

# Arundel Cathedral Ministry of Consolation

The risk of love is loss, the price of love is grief, whatever your loss we are here to support you.

**We are here to listen and support**



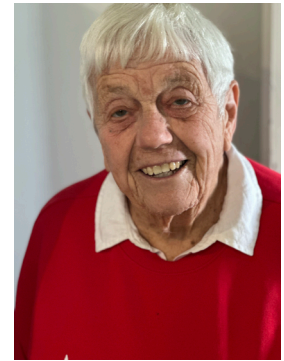
*Betsy*



*Margaret*



*Sandra*



*Pauline*

We are all trained bereavement facilitators. Betsy is a semi-retired teacher and a former SENDCO with diocesan mental health training. Margaret is a retired civil servant with years of experience with the Samaritans. Sandra is a retired GP. She is also a founder and volunteer at St Wilfrid's Hospice where she practices bereavement support. Pauline is a retired teacher and a qualified counsellor with many years experience in private practice; she was also a facilitator of Beginning Experience, a Catholic ministry for the separated, divorced or widowed.

If you have experienced loss, we are available to support you. We can talk on the phone or meet in person to help you on your journey.

You can contact us on [MOC@arundelcathedral.uk](mailto:MOC@arundelcathedral.uk) or via the Cathedral on **01903 882297**. Please feel free to speak to us if you see us in the Cathedral, or you might like to join a Drop In meeting for informal chat and companionship.

**Meetings will be advertised in the Cathedral Newsletter.**