

## ST. THOMAS BEREAVEMENT MINISTRY - MAY 2025

If you or someone you know is suffering from a loss, support is available. The Bereavement Ministry of St. Thomas has printed materials on the wall, outside the kitchen in the church gathering space with phone numbers, websites and locations for online, group, or one-on-one support. Healing Journals can also be found at the back of the church.

St. Thomas Bereavement Ministry now offers, ***Coffee with Friends on the fourth Friday of each month, at 10 AM in the St. Thomas Gathering Space.*** Join us for coffee and connection. We understand navigating life after losing a loved one can be a challenge. Sometimes a warm cup of coffee and a safe space to share can make all the difference. Join us for this casual gathering where we come together to support one another, share stories, and find comfort. You will find a gentle, welcoming environment where you can express yourself freely or simply enjoy the companionship of others who understand your journey. Feel free to bring a friend or loved one. We hope to see you there!

In addition, St. Thomas Parish has a subscription to **FORMED**, a premiere online platform that provides essential resources to understand, live and share the Catholic faith, including those related to bereavement. You must first sign up to access this content via [Signup.formed.org](https://signup.formed.org). You will be prompted to enter your full name and email address. You will receive an email message from FORMED that allows you to access materials (including audio books, videos, films) pertaining to an array of topics. To find bereavement related resources, search "Grief" or "Bereavement." Several items will appear, including ***Grieving with Great Hope***, an online grief support program. As a FORMED subscriber, you have access to all five sessions of this series along with a workbook and guide.

**Calming the Chaos** is a Grief Support Group held at the Burlington Senior Center, 587 East State Street, Burlington, WI (Hwy 11 and W). These sessions are led by Tammy Beardsley, Grief Specialist, on Fridays from 9 to 10:30 AM. Tammy's goals and aspirations are to assist people dealing with the loss of a loved one by providing resources and emotional support as they work through their grief to find a new normal in their life. Loss of any kind is difficult to maneuver, but the most important thing to remember is you are not alone and there is no time frame for your grief.

**Compassionate Friends** is a mutual assistance, self-help organization offering friendship and understanding to bereaved parents and siblings. The primary purpose is to assist them in the positive resolution of the grief experienced upon the death of a child. For nearly two decades The Compassionate Friends chapters in the Milwaukee area have helped thousands of bereaved parents in their efforts to achieve physical and emotional health. For more information, visit [Compassionatefriends.org](https://Compassionatefriends.org).

- Milwaukee/Oak Creek County Chapter meets at Oak Creek Community Center, 8580 S. Howell Ave., Oak Creek 53154. Contact: Rosemary Albrecht, 414-301-9273.
- Racine County Chapter meets at Wheaton Franciscan Healthcare All Saints Medical Center, Lower Level, 3801 Spring St., Racine 53405. Contact: Diane Beck at 262-895-4888 or Peg Rousar-Thompson at 262-598-0834.
- Walworth County Chapter meets at St. John Lutheran Church, 104 S. Broad St., Elkhorn 53121. Contact: Mary, 262-248-4398.
- Waukesha County Chapter - Contact: Karen Staker, 262-470-5843.

### **Bereavement Group**

St. Alphonsus Parish | 5960 W Loomis Rd, Greendale WI 53129-1824

First and third Thursdays of the Month | 10 - 11:30 am | Parish Ministry Center

A grief support group, with a Christian focus, for adults who have lost a loved one. All are welcome. For more information contact Kathy Knutel at 414-899-1628 or e-mail [kmknutel@yahoo.com](mailto:kmknutel@yahoo.com). Please call ahead if planning to attend.

### **Bereavement Support Ministry**

St. Lucy Parish | 3101 Drexel Ave, Racine, WI 53403-3408

Third Monday of Each Month | 5:30 - 7:00 pm | Large Conference Room

Park in the small parking lot South of the church and enter through the main church entrance.

This monthly walk-in grief support group is for all who have lost a spouse, parent, child, or any family member. All are invited to feel the love of Christ through the support of others. For more information, contact the Parish Office at 262-554-1801.

### **Sharing Your Grief, Easing Your Loss**

St. Leonard Parish | W173S7743 Westwood Dr, Muskego, WI 53150-9160

A monthly informal grief support group with topics of interest and open discussion on what point participants are in their grief journey, whether they are grieving a recent loss, or after many months or years. For more information, contact Bridget Klawitter at 262-679-1773 or e-mail [bridget.klawitter@stleonards.org](mailto:bridget.klawitter@stleonards.org).

### **Companions on the Journey**

Holy Apostles Parish | 3875 S 159th St, New Berlin, WI 53151-5060

Second Monday of Each Month | 6:30 pm - 8:00 pm | Holy Apostles Welcome Center

For more information, contact Ruthann Castelaz at 414-405-4564 or Michelle Ray at 414-333-0330.

St. Elizabeth Ann Seton | 12700 W Howard Ave, New Berlin WI 53151-6104

Second Wednesday of Each Month | 12:45 pm – 3:00 pm | John/Luke Room of Sippel Hall

For more information, contact Rita Capriolo at 262-782-6341.

Holy Apostles and St. Elizabeth Ann Seton Parishes collaborate to offer Companions on the Journey grief support groups for those who are grieving the loss of a loved one. Both groups offer an opportunity for bereaved people to share their stories of grief in a safe and supportive environment while growing in their understanding of the grieving process. Two trained volunteers facilitate each meeting.

**Healing Hearts of Southeast Wisconsin** offers both in-person and virtual group meetings. For more information email [info.hhwc@gmail.com](mailto:info.hhwc@gmail.com) or call 262-751-0874.

### **Suicide Support Groups**

**Survivors Helping Survivors** offers grief support for adults who have lost a relative or friend to suicide:

- Aurora St. Luke's Medical Center, 2900 W. Oklahoma Ave., Milwaukee 53215. Registration not required. Contact: Mary Ellen, 414-543-0787 or DeeDee at 414-732-7237 or [ddslawny@aol.com](mailto:ddslawny@aol.com)
- Tri-City National Bank, 4295 W. Bradley Rd., Milwaukee 53209. Ongoing participation. Contact: Joan, 414-545-8786 or MHA, 414-276-3122.

### **Survivors of Suicide Support Group**

**Piasecki-Althaus Family Service Center**, 2002 52nd St., Kenosha 53140. Please call 262-658-4101 for more information.

### **GriefShare Grief Support Group** ([Griefshare.org](http://Griefshare.org))

Meetings at St. John Neumann Church 2400 W State Hwy 59, Waukesha, WI 53189 in Neumann Hall - Lower

level/Lower Parking Lot except on 25 June 2025 the meeting will be in the Welcome Room - main level of the church.

Contact: Deacon Jerry Campbell, Permanent Catholic Deacon 262-422-1180. The session runs from June 4 to August 27, 2025.