



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

Post Abortion and Pregnancy Loss Ministry

Grief is a subject that is not often spoken about in our culture. It is interesting how various cultures deal with grief. Now that the Life Center is working with men and women who are suffering from the loss of a loved one, I thought I would write about how different cultures deal with this subject.

Western Cultures: Grief is Often Private

In places like the United States, Canada, and parts of Europe, people often grieve in private. They focus on personal healing and moving on. People may keep their emotions to themselves, funerals are often short, quiet, and simple, some turn to therapy or support groups to help them cope. Western culture often sees grief as something to “get through” or “recover from.” But not everyone sees it that way.

Other Cultures: Grief Is Shared with Community

For instance, in some parts of Africa, Asia, and Latin America, grieving is a group experience. Families and friends come together to mourn their loved one, support each other, and remember the person who passed. For example, in Ghana, funerals are big, colorful events with music and dancing. They celebrate the life of the person who died. In Mexico, families celebrate Día de los Muertos or “Day of The Dead” when they honor loved ones with food, decorations, and share stories about them. These traditions remind people that grief is not only about sadness, but also about connection, memory, and love. These traditions — whether held in homes, streets, temples, or cemeteries — show us something powerful. Grief doesn’t have to be silent or solitary. In many cultures, it becomes a communal bridge between people, between generations, and between the living and the dead.

Religion Affects: How People Grieve

Religion can guide people through loss. It gives them comfort, rules, and hope during hard times. Different religions have different grieving customs. Christians may hold funerals with songs and prayers about heaven. They believe in life after death. Muslims usually bury the body within 24 hours. Family and friends gather to pray, and mourning may last a few days or longer. Hindus cremate the body and hold rituals for 13 days to help the soul move on. Buddhists focus on peace and rebirth. They pray and chant to help the person’s spirit rest. Each religion has its own way of honoring the dead and supporting the living.

Ways to Support Someone Who Is Grieving

Everyone grieves in their own way, and we can all help by being more open and supportive. Here are a few simple but meaningful ways to do that:

Listen with compassion. Don’t judge. Learn about their background and culture. Take time to understand them. Gently ask how you can support them.

Many people find the second year the hardest because the initial shock wears off, revealing the harsh reality and permanence of the loss, compounded by fading social support and the daunting task of building a life without the loved one.

The following tips may give you some ideas about what to do in your “grief time”:

Sit quietly and think about and talk to your loved one. Talk to them as though they were sitting right next to you. Play music that reminds you of them. Allow yourself to cry. Write them a letter. Start a journal, a memory book, or a photo book. Most importantly, be kind to yourself and others during this time. Remember, there is no right or wrong way to grieve.

Lorraine Gariboldi

Director, Post Abortion and Pregnancy Loss Ministry

Life Center of Long Island Post Abortion Healing Retreat Weekend

April 10, 2026 - April 12, 2026

For those suffering from a past abortion.



Come begin your
healing journey!

His mercy and peace
are waiting for you!

**Please contact us for
our upcoming
Women & Men Retreat
Weekend to be held
April 10, 2026 -
April 12, 2026**

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