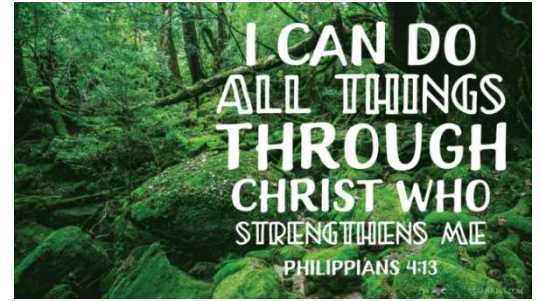


# St. Luke the Evangelist Parish Family

presents our

## *Grief & Bereavement Series*



*Every human being has a great, yet often unknown, gift to care, to be compassionate, to become present to the other, to listen, to hear, and to receive... Those who are not afraid to hold a hand in gratitude, to shed tears in grief, and to let a sigh of distress arise straight from the heart, can break through paralyzing boundaries and witness the birth of a new fellowship, the fellowship of the broken.*

-Henri J.M. Nouwen

**Our Fall Series meets on seven Wednesdays, in person at  
St Luke's Parish Center, 1 Ruggles Street, Westborough, from 6:30 to 8:15 pm.**

Wednesday, October 8, 2025

**Session 1: Orientation and Understanding Grief**

Wednesday, October 15, 2025

**Session 2: Understanding the Emotional Landscape of Grief**

Wednesday, October 22, 2025

**Session 3: Guilt, Anger, and Secondary Losses**

Wednesday, October 29, 2025

**Session 4: Coping and Self-Care**

Wednesday, November 5, 2025

**Session 5: Identity and Role Shifts After Loss**

Wednesday, November 12, 2025

**Session 6: Memories, Meaning, and Continuing Bonds**

Wednesday, December 3, 2025

**Session 7: Reconciliation and Moving Forward**

**Offered by the St. Luke's Bereavement Ministry**

St. Luke's offers a two-part Grief & Bereavement Series, one in the Spring and one in the Fall. The programs are complementary, and you are welcome to participate in one or both as your calendar allows.

Space is limited. Register with Julie Basque at 508-366-5502 ext. 15, Natalie Bruce at 774-258-0869, Joe Pucciarelli at 508-878-5964; or [stlukesgriefministry@gmail.com](mailto:stlukesgriefministry@gmail.com)