

Victim Awareness Month Week Two

Please take a moment to pause, read a short reflection by those who are healing from the loss of a loved one in their journey to healing, and to pray for victims of violence.

After an Experience of Violent Loss

Suicide survivors often face unique challenges that differ from those who have been bereaved by other types of death. In addition to the inevitable grief, sadness, and disbelief typical of all grief, overwhelming guilt, confusion, rejection, shame, and anger are also often prominent. These painful experiences may be further complicated by the effects of stigma and trauma. For these reasons, grief experienced by suicide survivors may be qualitatively different than grief after other causes of death.

Reflection:

“Over three years ago, I lost my younger brother to suicide. This loss has affected every aspect of my life. I have always had great faith in our Lord and I know that this helped carry me through, but I always felt “stuck” in my grief. The Journey, a ten-week support group through the Diocese of San Bernardino, has helped me to understand that Jesus walks with us in our grief – he feels our pain and is with us each step of the way. For the first time in a long time, I feel hopeful that healing is possible”. - Diana

Prayer:

O Lord and Giver of Life, may we all recognize the great value of the life you have given to each one of us. But look in a special way on those who no longer find any meaning in the life they are leading. You can see every movement of the human heart and you know what depths of despair, discouragement, frustration, loneliness, or self-hate have led them to the edge they are standing on. Have mercy on them and open their eyes to see that the road has not ended. Fill their hearts with new hope. Place people in their lives who will love them with your own love, and who will give them a reason to live again. Make them know they are worthwhile and needed. And Lord, if you wish to use me as your instrument touching someone, feel free to do so. Amen.

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