



ST AGNES
LONGSIGHT

Pastoral Care & Nurture: Bereavement

2. Death as Loss

1. The Cost of Living

From birth to death we change:

- from foetus to new born baby
- from baby to child
- from child to adolescent
- from adolescent to young adult
- from young adult to older adult

Each of these changes is accompanied by a loss

Loss is part of the cost of simply being alive

'In the midst of life we are in death.'

2. Out of our control

Loss can be expected or completely out of the blue...

- broken relationships
- unfulfilled ambitions
- economic disadvantage
- sickness and disability

Loss isn't just losing something we had. It is also about failing to receive something we expected.

3. Death and Dying

Death and dying are woven into this pattern of loss.

Death can be gentle: a sadness with thankfulness, sweet sorrow, fulfilment

Death can be harsh: devastating separation, reminder of our own mortality

4. Growing through Loss

Growth seems impossible immediately after death.

Growth can be a natural outcome of loss.

- grief is natural process of healing (it not a symptom of falling apart)
- tears, rage, anguish – dispel pain and promote healing
- discover the emotional and spiritual strength within us
- receive love and support from others: inclusion and value

Naked I came from my mother's womb, and naked shall I return; the Lord gave and the Lord has taken away; blessed be the name of the Lord. Job 1.21