



The Group Facilitator

Jim Zalba is a member of St. Thomas Aquinas Parish and St. John Church and Student Center in East Lansing. He serves as both lector and Eucharistic minister at St. John Church.

Jim has a master's degree in guidance and counseling from Wayne State University in Detroit. He also received a specialist certificate in gerontology, when he received his degree.

Jim is currently retired from the state of Michigan, Department of Human Services. Before that time, Jim directed the Foster Grandparent Program for Catholic Social Services in Lansing. During this time Jim was a certified social worker. Prior to this job Jim worked at Catholic Social Services of Wayne County.

In the 1990s Jim began volunteering at Mother Teresa House (MTH) in Lansing, which serves as a residence for people who are terminally ill. His work at MTH included one on one work with dying patients and their relatives.

After leaving MTH Jim began doing volunteer work at Hospice of Lansing, serving as a bereavement and spiritual care volunteer.

Jim enjoys building rustic furniture and has his own business called Personal Guidance Coaching, LLC, through which he helps people set goals and objectives to help them work through their problems and issues.

St. Thomas Aquinas Parish

955 Alton Road, East Lansing, MI 48823

Phone: 517-351-5460

St. John Church &

Student Center

327 M.A.C. Avenue, East Lansing, MI 48823

Phone 517-337-9778

www.elcatholics.org

Bereavement Support Group

Are you having difficulty grieving?

Has a loved one died recently?

*Do you feel unsupported in your
grief journey?*

*Are you looking for
a faith-based support group
who can help you through your
grief process?*



Blessed are they that mourn, for they will be comforted. Matt 5:4



The Bereavement Support Group

St. Thomas Aquinas Parish and St. John Church and Student Center have a group that is **ready to help.**

The group meets from 6:00pm to 8:00pm every other Wednesday in the dining room of the former rectory at St. Thomas Aquinas.

This Bereavement Support Group was started in August 2011 to answer a need in the community. The group welcomes any Christian who would like to share their grief story and listen to others' grief stories.

Death is one of the most shocking and final losses we experience. Grief is the inward pain and struggle, the thoughts and feelings we encounter when someone we love dies. This painful process unfortunately has no set formula or magic answers.

There is no "right" way to grieve! Each person experiences grief differently. The grieving process is like a journey; one must take the journey to reconcile one's grief as he or she works to integrate the reality of his or her loss and move forward in life without the physical presence of the person who died.



If you are interested in this support group or need more information, please call the parish office at 517-351-7215 or email Al Weilbaeher at al@elcatholics.org.

But Mary stayed outside the tomb weeping. And as she wept, she bent over into the tomb and saw two angels in white sitting there, one at the head and one at the feet where the body of Jesus had been. And they said to her, "Woman, why are you weeping?" She said, "They have taken my Lord and I don't know where they have laid him." And when she had said this, she turned around and saw Jesus there....

John 20:11-14

