

## What is Bethany Support?

Bethany Bereavement Support is a parish based group ministry, which aims to help those bereaved and grieving. The name Bethany recalls the visit of Jesus to Martha and Mary on the death of their brother, Lazarus. This service originated in the Archdiocese of Dublin and has now been extended to the West of Ireland.



## Why?

Death is a fact of life that we are all faced with, though the circumstances may vary. All of us experience the death of someone close to us at some time, together with the grieving that follows. This will vary in time and intensity from person to person.

Whether death is sudden or expected, it is normal to experience feelings of loss, shock, disbelief, anger, guilt, depression, etc. The circumstances of death and the age of the deceased have bearings on the intensity and the ability to deal with bereavement.

## What the group does



Members of Bethany Bereavement Support Groups:

- Offer support – not counselling to the bereaved
- Are available to those who have been bereaved
- Accept those who are bereaved as they are
- Provide the bereaved the opportunity to talk in confidence with a trained listener
- Help the bereaved to come to terms with death
- Help the bereaved to learn to live without the deceased
- Help the bereaved to move on with their lives
- Offer help with the Liturgy at the time of death



## How the group is trained



To enable parishes set up Bethany Bereavement Support Groups, training courses are provided over two weekends, one course in Spring and one in Autumn.



These courses are residential in Esker Retreat House, Athenry, Co. Galway.

The programme for each weekend commences with registration on Friday at 7pm. and ends on Sunday at 4pm.