

A Journey Through Grief



Journey Through Grief

Walking together in love, sorrow, and hope.

Blessed are those who mourn, for they will be comforted. Mt 5.4.

Grief is sometimes described as a journey. It can be long or short, smooth or uneven, but it is always unique. There is no fixed path. Grief may be shaped by: the circumstances of the death; your relationship with the person who died; and your own personality and life story.

Grief sometimes reveals other areas of struggle, such as:

- past trauma
- anxiety or depression
- a feeling of exhaustion, or 'burn-out'
- relationship difficulties
- spiritual crises

In such times, counselling or spiritual direction can help you navigate the complexity. If you're not sure what you might need, get in touch; we'll listen and help you explore options.



A Church That Walks With You

The Church of England is here to accompany you.

We can offer:

- **Funeral ministry and pastoral care;**
- **Bereavement support and prayer;**
- **A Bereavement Café (at St Mary's Community Hall, Sawston), which is a new safe space to share your experience or just sit with others; and**
- **Personal support or simply someone to talk to.**

We can also help you connect with a local counsellor or signpost you to trusted support services.



Faith and Belief

You may wish to speak to someone from your own faith tradition or cultural background. We can help connect you to local faith leaders who will be able to talk with you. As your parish church, we are happy to signpost and support you to explore how faith, belief and grief are linked.



Simple Breath Prayers for the Hard Moments

Try these when words feel far away:

Breathe in: “**Jesus, hold me.**”

Breathe out: “**I am not alone.**”

Breathe in: “**God of mercy,**”

Breathe out: “**give me peace.**”

Breathe in: “**Here I am, Lord,**”

Breathe out: “**Be with me now.**”






Where to Find Help


Some people journey through grief with only the support of loved ones, others find strength through trained counsellors, peer support, or groups. Below are organisations that can help:

Cruse Bereavement Support. Can offer free and confidential help for anyone who has experienced a death. Their trained volunteers provide individual and group support.

 www.cruse.org.uk  0808 808 1677

At A Loss. A national signposting website connecting you to local and online grief support services, including faith-based options.  www.ataloss.org

Cogwheel Counselling (Cambridge). Provides low-cost counselling to individuals, couples, and families — including support for those experiencing grief, stress, or relationship difficulties.  www.cogwheel.org.uk  01223 464385

Care for the Family – Bereavement Support. Christian charity offering resources and support networks for those who are widowed or have lost a child.  www.careforthefamily.org.uk

Grief Encounter. Supports bereaved children and their families through counselling, helplines, and school-based work.

 www.griefencounter.org.uk

Winston's Wish. Provides specialist support to children and young people after the death of a parent or sibling.

 www.winstonswish.org

Starting the Journey

Grief doesn't follow a set path. It can begin suddenly or unfold slowly over time. You may feel numb, or find the reality of what's happened hard to take in. After the funeral, as life around you moves on, your own sense of absence may deepen. Familiar routines can feel unfamiliar. What once felt "normal" may not anymore.

In time, many people find ways to return to everyday tasks — but that doesn't mean the grief has gone. It often comes in waves, sometimes when least expected.

Everyone's experience is different. Some find comfort in knowing that feelings of sadness, anger, relief or confusion are all part of grief. Others feel frustrated when words seem to box in what they're feeling. And that's OK — grief is deeply personal.

When the time feels right, some find it helpful to explore how grief might be part of life moving forward. We can help to explore how this may be explored.

Journey's End?

The pain of grief doesn't fully leave us — but with time, it changes. You may one day speak of your loved one without tears. Joy may return in unexpected moments. You might find yourself able to laugh again, to love again, to live with hope.

You are not forgotten. You are not alone.

There is life beyond grief, and Christ walks with you every step of the way.

With assurance of our prayers, Kathryn, Petra, Ian, and the entire team here at St Mary's and St Peter's.



Please do reach out to us if you feel you need support.