



Surviving Our Spouses (SOS)

An invitation to Covenant women and men who have experienced the death of their spouses

Psalm 119:105 proclaims, *Thy word is a lamp unto my feet, and a light unto my path.*

After the death of a spouse, that "light" can dim. Or hide. Or be doused altogether. And it doesn't always happen immediately or last forever. But what if the Covenant community could help surviving spouses carry the lamp, find or kindle that light? This psalm so clearly expresses what we propose to do in forming a new Covenant group called SOS, short for Surviving Our Spouses.

Whether we find ourselves hours, days, months, or years beyond losing a spouse, the need for spiritual, practical, and emotional support can sometimes be strong and is always changing. While family members and friends are often a great comfort, sometimes we need to be with those who have walked a similar path, who can offer a different kind of support.

In SOS, we will be sharing our mutual experience of loss, while acknowledging that each person's situation is different and brings its own unique challenges. Responding to each other's needs is crucial. We want

- To listen and be heard
- To help and be helped
- To be simply companions
- To build connections that are meaningful.

Please consider joining us. We have formed a five-person steering committee and we are grateful to have the guidance of Katherine Kerr, Covenant's senior associate minister for Congregational Life and Pastoral Care. We hope that you will complete the attached questionnaire, either online or by hand, and return it by August 1. Or, if you prefer, please reach out to any of us directly, by phone or email. We look forward to spreading the light of Christ within a special group of people as part of our church family.

SOS Steering Committee

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