





Maura Beakey



Sr.Anne Boland



Dean Bowe



Rita Brady



Laura Brennan



Sr. Maureen Brennan



David Browne



Gerry Browne



Jackie Browne



Renie Browne



Brendan Burke



Christy Burke



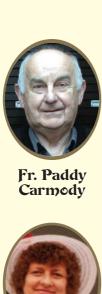
Claire Burns O'Keeffe



Con Butler



Canon Reuben Butler







Margaret Carroll



Brendan Casey



**James Casey** 



Siobhan Colleran nee Dargan



Peter Considine



Peter Considine



Gerry Corcoran



Teri Corcoran Giovannetti



**Delia Corey** 



John Cotter



John Brendan Coughlan



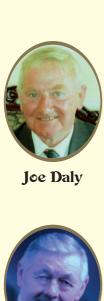
Joan Crowe



Peśśy Cullinan



Michael George Culliney





**Paddy Daly** 



Kathleen Downes



**Benny Duffy** 



Michael Duģģaņ



Monica Elliott



Mary Finlay



Frank Fitzpatrick



**Una Flaherty** 



**Eleanor Ford** 



William Freney



Eileen Gannon



**Patricia** Garriby



Ned Gaynor



Pauline **Gibbons** 



Mike Gilligan



Patrick Hurson Anita Hynes Sean Hynes Gloria Christina Jourdan





Bernadette Keane



Nuala Keane



Jean Kehoe



**Breda Kelly** 



Michael Kelly



Willie Kelly



John Kerin



Paddy Kerin



Margaret Killeen



Mae Lane



Linda Lee Drennan



Angela Loonam



Lil Lynch



Niall Mahoney



Mgt Mc Carthy





Mary McCormack nee Lynch



Brid McCullough



Thomas (Spider) Mc Donagh



Tony Mc Enery



Anne Rose (Nancy) Mc Ennis Kelly



Frank Mc Inerney



Marion Mc Inerney



Mary Mc Inerney



Pat Mc Keown



Gerry McLoughlin



Berrie McMahon



Ella Mc Mahon



Mgt Meehan

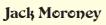


Teresa Melia nee Shannon



James Minihan







Mary Bridget Moloney



Bridget Moloney



Damian Moroney





Rose Moroney



Dr. Donough Moylan



Joan Murphy (nee Fleming)



Patrick Murray



Frances Nagle



Michael Naughton



Maureen Nihill



Annie O'Brien



Caroline O'Brien



John O'Brien



Maureen O'Brien



Bernie Power

Claire Roberts



Mary Mgt Roberts



Evelyn Roche





Loreto Ryan



Patrick Rynne



Kitty Scanlan



Lilian Scanlon



**Gerry Sexton** 



Fr. Tom Seymour



Marion Sheill



Jack Sheridan Bone



Francis Sheridan



Jennifer Sherlock



Joseph Sivak



**David Slattery** 



Margaret **Spellissy** 



John Staunton



Reginald Sturt





Monica Sweeney



Tony Sweeney



Brid Tierney Mc Donald



Michael Tierney



Mary Wall



Michael Walsh



Nancy Ward



Josephine West



Chodara Wieslaw



Assumpta Whelan



Anna White



Marģaret Ziemann



Michael Guilfoyle



Kevin Quinlan

## Reflection

I Thank You God that I have lived In this great world and known its many joys The song of birds, the strong, sweet scent of hay And cooling breezes in the secret dusk. The flaming sunsets at the close of day Hills, and the lonely heather covered moors Music at night, and moonlight on the sea The beat of waves upon the rocky shore. And wild, white spray, flung high in ecstasy, The faithful eyes of dogs, and treasured books. The love of kin and fellowship of friends And all that makes life dear and beautiful. I thank you too, that there has come to me A little sorrow, and sometimes, defeat A little sorrow and the loneliness That comes from parting, and the word 'Goodbye' Dawn breaking after weary hours of pain When I discovered that night's gloom must yield And morning light break through to me again Because of these and other blessings poured Unmasked upon my wondering head, Because I know that there is yet to come An even richer and more glorious life, And most of all, because your only Son Once sacrificed life's loveliness for me

I thank you God, that I have lived.

## Ní imithe uainn atá said ach imithe romhainn



They are not sone from us But sone before us

## Suggestions for people who have been Bereaved

- Know you can survive. You may not think so, but you can.
- Struggle with "why" it happened until you no longer need to know "why" or until you are satisfied with partial answers.
- Know that you may feel overwhelmed by the intensity of your feelings but all your feelings are normal.
- Anger, guilt, confusion and forgetfulness are common responses. You are not crazy; you are in mourning.
- Be aware you may feel appropriate anger at the person, at the world, at God, at yourself. Its
  OK to express it.
- You may feel guilty for what you think you did or did not do. Guilt can turn into regret through forgiveness.
- Having suicidal thoughts is common. It does not mean that you will act on these feelings.
- Remember to take one moment or one day at a time.
- Find a good listener with whom to share. Call someone if you need to talk.
- Don't be afraid to cry. Tears are healing.
- Give yourself time to heal.
- Try to put off major decisions.
- Expect setbacks. Emotions can return like a tidal wave but you may only be experiencing a remnant of grief, or an unfinished piece.
- Give yourself permission to get professional help.
- Be aware of the pain of family and friends.
- Be patient with yourself and with others who may not understand.
- Set your own limits and learn to say no.
- Steer clear of people who want to tell you what or how to feel.
- Knowing that there are groups that can be helpful such as the Samaritans. Freephone number is 116 123, day and night.
- Call on your personal faith to help you through.
- It is common to experience physical reactions to your grief e.g. headaches, loss of appetite, inability to sleep.
- The willingness to laugh with others and at yourself is healing.
- Wear out your questions, anger, guilt or other feelings until you can let them go. Letting go doesn't mean forgetting.
- Know that you will never be the same again, but you can survive and even go beyond just surviving.
- Be kind and gentle with yourself.

Ennis Parish Bereavement Group
Tel 065 6824043 www.ennisparish.com

