

Grieving in a Time of Uncertainty and Social Distancing

Knox United Church is here to hold and guide you and your family during times of grief and loss. Our hope is to help you to celebrate the life of your loved one in a way that is meaningful, personal, and healing. When a loved one dies - celebration of life and ritual are important to working through complex feelings and allowing grieving to be articulated and experienced in community.

There are many ways to do this. In the midst of social distancing, creativity is needed. Some are waiting to celebrate the life of their loved one until Covid-19 distancing rules are relaxed, but this could be some time, leaving the need for more immediate opportunities. Others are looking for ways to hold up that life right now and to process the many feelings that result. While this cannot be done in typical gatherings, there are many creative alternatives that can allow us to "gather" to tell stories, share pictures and videos and memories, to hear beloved scriptures and to pray with and for one another.

This can happen in video formats and using conference calling. When your loved one dies, we at Knox are here for you. Please contact our Minister Meg Illman-White minister@knoxunitedkenora.ca to have a conversation about honouring the life of your loved one.