

COMPANIONS FOR THE JOURNEY
WITH OUR MOTHER OF SORROWS

PLANNING MEETING MINUTES
May 4, 2015



The meeting was opened with a prayer by Alice Rutkowski at 10:15 am.

SIGN-IN

Seven members were present:

Harold Rakowitz, Alice Rutkowski, Daryl Rutkowski, Jeanette Morrisett, Joyce Royce, Ken Keller and Karen Bagwell (Counselor).

Karen Bagwell (Counselor) gave a Proposed Group Format Outline for the gatherings. She also presented a Purpose for the gatherings and Suggested Group Topics by month. Copies are attached.

There was much discussion by the members on the format and the topics for the meetings.

There was also discussion as to WHO might be attending the meetings. These meetings will be open to all who are grieving in any way; whether from loss of a spouse, parent, child, grandparent, close friend, job, or even a debilitating injury that is preventing a person from performing their normal activities. Grief comes in all shapes, forms and situations. The basic process for handling grief is the same although different approaches for each individual. Our focus is to recognize these differences and handle accordingly. Karen Bagwell will be available for individual personal counseling for a fee.

Karen will hold a Training Session for the committee sometime in July. It is important that we are trained so that we can share in facilitating the meetings.

We are planning our first gathering in August. Date, time, and place will be announced once confirmed with Dianne Swintek. We are thinking of an early evening meeting ie: 5:30 pm to 7:00 pm.

Advertisement will be in the bulletin and notices from the pulpit. Possible mail invitations.

First meeting will be social gathering with a segment on Understanding the Grief Process.

Our next regular meeting is set for May 19 at 10:00 am in the Admin building.

The meeting closed with a Hail Mary by the members at 11:30 am.

Respectfully submitted,

Alice Rutkowski

Alice Rutkowski

Tape C#802-0006-5-4-2015

Purpose: To provide a community of support for those experiencing grief or loss associated with life's challenges. This support is presented through encouragement, education, and the healing balm of Holy Scripture.

Suggested Group Topics

August: Understanding the Grief Process *incorporated into Social*
A form given to participants indicating their personal info and reason for attending.

September: Emotional Process

October: Importance of Community

November: Coping Skills & Strategies

December: Remembering & Sharing *incorporated into Social*

January: Goals

February: Challenging Distorted Thinking

March: The Holistic Self

April: Medication

May: Sharing & Fellowship

Frequency: Monthly

Length: 90 minutes

Location: St. Jerome's _____

Suggested Time: 5:30 pm to 7:00 pm.

Day depends on availability of facility

Additional Suggestions

Provide a "Prayer Request Container" at meetings for attendees who wish to have facilitators pray for them between meetings. *Committee suggested that one person be assigned to check the prayer intentions to better facilitate the needs of the group. A Mass is being said on the First Friday of each month for the intentions of the Sick and Deceased and Grieving of our parish.*

Facilitator Training: Provided by Licensed Professional Counselor.

Proposed Group Format Outline

1. Fellowship (15 minutes)
2. Welcome, Guidelines, and Announce Topic (5 minutes)
3. Opening Prayer (1 minute)
4. Presentation of Topic (15 minutes)
Activity and Discussion (30 minutes)
5. Conclude with Mind Renewal – Scripture Applicable to Topic (10 to 15 minutes).
6. Closing Prayer (1 minute)
7. Dismiss: Personal Goodbyes, Straighten Room and Lock Up (5 minutes)