



Christ the Redeemer
Bereavement Support Group

To experience and embrace the pain of loss is just as much a part of life as to experience the joy of love. As it should be — thoughts, feelings and behaviors that result from the death of a person who has been loved are impossible to ignore. The experience of grief is very powerful. As we encounter personal loss, we have the opportunity to make a willful choice of how we are going to use the pain of the grief — whether we are going to channel it to make our lives better or worse.

—Dr Alan Wolfelt

The CTR Bereavement Support Group is a safe, welcoming place where people understand the difficult emotions of grief. Through these sessions, you will discover what to expect in the days ahead and what is ‘normal’ in grief. Since there are no neat, orderly stages of grief, you will learn helpful ways of living with grief in all its unpredictability — and gain solid support each step of the way.

The CTR Bereavement Support Group is open to any parishioners who have lost a loved one and would like to accompany each other as we open our hearts to God’s healing grace.

We will meet once a week for six weeks starting Monday, September 25, 2023. Our aim is to conclude the week of All Souls’ Day. Please register as soon as possible as group size is limited.

For more information or to register, please contact:

Linnea Zeller @ 306-626-3507 or

Marilyn Mudry-Lautsch @ 306-773-3523

“There are really only two stages of grief ... who you were before and who you are after.”

—Ted Rynearson