

Dear Friends,

As the vibrant fall colors begin to fade to a more barren landscape, November has always been an apt month to be mindful of our own limited time on this earth and the joy that is to come. We pause to remember loved ones we have lost, take the time to grieve, to gather and be grateful for all that has been.

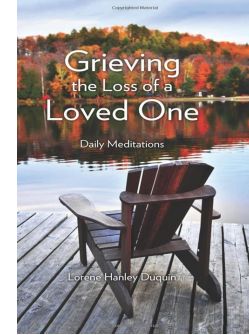
The grief journey, almost by definition, is a lonely one, it is also intensely personal. The need for spiritual consolation is perhaps never greater. Faith Community Nurses and Health Ministers get to walk that sacred ground with those in our congregations as one of the most important ministries we do. To that end, in this issue we are highlighting programs, books and organizations that provide ways to help those who are grieving.

Becky Boeckman, FCN, reports on The GriefShare program she led at her church as well an upcoming offering during the holidays. Additional resources for ministering to the bereaved are highlighted in our book review.

We are also happy to share more about the work of CaringMatters, a nonprofit organization in Montgomery County, that is dedicated to serving families facing serious illness and loss. We hope with learning more about these resources, we can be better equipped to continue the great privilege of walking beside those who need healing and consolation.

Wishing you all a wonderful new season,
Meg, Betty, Janis and Lucia

Frequently faith community nurses accompany persons during life changing events including the loss of a loved one. While the *gift of presence* cannot be over-rated having a tangible reminder that one is not alone in their grief is very much appreciated by the bereaved, as well. **Grieving the Loss of a Loved One and Journeying through Grief** are two such very valuable reminders and resources.



Grieving the Loss of a Loved One

Grief is like a long valley, a winding valley where any bend may reveal a totally new landscape." C.S. Lewis

Lorene Duquin, an experienced grief counselor, was no stranger to understanding and explaining grief and had helped many people work through it. But, when she lost her mother, she found herself living in an entirely new space.

Grieving the Loss of a Loved One contains 52 powerful, one-page meditations that will help you work through the various aspects of grieving as they did for Lorene herself. The meditations are wide-ranging: deeply personal, but yet, address the emotional, physical, mental, spiritual, and social aspects of grief. Rooted in prayer, inspired by the Holy Spirit, and conveying important life lessons, each meditation features:

- A quote from a well-known figure that speaks to the meditation.
- A brief reflection on the topic at hand.
- A prayer and sidebar with a timely quote or anecdote

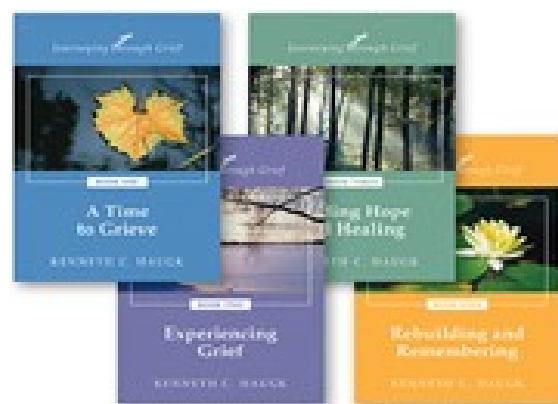
Walk hand in hand with Lorene and experience the gift of a companion who can walk this walk at your side through this unknown territory, where each passing day seems to reveal a new dimension of pain, loss, confusion but eventually transforms to healing and peace.

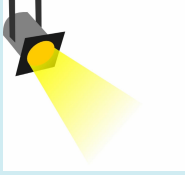
Journeying through Grief

A Simple, Powerful Way to Care for People Who Are Grieving

Journeying through Grief is a set of four short books and letters to send to people at four crucial times during the first year after the loss of a loved one. The letters reflect the warm, caring author's style. He writes in each chapter as a short, easy-read. He walks alongside the reader through the grief journey, sharing helpful insights about grief, biblical truths, and stories that provide comfort and reassurance.

<https://www.stephenministries.org/griefresources/default.cfm/774>





Partner spotlight:

At Community UMC, Virginia Beach we offered the **GriefShare Support Group Program** December 2020- March 2021, via Zoom. The program provides help and encouragement after the death of a spouse, child, family member or friend. We offered a 13 week small group (12 people) for those who have experienced the loss of a beloved. This seminar included sections of video, discussion and workbook study in each session. There is a workbook that accompanies the program. Overall, the participants gave very positive endorsements of the benefits of the program and improvement in how they coped.

We will be offering in November : "**Surviving the Holidays**" by GriefShare.. *Surviving the Holidays* is a 2 hour seminar for people who are grieving a loved one's death. The objective is to show how to deal with the many emotions faced during the holidays, Among them: **What to do about traditions and other coming changes; Helpful Tips for surviving social events; and How to discover hope for your future.**

The Kit for Surviving the Holidays cost \$95.00, includes a CD and a Leader guide. Extra Leader's Guide is \$10. Participants books are \$5 each.

<https://www.griefshare.org/holidays>

More details and cost about the basic package for the GriefShare Program can be found at <https://www.griefshare.org/>



Holy Cross FCN Monthly Chat

~~4TH WEDNESDAY~~

**NEXT chat rescheduled for
Wednesday DECEMBER 1
(due to Thanksgiving)**

12:30pm-1:30pm

Roundtable Discussion on Ministries around the
Holidays and re-engagement post-pandemic

USE BUTTON BELOW TO JOIN . All Welcome!

JOIN WEBEX

Community Resource:

CaringMatters

Facing Illness & Grief. Finding Compassion & Support.

CaringMatters, a nonprofit organization serving Montgomery County for over 32 years, provides compassionate social support services, without charge, through a trained volunteer network, serving children, adults and families facing serious illness, caregiving

challenges, end-of-life and grief.

- **Volunteer Helping Hands** is CaringMatters' caregiving program that provides community-based social and emotional support, free of charge, to Montgomery County residents of all ages with serious, life-limiting illnesses. Services include, but are not limited to: companionship and emotional support, assistance with household tasks, respite care, patient advocacy, and limited transportation to appointments.
- **The Whole You**, a program in partnership with **The Shady Grove Adventist Aquilino Cancer Center**, works with adults being treated for cancer or other blood disorders and their families, by providing assistance, free of charge, accessing social support services and other community resources.

For more information on CaringMatters, including services, resources and volunteer opportunities, visit www.CaringMatters.org



UPCOMING EVENTS:

Holy Cross Health offers bereavement support and services for anyone who is in need of it. Contact and group information can be found [here](#).

Information and registration for Holy Cross Health in-person and virtual events, classes and programs can be found [here](#).

Preparing for Advent

- Living Compass is offering :

LIVING WELL THROUGH ADVENT 2021

Practicing Patience With All Your Heart, Soul, Strength, and Mind

This free resource offers daily Advent devotionals in both English and Spanish, private Facebook discussion group, a group facilitators guide, and more. Please go [here](#) for more **information**.

- Church Health's devotional for Advent is called

Walking to the Manger, for individuals or groups, it invites the reader to make walking, reflecting, and prayer a part of your daily Advent practice. Find out more [here](#).

- Holy Cross Community Health and the FCN program continue to bring COVID-19 vaccines to communities who need it. Please [email](#) if you would like to know more.

Join Our Email List:

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Email : fcnprogram@holycrosshealth.org



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HolyCrossHealth.org/fcn

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These resources are provided to assist you and not to endorse any particular entity, service or event.