



Grief is a normal process of life but we
understand that this can be overwhelming
You Are Not Alone

“Blessed are those who mourn, for they shall be comforted”

Matthew 5:4



The “Kindness project” team are here to provide support and help you cope after the death of a loved one – to book an appointment with one of our volunteers;

Call Bahu Trust on 0121 440 4096

Email friends@bahustrust.org

Visit <https://bahustrust.org/the-kindness-project/>

Christianity and Bereavement

'I am the resurrection and the life,' says the Lord. 'Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die.'

John 11.25,26

This statement of Jesus from John's Gospel is often the first sentence in a Christian funeral service. While Christian beliefs around death and dying are diverse our belief in the resurrection of Jesus and the promise of life after death is central to Christianity across the denominations.

Most Christians will believe that the person that they have lost has gone to heaven. Some may believe that only those who expressed a faith in Jesus are given a place with God in paradise and they may fear that their loved one is suffering in hell. Many Christians would reject this idea and hold a more universalist understanding that a loving God will welcome everyone, or almost everyone to heaven. Some denominations, particularly Catholics, believe in Purgatory – a place where souls are made ready for heaven.

Much of the Church teaches us that after death there is a time of waiting until the day of judgement. After the day of judgement there will be a bodily resurrection. This is why Christians often use the phrase R.I.P (*Rest in Peace*). The full phrase is 'May he or she rest in peace and rise in glory.' However, people who are Christian will often talk about their loved one going straight to heaven and being with God or Jesus and perhaps some other beloved member of the family who has already died.

Because Christian belief is so varied it is important that you allow someone who has been bereaved to say exactly what they believe, what they fear and what they hope for. It is best not to make any assumptions. However, everyone will value the opportunity to express their grief, their pain, their understanding of faith and their love and care for the person they have lost.

Top Tips

Jesus wept at Lazarus's grave – be assured that God is with you in your grief and spend some time in prayer.

The Psalms might help you express some of your sadness and confusion and remind you of God's presence in times of trouble.

Local churches might be running support groups and coffee mornings as well as service. Obviously these will be online at the moment. You can find a local church on www.achurchnearyou.com

Remember the promise of the resurrection - love is stronger than death.

Express your feelings in a tangible or creative way. Write about your loss in a journal. If you've lost a loved one, write a letter saying the things you never got to say

Try to maintain your hobbies and interests

There's comfort in routine and getting back to the activities that bring you joy and connect you closer to others can help you come to terms with your loss and aid the grieving process.

Don't let anyone tell you how to feel, and don't tell yourself how to feel either. Your grief is your own, and no one else can tell you when it's time to "move on" or "get over it." Let yourself feel whatever you feel without embarrassment or judgment.

Plan ahead for grief "triggers."

Anniversaries, holidays, and milestones can reawaken memories and feelings. Talk to family & friends ahead of time about their expectations and agree on strategies to honour the person you loved.

Look after your physical health

The mind and body are connected. When you feel healthy physically, you'll be better able to cope emotionally. Combat stress and fatigue by getting enough sleep, eating right, and exercising.

Reconnect with Nature

It has been proven to help with the grieving process. Go for long walks in the park or just take time out in the garden

Contact Us

Organisation	Community Offer Now	Contact Number	Email Address Web Page
Bahu Trust	The "Kindness Project", bereavement support and a befriending service to anyone living in the Hall Green Constituency	Call 0121 440 4096 and ask for Abdullah Rehman	friends@bahutrust.org https://bahutrust.org/the-kindness-project/
Cruse Birmingham	Bereavement Service	General Enquiries 0121 687 8011 10am - 4pm Self-Referrals 0121 687 8010 leave a message and this will be returned via call. In need of urgent support call 0808 808 1677	https://www.cruse-birmingham.co.uk/
Birmingham Bereavement Advice Centre	Bereavement	0800 634 9494 Mon – Fri 9am - 5pm	www.bereavementadvice.org
Governments Support	funeral costs	N/A	Get help with funeral costs (<i>Funeral Expenses Payment</i>) - GOV.UK (www.gov.uk)
St Mary's Hospice	Bereavement Telephone Service Free one to one support to those who are struggling with the loss of a loved one due to Covid-19	07966165193	www.birmingham-hospice.org.uk/community-bereavement-service



Hall Green
Neighbourhood
Network Scheme

