



Faith Matters

Simple reflections on our faith

by Marilyn Bergeron

Grief, Love & Healing

Grief. Something we all experience at different times in our lives, but we rarely talk about. Often, we pretend not to see grief...in ourselves or others. We look away and pretend that all is well.

But to heal, we need to befriend the feelings honestly, not hide them. Grief is as much a part of life as love. We have the right to grieve and mourn, to feel and express our pain.

I understand that now, as we have recently lost a beloved daughter to cancer.

There is no right or wrong way to grieve, no timeline when it should be finished and no shame in grieving. A reminder of a loss 15 years ago may bring heavy tears. Someone else can talk calmly about a more recent loss. They are still hurting.

***"Jesus waits patiently for us to come
and lean on Him. He is the Healer."***

Let's also feel freer to talk about our pain and loss rather than stuffing it down inside us. Share your pain with a friend or two. Many people are happy to listen but are afraid to intrude without being asked. Take a chance and offer to listen.

We grieve not just at the loss of a special person in our lives, but at the loss of a job we enjoyed, an activity we can no longer manage, or a pet that has comforted us. We may not call it grief, but it is. It's the loss of someone or something we loved or enjoyed. Loss and healing are a part of life.

Let's invite Our Lord and Saviour into these situations. Yes, maybe there is anger that God allowed this to happen. Still, we know He loves us. His own Son Jesus suffered and died on the cross for you and me.

God understands pain, grief, and loss. Let's be honest with Him. Talk to Him.

Find a quiet place and sit in His presence...a walk in the woods, an evening by the water, or time in a quiet place. Find an open Church, a quiet chapel, a shrine somewhere.

Feel the peace. Ask Him to help heal our pain and emptiness.

Jesus waits patiently for us to come and lean on Him.

He is the Healer.

I loved greatly and now I grieve greatly. My grief is an act of love. 🌸

A Quiet Place to Pray

If you are looking for a quiet place to spend time with Jesus, St. Julien's Adoration Chapel in Cornwall is open 24 hours a day.

Whether you are carrying grief, seeking peace, or simply wanting time with the Lord, you are welcome to come and pray in His presence.

Access to the chapel requires an entry fob. To request one, cemail to vivboileau@hotmail.com or by calling 613-937-3881.



Jesus wept

Verse 35, "Jesus wept," is famously the shortest verse in the Bible, but it's theologically significant. Even though Jesus knows he's about to raise Lazarus from the dead, he still weeps.



He said, "Where have you laid him?" They said to him, "Lord, come and see." Jesus began to weep. (John 11:34-35)

This shows several things:

- Jesus's humanity - He experiences genuine grief and compassion.
- God's heart toward suffering.
- Death and pain matter to God - they're not dismissed as insignificant.

Empathy in leadership - Even when you know the outcome will be good, you can still grieve with those who are hurting in the present moment.

by Joe Cain