



THE ARUNDEL & BRIGHTON DIOCESAN SUPPORTING THE BEREAVED COURSE 2018/19



Introductory Day: 9.30 am to 3 pm on Friday 9th November 2018
The Christian Education Centre, Crawley, RH10 6RP
(DABCEC). *Booking for this day needed.*

***Course days at DABCEC, on the following days,
Seven Tuesdays from 15th January, 2019, through to 5th March 2019, inclusive.
starting with coffee at 9.15 am, sessions run from 9.45 am to 4.30 pm.
~ packed lunch needed ~***

Course topics:

- Grieving: What happens when someone dies
- How to accompany the bereaved: Listening Skills.
- Developing a parish ministry: what you can do.
- The death of a child.
- Sudden and Traumatic Loss.
- Exploring the spirituality of the dying.
- Terminal Illness – understanding the needs of the carer/bereaved
- Developing your skills; active listening.
- Looking at how to facilitate and run groups.
- Complicated grief.
- Funerals

SUPPORTING THE BEREAVED COURSE 2018/19 : APPLICATION FORM

Name *(Inc Title)* : _____

Address: _____

Contact Details: Phone _____

Mobile _____

Email _____

Parishioner of: _____

Parish Priest's Signature: _____

**I am able to attend the Introductory session on
Friday 9th November, 2018, (9.30 to 3 pm)
and all the sessions at DABCEC, Crawley, from 9.45 am to 4.30 pm on
the following days (Coffee from 9.15 am)
15th, 22nd, 29th, January, 5th, 12th, 26th February, 5th March.**

I understand the course costs £40 - Cheques payable to DABCEC
(due on/after 9th November)

I confirm that I am a baptized Catholic.

Signed _____ Date _____

**Please return to Mrs Katherine Bergin, Marriage & Family Life Adviser,
DABCEC, 4 Southgate Drive, Crawley, RH10 6RP, by Wednesday 31st October.**

~ Places limited to 16 ~

Welcome to the Bereavement Course.

If you have been called to walk alongside those who have been bereaved, or suffered a loss, then this course may be of benefit to you.

We aim to offer to you the skills and confidence that you will need to reach out and support others while they are grieving. It may be that you offer support at the time in practical ways, or by being a welcoming presence at the funeral. You may establish drop in groups for peer support or a short term discussion group; you may wish to send memorial cards or arrange a Mass in November. There are many and varied ways to fulfil this ministry and each person will grow differently depending on your parish community and its needs.

As something that is vital to the life of the parish it needs the support and encouragement of your Parish Priest, so, **in the first instance**; you need to discuss this with him. He will need to support you and share with you the development of the ministry within the parish.

The course may, at times, be difficult for you. We all have our own griefs and sorrows and you may discover that past bereavements may surface during this course. Please be assured that we are here to support you. If during any session you feel the topic becomes too difficult, you can simply leave the room without question. It is for this reason that we suggest that if you have been bereaved in the past two years or if you are still coming to terms with a personal loss, you may wish to wait to attend this course.

This course requires a commitment from you. You will need to attend all the dates as set out below at DABCEC, 4 Southgate Drive, Crawley, RH10 6RP. Each session will enable you to develop your listening skills and to enhance your knowledge about grief in today's society. As well as attendance at all the dates, you will be expected to complete some course work at home. A brief outline below sets out the expectations of this course, but a fuller explanation will be given when you register for a place.

In order to cover the cost of the training by a trained CRUSE counsellor a charge of £40 is required before the start of the course, but after the Introductory day.

*An application form is enclosed. Further copies of this leaflet are available from the address below.

- ✿ After each session we would like you to spend some time reflecting on the material covered. This should be on how the topic of this particular session affected you, made you think or feel. It is not supposed to be a record of the event! This piece of work should be emailed within a week.
- ✿ You will be expected to reflect upon an event that happens in the news at some point during the course and to write a paragraph about this event. The focus here is on how the news report may affect the bereaved family.
- ✿ You will be asked to do an internet search on bereavement. From this internet search, you will discover the resources available to you and how you may further your understanding of grief and bereavement. You will be asked to write a short report about your chosen website and what you have learned.
- ✿ You will be asked to read 2 books about bereavement and to provide a short commentary on each. A reading list will be provided. One of these reviews should be completed before the course begins, one before the course ends.
- ✿ You will be asked to keep a log of parish developments, struggles, failures and successes.

At the end of the course you will be presented with a certificate of attendance by the Bishop at the Annual Formation Day (**Wednesday 15th May 2019, tbc**). You will be commissioned to carry out the work in your parish with the approval of your parish priest.

For more details please contact Katherine Bergin,
Marriage & Family Life Adviser, DABCEC, 4 Southgate Drive,
Crawley, RH10 6RP.
Tel: 01293 651152
Email katherine.bergin@dabnet.org www.dabnet.org