

# Our Prayer

Lord

Help me to live this day

Quietly Easily

To lean upon your great strength

Trustfully Restfully

To wait for the unfolding

of your will

Patiently Serenely

To meet others

Peacefully Joyously

To face tomorrow

Confidently Courageously

St Francis of Assisi (1182-1226)



# Contact...

Upper Mt Gravatt Wishart  
Catholic Parish



St Bernard's Church, Upper Mt Gravatt  
St Catherine's Church, Wishart  
St Martin's Church, Eight Mile Plains

Walk with me along the pathways of  
grief and I will help you find the  
road to acceptance



Parish Office

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# Bethany

## A Grief Support Group

Upper Mt Gravatt Wishart  
Catholic Parish



## History of Bethany

Prior to July, 1994, several informal meetings were convened to look at the needs of St Bernard's Parish, Upper Mt Gravatt, with regard to grief support, in the broadest sense. With the help of Fr Peter Meneely, Mrs Nancy Kan and Sr Clare Rooney, it was decided to form Bethany - a grief support group, which has now become a significant ministry in the parish. The July meeting formalised the group - named it, and formulated some goals. The title Bethany seemed most appropriate. It was in Bethany that Jesus was anointed in preparation for His own death. It was here, too, that Jesus came to console and support Martha and Mary, at the death of Lazarus.

While the primary focus was to support those experiencing grief, whatever its cause, the reality is that the group has been associated with people, grieving at the death of a loved one.

In recent years the St Bernard's group has evolved to include members from the three communities now amalgamated into one parish. Formation is important to the ministry of members of Bethany and is conducted regularly.

Members of Bethany visit some time after a family bereavement and always carry a card to identify them as members of Upper Mt Gravatt Wishart Catholic Parish.

The Bethany group meets monthly and has adopted a prayer by St Francis of Assisi for their inspiration and guidance.



## Our Tasks

We aim to minister to members of our parish by:

- ☞ Supporting those experiencing grief
- ☞ Visiting or phoning, on behalf of the parish, bereaved families, who are assured of the sympathy of the parish.
- ☞ Offering Hospitality by being available to provide refreshments following the funeral.
- ☞ Inviting next of kin to an annual prayer and afternoon tea in memory of their loved ones
- ☞ Prepare and celebrate Eucharist annually on the first Saturday in November to commemorate the death of loved ones
- ☞ Preparing a social event ending in Advent Prayer for people who have lost a spouse during the previous twelve months
- ☞ sending a card to families on the first anniversary of death.



## Bethany Events

Three consoling customs have been established in our Parish.

**Bethany Mass:** A special Mass is celebrated on the first Saturday morning in November for the deceased, whose names are recorded and read at the Mass. This celebration of new life has become very significant to the bereaved families. Those who have lost a family member during that year, are invited, in writing, to be present and a general invitation, through the parish newsletter, is extended to all who wish to attend. Usually, candles are lit and flowers are placed as symbols of love and remembrance for those who have died.



**Family Remembrance Prayer:** Each May, family members are invited personally to a special Prayer and afternoon tea in remembrance of their loved ones.

**Advent Evening Prayer:** A special invitation is sent to parishioners who have lost their spouse in the previous twelve months. This is a twilight social gathering ending with prayer.

Each year, the number who come to celebrate, has increased considerably. It has become for many, a very meaningful way to express their faith and their love.