

Grief Notes

March 2025

Recognizing our Spiritual Needs by George McLaughlin, Bereavement Coordinator

When death invades our lives, we often feel our lives are completely torn apart and our world is suddenly turned upside down. Everything has changed. We struggle to find and accept what will eventually become the “new way of life.” As people go through the grieving process, emotional and physical needs are quickly recognized, but one very important area is often neglected - our spiritual needs.

There are several different ways to find spiritual comfort when grieving. For many there are religious or spiritual practices that take place shortly after the death which hold deep meaning and significance. Some find their faith to be a great source for spiritual peace and solace and that is all they need. For others, spiritual/religious rituals and rites have no meaning or are not in themselves sufficient to meet their spiritual needs leaving an important area unattended.

Some questions to contemplate are: What brought spiritual peace and comfort before your loss? What activities or personal disciplines previously gave you the inner peace that may now be missing? Will these specific activities or routines that you once practiced still fulfill that spiritual inner need? Perhaps it's time to reestablish some of those disciplines back into your life. Familiar activities and routines may be just what is needed to heal your soul as it connects you with the person you mourn.

The winter season can limit outdoor activity choices, however going out for a walk, exercising at a gym, attending a school sport event, snow shoeing, skiing, or snowmobiling may be good options if interested. During the warm months, getting out of the house to work in the garden, going for a walk in the woods or exercising can often be helpful in



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meeting your inner needs. Gardening or spending time in nature can offer ample opportunity to observe the rhythms of life and death in the natural world and can be soothing to some people. Perhaps meditation, yoga, listening to music or reading a book will comfort the soul.

Others will find going away for a weekend or taking an extended trip helpful to clear their head and think. Some of these activities can be done anytime of the year. Be intentional and set aside time to do these things.

Attending religious services can reconnect you with a community that may offer help and support, as well as the spiritual assistance you once had. Often a kind word, a willing listener, a shared meal, and small acts of assistance from your spiritual community will help meet such needs after your loss. If prayer gives you strength or sustains you, set aside time for it. Read spiritual texts that you find comforting, attend services, and share your circumstances with a religious leader who can help place the death in the context of your faith.

Recognize your spiritual needs by giving attention to your underlying beliefs and values. Don't ignore that integral part of your life. **Stop and think - refocus - have a plan. It's time to take care of your inner self.**



Calendar

Bangor Area Grief Support

Grief can feel isolating and lonely, and griever's are sometimes surprised by the intensity and duration of their grief. Here at Northern Light, we believe that no one should grieve alone. Our bereavement coordinators are available for questions and grief support. Please feel welcome to contact your bereavement coordinator, Jane Cornman, to learn more about how we can help, or to sign up for a support group: 207-944-5534 / jcornman@northernlight.org.

Bangor Area Grief Support Groups

Monthly Drop-in Grief Support Group (in person)

Tuesday drop-in grief support groups continue on the fourth Tuesday of the month, 2-3:30, at a local church in Bangor. The next two meetings will be on March 25 and April 22.

Online Grief Support Begins in March

We will be offering a six-week online grief support group which will take place on Mondays, 10-11:30 am, starting on Monday, March 24. This group will be available based on need. A minimum of five participants is needed to schedule the group, and it will be limited to 10 participants. This group is free of charge and is open to anyone who has experienced the loss of a loved one. Registration is required. For more information or to register, please contact Jane Cornman at 207-944-5534 or jcornman@northernlight.org.

**“Those who live
no more, whom we
loved, echo still within
our thoughts, our
words, our hearts.”**

- Richard Fife

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