

Grief Support

Here at Red Deer Lake United Church, we wish to support you in your journey of grief and loss after the bereavement of your loved one. This loss may be traumatic, unexpected or occurring after a long-endured illness. Grieving can involve many differing – sometimes surprising – emotions, such as profound sadness, anger, relief, confusion or shock, to name a few. We recognize that grieving is an individual process and no two people will grieve the same way.

There are beliefs and misconceptions around how we “should or should not” feel upon facing the death of a loved one. There is no right or wrong way to grieve and there is no set time for grieving. We encourage you to take this time to look after yourself and focus on your own care after the busyness of attending to your dear one’s passing. You may be exhausted after your loved one’s prolonged illness. Grief also changes over time.

A member of the Red Deer Lake United Church bereavement team can offer support on your grief journey as you make adjustments in your life. We can offer both individual, family and group support. Please do not hesitate to let us know your specific needs at this sad time.

Contacts

Pastoral Care & Grief Support

Rev. Bill Weaver ~ bill@reddeerlakeuc.com

Ministers

Rev. Joanne Anquist ~ joanne@reddeerlakeuc.com

Rev. Grant Dawson ~ grant@reddeerlakeuc.com

- Care and support
- Service planning

Administrative Manager

Angie Johnston ~ office@reddeerlakeuc.com

- Administration support
 - Service date selection
 - Minister meeting coordination
 - Service planning/ coordination
 - Pricing/invoicing
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