

Testimonials

"I came in alone and left with new friends."
Sandy Noland

"Thank you for your genuine, caring spirits and willingness to share your grief journeys with us. May God continue to bless you both as you help more people." Mary Trefney

"This workshop exceeded my expectations. I loved how the Catholic faith was woven into the latest research on grief and mourning. By dispelling the misconceptions of grief, our group was able to openly share their grief. I will put what I have learned into my professional counseling as well as personal toolbox."
Cherelle Putz, MA, LLPC

"I really loved this workshop. I learned some useful skills for to intentionally and successfully heal and share support for others."
Jeff Kulgren

"This was a gift, a gift from you, the others attending and a gift to myself. I am confident that I will be ok, I will find a new way of being." Jennifer Fitzsimmons

"This workshop far exceeded my expectations." Lori Crall

"I am very glad that I had the opportunity to attend this workshop. I had some bottled up grief and was having trouble coping with it. I have found some useful tools to help me get through this." Judy Boyer

"God bless you both for the ministry you started and for touching so many lives."
Gloria Bills

"I cried the first night but looked forward to coming back."
Kristi Smiles

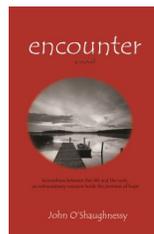
"Taking time to attend to this workshop required me to start dealing more actively with my grief."
Kenneth Bartos

Visit our website for many more.

John and Sandy

John and Sandy O'Shaughnessy know about grief from their own personal experiences with it.

In 1998, **John's** first wife passed away after a long battle with cancer leaving him to raise their two young sons. Nine years later, his book, *The Greatest Gift*, was published. It tells his riveting true story about amazing love, to the dead end of grief and a return to hope. This book led John out of the corporate world and into his life's mission, caring for grieving people. John is a Certified Grief Counselor. Before starting GMM he spent seven years at a non-profit grief support center in both volunteer and staff positions where he was a support group facilitator, workshop speaker, Director of Fund Development and served a term on the board of directors from 2008-2011. John's novel, "encounter" was published in June 2013. **Sandy's** mother died in 1999 and then in 2000 her husband died leaving her an "only parent" to two young children. She worked for a non-profit bereavement center as an outreach coordinator, speaker and support group facilitator. She has her masters in Pastoral Ministry/Bereavement from Madonna University and works at Our Lady of Good Counsel Catholic Church as Director of Religious Education. Sandy feels called to minister to those who mourn. **Together** they have four children, Eric, Collin, Morgan and Ryan, as well as daughter-in-law Kimberly and their granddaughter, Claire Ann O'Shaughnessy.

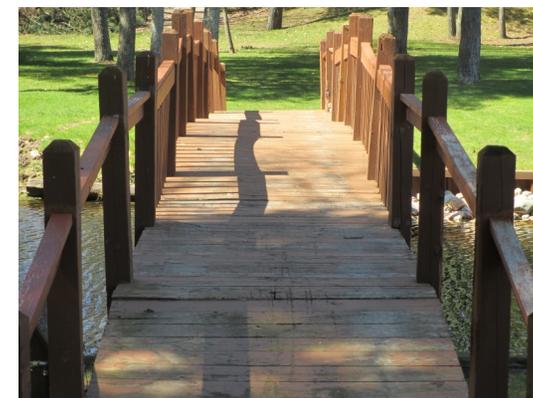


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Grieving with Great HOPE



Prayerful, Practical and Personal Grief Support

Good Mourning Ministry

"Let us become bearers of hope."

Pope Francis

Our Mission

Often, the first place a grieving person looks for support is their church. Though many Catholic churches offer immediate after-care assistance, most don't have the resources to offer support months and years down the road. Catholics who can't find support at their own church will often search elsewhere, or get no help at all. **Guided by the Holy Spirit, Good Mourning Ministry (GMM) is a bereavement resource for Catholic parishes and people who are mourning the loss of a loved one. Our vision is to be bearers of hope. To help transform grieving people's lives through prayerful, practical and personal grief support, equipping them with the tools they need to build their bridge to a new and different life.**

"Your Grieving with Great Hope is the answer to my prayers for a Catholic offering."
Denise Carlson ~ Coordinator of Family Lifespan and Bereavement, Archdiocese of Omaha

Prayerful Reflection

About one-third of the *Grieving with Great Hope* workshop is spent in church and offers time for prayer, reflection and remembrance. Each session opens and closes in prayer. Adoration before the exposed Blessed Sacrament offers people a time of prayerful silence. Upon leaving, a personal blessing from a priest or deacon is given to everyone.



Practical Learning

During the classroom format, the *Grieving with Great Hope* workbook is used. This provides practical education on grief and loss. At 114 pages, it is a comprehensive workbook that contains the latest and most relevant research and theories on the grief process. It also covers many other important topics such as, how grief and mourning are different, how our thoughts affect how we grieve, the misconceptions of grief, emotions, rituals, what makes our grief unique, and much more.

"At OLG, we have been blessed to have this program. If you are looking for a transformational bereavement program, I highly recommend the Grieving with Great Hope workshop from Good Mourning Ministry."
Fr. John Riccardo ~ Pastor ~ OLG ~ Plymouth

Personal Fellowship

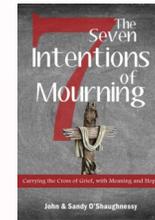
Small "grief peer groups" are formed based on loss circumstances and age. For everyone who wishes to speak, this is an opportunity to exchange stories, thoughts and feelings in a safe, and non-judgmental environment.



Intentions of Mourning

There are no stages to grief. We all experience loss in our own unique way. Healing is an intentional process, where we gather together as a community of faith to become disciples of hope. The *Seven Intentions of Mourning* are unique to GMM and provide people with the opportunity to align their thoughts and emotions of grief with their actions of mourning. *The Seven Intentions of Mourning* are conscious choices people make that help them heal.

New Book!



Workshop and DVD

Grieving with Great Hope can be a five-week workshop series with five consecutive weeknights from about 7:00pm-9:00pm. It can also be a week-end series consisting of a Friday night and Saturday. **GWGH is also available in a Video Series and on FORMED.org.**



"Every parish should have your program. We are so grateful to have found GWGH and welcome it to Central Texas." Deacon Tim and Liz Hayden, Holy Family Parish Copperas Cove, Texas.