



ST AGNES
LONGSIGHT

Pastoral Care & Nurture: Bereavement

5. Untimely deaths and tragedies

During life we experience loss in many different ways.

Grief may be experienced by the social, physical or psychological aspect.

Timely & Untimely

death is rarely timely but untimely is a word which describes death outside the 'normal' expectations:

accident, stillbirth, abortion, heart attacks in middle age, death of children, early terminal illness, suicide, euthanasia, [murder]

Fear

Losing someone else can make us face our own fears and vulnerabilities – being vulnerable is ok, we can work through it.

We can react to a tragedy in many ways: scapegoat-ing that person (she deserved it/brought it on/I'm not surprised, or 'well I'm not like that so it won't happen to me') or we can apply it us (it could have been me).

Guilt

There can be survivor guilt – feeling less worthy than those who died. Reluctant to meet relatives of those who died in case they have this feeling confirmed. This is worse if they are related.