



Coming – May 14th – “A New Day” 6 Week Bereavement Support Group

Thursdays – May 14, 21, 28 & June 4, 11, 18

6:30 to 8:30 PM, in the Burke Wing

If you are saddened by the loss of a loved one, then you need to give yourself some time to work through the natural process of grieving. In order to move on with your life after the death of another, you need to work through the “tasks” of grieving. It is only by completing these tasks that you can eventually move on with your life, always remembering your loved one and using those memories to build your own future. Here at St. Augustine’s, we believe no one should grieve alone. Call Mary Jane to register now for these sessions.

Give yourself the gift of understanding the grieving process and learn ways to begin the healing process.

Some Truths about Grief

- *Grief is a normal and natural reaction to the death of a loved one.*
- *Few of us are prepared for the journey of grief that is at times devastating, frightening & lonely.*
- *Grief has been likened to a raw, open wound, it will eventually heal, but there will always be a scar.*
- *No two people grieve in the same way.*
- *In order to move beyond your grief, you must “work” at it. There is no alternative.*
- *It is not selfish to be self-caring. Your loved one would have wanted you to be.*
- *The best therapy for your grief is to find people who will listen to you tell your “grief” story.*
- *Take each hour, each day, each week, each month, each year – one at a time.*



FRIDAY MORNING BIBLE STUDY – Friday mornings at 9:30 AM, in the Burke Wing.

WOMEN’S BIBLE STUDY SERIES, call Cathy Carlin (410-796-8150).

BEREAVEMENT MINISTRY

Our next 6 week Support Group begins

May 14th. Mark your calendars now.

May 14th thru June 18th.



We believe no one should grieve alone. The 6 sessions are designed to help assist and guide you during your own process of mourning the loss of your loved one. Each person’s losses are unique, and each person’s grief is different. We are here to “companion” you on this journey. Call Mary Jane to register, (410-564-2395).

RCIA – 2009

We will meet today, April 26th @ 9 AM in the Burke Wing, for our first Mystagogia session.

This is a time to delve more deeply into the sacramental life of the Church, and to discern how we will continue our faith journey with the guidance of the Holy Spirit.

PARISH PRAYER CIRCLE

*Our parish “Prayer Circle” prays for the needs of our parish family. “Evening and morning and at noon I will pray, and cry aloud, and He shall hear my voice”
Psalm 55:17*

Anyone may call or email in a petition to:

To Frank Stanitski

fpsosjs@verizon.net

410-796-4582

“Prayer helps us to respond to misfortune with courage, to react with confidence and to rebound with enthusiasm.”

- William Arthur Ward -



Helping Hands



“HELPING HANDS” MINISTRY

Ministries *Our “Helping Hands,” assist with funeral receptions for our parishioners.*

We have a new need – Dessert Bakers!

Thanks to all who volunteered to assist with set-up and take-down. If you can help, call

Pat Pool, at 410-796-5876.