

Grieving with Great Hope Testimonials

"The workshop was extremely helpful to begin my own personal healing process." Cathy Champion

"It was very helpful, great content and resource list, well presented." Richard Byrd

"I so enjoyed these last four weeks. I met people that I hope to stay in touch with and know that I will never forget. I would recommend this to any one in pain. I am better having done this program." Connie DiMarco

"I have been in therapy, 12 step groups and other healing groups; this is near the top of what I've been in and I think it would be helpful for many other kinds of loss." Abbie Root

"I felt more support these last five weeks than I have in the prior five months." Robert A. Fucinari

"After a year and a half of crying every day, I have found myself 'stuck' in emptiness. That ceremony blew it out for me. Thank you so much. May God richly bless you and your love for each other, your family and others." Caroline Pribble

"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

"I feel so much better in the last few weeks. You are a wonderful couple." Rose Wosek

"I really enjoyed the last 4 weeks. It was helpful to tie my faith with my grieving process." Jerry Karasinski

"Both John and Sandy were excellent speakers and told their stories in a way that I could stay focused. This was a fun and healing workshop." Ed De Guzman

"My praying for help paid off. It led me to my doctor, who led me to Joan Darrow who led me to this workshop."
Sharon Preston

John and Sandy-Co-Founders

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 alone. Nine years later, his book, *The Greatest Gift* was published and tells his riveting true story about amazing love, to the dead end of grief and a return to hope. This book eventually led John out of the corporate world and into his life's mission, caring for grieving people. John has been a featured speaker at bereavement conferences throughout Michigan and in Wisconsin. 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 and Director of Fund Development. John also served a term on the board of directors from 2008-2011. **Sandy's** mother died in 1999 and then in 2000 her husband died leaving her an "only parent" to two young children. She is now studying for her masters in pastoral ministry at Madonna University with an emphasis in bereavement. She works at Our Lady of Good Counsel Catholic Church as a program coordinator. **Together** they have four children, Eric, Collin, Morgan and Ryan.



Contact Good Mourning Ministry, Inc.

Email: goodmourningministry@hotmail.com

Website: www.goodmourningministry.net

Grieving with Great HOPE

Prayerful, Practical and Personal
Grief Support



"Blessed are those who mourn, for they will be comforted."

Matthew 5:4

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 endeavors to be a transformational bereavement resource for Catholic Parishes and people who are mourning the loss of a loved one. Our intention is to help people move through the valley of grief one step at a time and bring them to a place of hope and healing.**

"This program connects the mind with the heart and then points you to the Eucharist! Thank you John and Sandy for saying 'yes' to our Lord."

Dianne Fessler— St. Michael's, Livonia

The Advisory Council

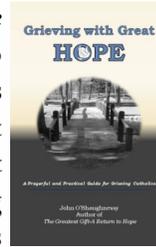
The GMM Advisory Council oversees the *Grieving with Great Hope* program. In addition to Sandy and John O'Shaughnessy, the council consists of:

- Monica Miller Ph.D., Professor of Sacred Theology-Madonna
- Mary Mitsch, Ph.D., Assoc. Professor of Nursing-Madonna
- Fr. John Riccardo, Pastor at Our Lady of Good Counsel



Grieving with Great Hope Book

The *Grieving with Great Hope* book is given to everyone who attends the workshop. At 140 pages it is a compressive workbook that contains the latest and most relevant research and theories on the grieving process. Other important topics include, stress, *The Seven Intentions of Mourning*, emotions, factors, disenfranchised grief, styles of grief, coping skills, myths of grief, holidays and rituals. In the back is a prayer guide, a grief journal, a section on how children grieve, a resource page and a counselor list.



"At OLGC, 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-OLGC-Plymouth

The Seven Intentions of Mourning

There is no roadmap through grief and often the journey is long and hard. It is through the process of mourning that grief is softened and a path forward is revealed. The *Seven Intentions of Mourning* are unique to *Grieving with Great Hope* and provide people with the opportunity to align their thoughts and feelings of grief, with their actions of mourning. *The Seven Intentions* are steps that lead to a bridge and a slow transition into a new and different life.



Grieving with Great Hope Workshop

The Grieving with Great Hope Workshop Series is designed to be prayerful, practical and personal. With the exception of the one-day workshop, about 1/3rd of the program is spent in church. This is a time for prayerful reflection, remembrance and communion with loved ones who have died. 1/3rd of the program is in a classroom setting learning about grief and practical ways to cope. The remaining time is in "Grief Peer Groups," sharing stories and in fellowship with others on a similar journey.



Neighboring parishes are encouraged to work together and share resources in order to maximize participation and minimize costs.

Grieving with Great Hope Workshop Options:

- **Five Week Series**— Five consecutive weekly evenings. Opening and closing nights in church, other three nights in hall.
- **Two Day Retreat**— Offsite, Friday night in church and Saturday 9-3:30 in hall followed by Mass.
- **Two Day Workshop**— Friday night in church and Saturday 9-3:30 in hall followed by Mass if available.
- **One Day Workshop**— Saturday 9-3:30 in hall followed by Mass if available.

"Even though I walk through the valley of the shadow of death, I fear no evil; for You are with me."

Psalm 23:4