

# Messages of hope

## How do you cope with grief?

*Many people have experienced grief during COVID and the restrictions. Grief comes in many forms and can occur when we lose something or someone. Grief can be overwhelming, especially when someone you love dearly has died.*



Louise's husband died recently and Louise reached out after hearing your Messages of Hope. Louise asked for any resources to give her comfort, understanding and hope. Along with other resources, we offered her the revised Australian version of the Take Heart in Your Grief booklet that was originally written by Dr Oswald Hoffmann. The booklet journeys with you in your grief and shares the messiness of it but also how Jesus is with you through it all.

### **Louise responded to the offer of resources:**

*Thank you for your kind words of comfort, and concern. Yes, I will print off the information you have included in the email, and I will read it in my quiet time. I look forward to receiving the printed information also that you'll be sending through the mail too. Thank you*

Jesus Christ offers Louise and us all hope through these times through his death and resurrection and the life he has won for us. Discover more at [www.messagesofhope.org.au/grief-and-loss](http://www.messagesofhope.org.au/grief-and-loss).

*The comfort, peace and hope of Jesus Christ be with you!*

*In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead. 1 Peter 1:3*

### **Donate**

#### **Lose the Moustache!**

Rev Ben Hentschke, Lutheran Media's chairperson, had grown his impressive moustache and beard over many years. In late April, he decided to sacrifice it by shaving it off to support Messages of Hope.

**You can support Ben's efforts by giving a donation on [www.mycause.com.au](http://www.mycause.com.au) and by searching for Lose the Moustache Thank you Ben and supporters!**



### **Bequest**

Thanks for your Bequest! A heartfelt thanks to the supporters and their families who have given a bequest to Lutheran Media to continue their legacy by offering the hope of Jesus Christ for generations to come. Find out more at [www.lutheranmedia.org.au/bequests](http://www.lutheranmedia.org.au/bequests).

