



**Christ Church Clevedon**

**The Rev Canon Yvonne Richmond Tulloch was Canon for Mission at Coventry Cathedral when she was widowed suddenly in 2008, causing her “life to go into freefall”.**

**Her experience of grief led to her passion for helping other bereaved people find support. She established the charity [AtaLoss](#), which offers a bereavement signposting website, and went on to help run *The Bereavement Journey* – a course which helps equip those grieving to come terms with loss.**

**According to Rev Tulloch, we don’t get over grief, we learn how to live with it – but people need to be helped in this.**

**“Grief can affect every aspect of a person’s life – not just emotional well-being, but physical and mental health,” she explained.**

**“Bereavement is one of the most stressful times in life, but for many people, it’s devastating.**

**“Those grieving are so often left feeling isolated, floundering, and confused.**

**“People don’t know what to say to bereaved people, so they steer clear of them – or they assume when they see them that they’re coping well, when they’ve just managed to pull themselves together or are still feeling numb in the early stages.”**

**For anyone bereaved during Covid restrictions, all the usual problems were exacerbated.**

**This was the case for Ounissa Benali, whose mother died during the pandemic.**

**“When my mum went into hospital, it was a nightmare: I couldn’t see her or visit her – I went from being with her 24-7 during lockdown to not being able to see her at all and having to isolate,” she explained.**

**“When my mum passed away, I really struggled. I was crying all the time, it was so difficult. I didn’t know where to turn or what to do.**

**“My life stopped. I felt like an alien everywhere, and like nothing mattered.**

**“It had a terrible effect on my health. I had to stop working for about three months.**

**“I was praying to find something that could help me. I did not know yet that *The Bereavement Journey* course was something that was even available.”**

**She first heard about the course - a series of films and facilitated discussion groups - after hearing about it through a friend at church.**

**“It came at a time when I was feeling guilt that I was somehow not a good enough Christian – otherwise my prayers would have been answered, and my mum would have been healed,” she said.**

**“At the first meeting, I was still in so much pain, but I started to understand what loss is, and the weight of the grief that I was carrying.**

**“The course films were so good; I recognised myself in almost everything.”**

**The course concludes with an optional seventh session offering a Christian perspective on commonly asked faith questions.**

**“The last session on faith was amazing. It took away my guilt and gave me hope,” she added.**

**“Sharing faith questions with other people, I realised I was not the only one wondering about these things, like why God heals some, but not others.”**

**She reflected: "For the first time in my life, I really started to feel God’s love – I knew it intellectually before, but I didn’t feel it.**

**“The Bereavement Journey was one of the best things I have done in my life, it brought me so much peace – although the pain was still there, I now had something I could fall back on. I was reminded that even Jesus wept.**

**“During such a horrible time in my life, it brought me closer to God.”**

## More information

- **The Bereavement Journey was developed over 20 years ago and has proven effective in helping people process grief whenever or however the person died.**
- **Currently over 180 courses are being run by churches across the country.**
- **When advertised to the public, a large percentage of guests attend from outside church, with over 90% choosing to attend the optional session on faith.**

[Learn more.](#)

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