

Bereavement

Are you feeling the affects of bereavement, break-up of marriage or relationship, redundancy, illness or loneliness?

Talking can be helpful in understanding the process of grief, there is a team of experienced visitors at St John's who try to keep in touch with those who have been bereaved. If you or someone you know would find the opportunity to talk helpful please contact us using the details below.

The church is usually open in the mornings and, when possible, in the afternoons. You are welcome to come in to be quiet or to talk to one of those on duty. Alternatively, you may leave a message for one of us to contact you. We usually offer coffee or tea and there is an opportunity for individual prayer on Tuesday mornings between 10.30 am and 12 noon in the side chapel, or by request. There is also a monthly Lunch Club on the Third Wednesday of the month at The Bay Tree Café in St John's Centre from 12.00 noon. Contact details:-

By phone: 01458 830060
By e mail: office@stjohns-glastonbury.org.uk
By post: Bereavement Support
Parish Office
St John's Church
High St
GLASTONBURY
BA6 9DR

Grief is a reaction to loss. It may be a loss due to death, loss of job, home, relationship, or other factors. There are a number of feelings, thoughts and behaviours associated with the normal grieving process. Those going through it can feel that they are going mad.

It is normal to feel any of the following:-
Numbness; longing; poor concentration; despair; sadness; anger; guilt; anxiety and loss.

Thoughts can be confused. You may feel preoccupied; as though nothing seems real; a feeling of disbelief.

Behaviours can be varied:-
Withdrawal; restlessness; either avoidance of reminders of the deceased or clinging to them; crying; sighing; absent mindedness; experiencing dreams of the deceased and many others.
Physically there can be tiredness; lack of energy; sensations such as a dry mouth or tightness of the chest;

Grieving is something that takes time. No two people grieve in the same way or at the same rate. It is important to let family and friends know how they can help you, they may be hesitant in their approach either from fear of upsetting you or from embarrassment.