

Dear Our Lady of the Lake Family Members,

We are Mike and Susie Poole, along with Father Dennis, inviting you to participate in a bereavement ministry. We hope to facilitate healing from your grief and pain.

There are several synonyms for grief. Sorrow, misery, sadness, anguish, pain, distress, heartache, agony, torment, affliction, suffering, woe, desolation, dejection, despair are only a few. We are certain you can add many more...to include anger and dismay.

This is why we ask you to attend. Not only to continue your journey of grief with new strengths; but also for insights and strengths, you have, that will be of comfort to others of our faith family. Your experiences or other classes will prove helpful to others on their journey.

We will be meeting at Our Lady of the Lake on Thursday, September 27. Grief or bereavement is a normal reaction to loss. It causes many conflicted feelings, to include isolation. Regardless, we find ourselves in a new and unwanted circumstance more than ever before in life.

Here is a tentative schedule. Father Dennis will be present at certain times and you will find him attentive to your circumstance. You are encouraged to attend all sessions or as your schedule permits.

Class Schedule: Thursdays 10:00 – 11:30 a.m. Saint Ignatius Hall

September 27	Getting to Know You & Where We Are Going	
October 4	The Healing Pathway	
October 11	Getting In Touch With Our Feelings	
October 18	You Are Not Alone	
October 25	Taking Care Of Me	
November 1	I'm Still Me	
November 8	The New Normal	
November 15	Coping With Special Days	
November 29	Moving Forward	*(no classes November 22,
December 6	Finding Myself Spiritually	December 20 & 27)
December 13	Coping with Christmas	
January 3	This Is My Year To Heal	
January 10	Final Class Sharing	

Prayerfully consider your attending these gatherings. There will be parameters to respect and protect your individual journey.

In Christ,

Susie & Mike Poole, Facilitators

Curriculum Vitae – Who are these people?

Susan:

Received her Bachelor of Science in Nursing from the University of Virginia. As a Registered Nurse, worked in Maternal-Infant Nursing, Psychiatric Nursing, Gerontology, Data Management and Drug Safety in Pharmaceutical Research, Home Health Nursing, and also Operating Room Certification at University of Virginia Hospital System.

Mike:

US Airforce FAA Licensed Air Traffic Control Operator, Bachelor Degree in Social & Behavioral Science, Master of Divinity. Pastoral Care (Walter Reed), Chaplain Basic & Advanced, Intelligence Officer Basic & Advanced. Doctoral Thesis – Death & Dying, the Christian Perspective. Retired from US Army, Licensed Adult Protective Services Investigator for Commonwealth of Virginia.

Mike & Susie entered into the fullness of the Catholic Church together at St. Isadore the Farmer Catholic Church, Arlington Diocese, Orange Virginia.