

PASTORAL RESOURCE FOR

Widow Care

COUNSELOR

- Reflect on embedded constructs about grief.
- Consider narrative therapy and metaphor.
- Ask open-ended questions..

CONGREGANT

- Communicate and connect.
- Offer uninvited compassion.
- Create a system of support.

COMMUNITY

- Articulate a theology of lament.
- Incorporate lament into weekly liturgy.
- Offer grief-specific memorials throughout the year.



LOVE YOUR NEIGHBOR AS YOURSELF

“Religion that is pure and undefiled before
God, the Father, is this: to care for orphans
and widows in their distress...”

James 1:27



WIDOW CARE ON THE WEB

[#InspireHope - Inheritance of Hope](#)

[Never Alone Widows](#)

[Home - Modern Widows Club](#)

[widowingwellwithhope.com](#)

[Grief Resource Site For Widows- The Sisterhood of Widows The Sisterhood of Widows](#)

[W Connection – Widows helping Widows rebuild their lives \(widowsconnection.org\)](#)

[Support Groups for Widows](#)

Counselor

1. Tell me about your husband.
2. Tell me, if you feel comfortable, about the events of the death.
3. Tell me about how others have responded — about your support system.
4. Tell me about the other things that have happened to you or are happening now that may be making things more challenging.
5. Tell me about yourself, as a person, your life before all this happened — what sorts of things have you had to face in the past?
6. Tell me about what has helped you during this time, about what eases the pain if only for a short time? (Haase, 219)

Congregant

Call to ask:

1. How can I pray for you this week?
2. Is there anything you need? (Cindi Clark)

Get Reminders at:

[#InspireHope - Inheritance of Hope](#)

Build a resource network:

Skills and services
Volunteer rotation
Contractor/Handyman
Yard work
Childcare

Welcome, Include, and Ask!

Host a Widow Support Group or Grief Share Group at your church or in an ecumenical space.

Community

Scriptures for Lament Liturgy

Mark 14:36

“Abba, Father, everything is possible for you. Take this cup from me. Yet not what I will, but what you will.”

Psalm 13:1-2

How long, Lord? Will you forget me forever?

How long will you hide your face from me?

How long must I wrestle with my thoughts and day after day have sorrow in my heart?

Psalm 42:1-3

As the deer pants for streams of water, so my soul pants for you, my God.

My soul thirsts for God, for the living God.

When can I go and meet with God?

My tears have been my food day and night.

More Resources:

[Lament Toolkit:](#)

[Understanding and Practicing Biblical Lament |](#)

[Faithward.org](#)