



# LOSS, DEATH, GRIEF AND DYING

"Remember you are dust,  
and to dust you will return."



# LOSS, DEATH, GRIEF AND DYING

- **Aims:**
- To raise your awareness and appreciation of the place of loss and grieving in your own lives and others
- To encourage you to develop practical skills and confidence to cope with experiences of loss, death and grief
- To explore dying and death in the context of the Christian perspective of life, and life after death, ie: in terms of Christ's passion, death and resurrection.

- Describe the funeral practices of various cultures
- Describe Catholic funeral rites and funeral practices with the context of Christian hope and belief in eternal life.

# Content outline:

- The experience of loss
- Coping with loss
- The process of grief
- Some attitudes toward death

# Discussion

- What to do when someone dies
- Caring for those who grieve or mourn
- Tangihanga – Maori funeral customs
- Catholic funeral customs
- Death and afterlife – a Catholic perspective



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THE EXPERIENCE OF LOSS

- At some point in our lives, each of us faces the loss of someone or something dear to us. The grief that follows such a loss can seem unbearable, but grief is actually a healing process.



# Discussion

- Grief is the emotional suffering we feel after a loss of some kind. The death of a loved one, loss of a limb, a pet, even intense disappointment can cause grief.

# The Christian Perspective

- What is the Christian perspective on loss, death, grief and dying?
- Jesus and his followers had to cope with loss like us.
- They were human.
- Lets look at the focus questions.

# Some points to ponder

- The Christian perspective on loss, death, grief and dying is real.
- We must recognise situations of loss as a universal human experience. Loss isn't just death.
- As we progress we may share some personal experiences of loss, reactions to loss and responses to loss.
- Identify some feelings associated with loss.