



# ARUNDEL CATHEDRAL

DEDICATED TO OUR LADY  
AND SAINT PHILIP HOWARD

## PARISH BEREAVEMENT TEAM

SUPPORTING YOU THROUGH YOUR LOSS



St Joseph Patron saint of departing souls

Come unto me, all ye that labour and are heavy laden, and  
I will give you rest. (*Matthew 11: 28*)

The death of a loved one can be a bewildering and devastating experience and may bring about very strong emotions.

People grieve in different ways. Some seem to cope well initially, but find it more difficult later on. Some have more difficulties at the beginning.

Be gentle with yourself whatever feelings and reactions you are experiencing. Grief is a very personal experience there is no right or wrong way to feel. We are all different and deal with things in different ways. It is important to allow yourself time to grieve in a way that feels right for you. It is normal to feel angry, or guilty or very alone. Life may feel as if it has no purpose.

Take things one day at a time!

**DO:**

- Keep in touch with family & friends by phone, text, email or letter.
- Get rest, fresh air, sunlight and exercise when possible.
- Keep a regular routine.
- Accept practical help from others.
- Talk about your feelings and the person who has died
- Do allow Jesus to comfort you.

The Cathedral bereavement team may be able to lend you a hand.



Do not let your hearts be troubled (*John 14: 1*)

### Our Plans

- A November Mass for the deceased, and chance to chat to the team over coffee.
- A monthly meeting after 10 am Mass, day to be confirmed.
- A group meeting for those who have been bereaved.
- A walking group for bereaved people so they can talk to others .
- One to one support for those who need it

**Arundel Cathedral - Our Lady and St Philip Howard**



THE CATHOLIC DIOCESE OF  
**ARUNDEL & BRIGHTON**

## A Prayer

May He support us all day long, till the shadows lengthen and the evening comes, and the busy world is hushed, and the fever of life is over and our work is done. Then in His mercy may He give us a safe lodging and a holy rest and peace at last.

St John Henry Newman

To contact the Cathedral Parish Bereavement Team

Phone: 01903 882297

Email: [arundel@abdiocese.org.uk](mailto:arundel@abdiocese.org.uk)

Address: Cathedral House, Parsons Hill, Arundel, BN18 9AY

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