

MONTHLY MINISTRY TO THE BEREAVED OF SPOUSE

Shared by Brenda Kis, Berrien Springs Chapter for the Bereaved

1. Send a sympathy card when the death occurs.
2. Introduce ourselves (leadership team) by sharing our own stories of grief (no more than one page each), including positive experiences of comfort.
3. Phone them for a short chat and offer prayer – every few weeks at the beginning.
4. Send an email with quotations from EGW on grief interspersed with appropriate music.
5. Take them a special dish of food after a month or so when food isn't coming in anymore.
6. Show up to clean the house, wash the car, or do yardwork in their early stages of grief.
7. Send a list of helpful books on grief plus some article reprints.
8. Drop off a loaf of homemade bread/garden produce/home-canned or baked items along with a short note of comfort - in person so that they can meet the team leader assigned to them.
9. Make them aware of Grief Recovery programs in the area, and alert the leaders of these programs about the recently bereaved spouse so that they can invite them to their next session.
10. Offer them a journal and ways to journal about their spouse or journey of grief.
11. Give them a list of resource people to help with practical needs (plumbing, electrical, mechanic, learning to cook/bake, etc.) during the first year.
12. Call them to see how they are doing and to have them share about their spouse as a person. This way they will understand that someone is interested in hearing their story and knowing about the deceased. End the visit with prayer.
13. Give them Mike Tucker's book, "From Tears to Joy."
14. Invite them to join a small grow group, prayer or Bible study group, or our group.
15. Introduce them to the idea of helping others, going on a mission trip or becoming part of some ministry.
16. Give them a sacred music CD.
17. Offer Larry Yeagley's little book "Life After Loss."
18. Invite them for a walk in a park.
19. Invite them for an outing or to eat out together.
20. Send the Spring letter with packet of Forget-Me-Not seeds.
21. Invite them to a Sabbath meal that the bereavement team makes and a viewing of "Tell the World."
22. Send a holiday card and letter, maybe organize a get-together in December.
23. Give them the book "Dare to Ask for More" on prayer.
24. On the anniversary of the first year of grief, give a bouquet of flowers and have prayer with the women and take the men out to eat and pray with them.