



*From the Desk of the Director of
Post Abortion and Pregnancy Loss Ministry*

Recently I read a book called THE GRIEF OF DADS written by Patrick O'Hearn and Bryan Feger – two fathers who lost children due to a miscarriage. In this book, they describe their feelings about the loss of their children. Men don't often share their feelings so I thought you might find this interesting. The following is what they said:

Men don't allow themselves to grieve because they want to support their wives/girlfriends.

Men departmentalize their feelings. They can hide their feelings and then dive into something else like working more, hobbies, sports etc.

Men have a sense of isolation and can be angry with God. One man said;

"I felt like Job and I wrestled with God."

Men carry unresolved grief. It appears to their wife that he moved on and don't care about her feelings.

Chronic stress takes its toll on the body. PTSD is alive and well with the loss of a child.

Anger with God, but where would I be without God. (Honesty with God)

Men grieve alone, they build resilience through suffering.

This is a time to join with your wife to strengthen your marriage.

God is loving us through this. This event draws us into the grief of the cross

All things happen in Gods will, but God is love.

There is a divine mystery to God's love and all things to Gods glory.

Some men may require some clinical help.

There is resources in the book. Ways to overcome grief.

Find another man to speak with, a Spiritual Director, attend an interment mass.

Name the child. People don't know what to say. Sorry is enough.

These are the wounds that God has given us,

This book is available on Amazon.com

Lorraine Gariboldi

Entering Canaan

Day and Weekend Retreats

for those suffering from a past abortion and/or pregnancy loss

Men Hurt Too.

Come begin your healing journey!



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are waiting for you!

**Please contact us for
upcoming Day & Weekend
Men's Retreat dates.**

**For confidential
reservations contact,**

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