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# Finding Meaning in Grief

This is the second of a series of interviews commemorating the 75th anniversary of Opus Dei coming to Ireland. In this episode, Gobnait O'Grady discusses the impact of grief in our lives and the lives of others, and how to help those who need our accompaniment and care during this difficult time in their lives.

01/27/2023

In this episode, Gobnait O'Grady speaks to us about working in the area of grief and loss. We discuss her own experience of grief and the subsequent understanding of other people's grief with her involvement in the "Bethany Bereavement Support Group." We also discuss the impact of grief and the importance of accompaniment and compassion.

For more information about the Bethany Bereavement Support Group, please visit their website.

Gobnait O'Grady

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