

The Funeral Is Not *the Finish Line*

The first week is crowded. The third month can be very lonely.

The crowd that fills a church in week one often disappears by month three. A grieving family notices. Good grief support does not end at the graveside — it marks a calendar, sets a reminder, and keeps showing up when everyone else has stopped.

WHAT TO DO

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| ☐ Call at 30 days — a personal call, not just a gesture. | ☐ Call again at 90 days, when support often drops away hardest. |
| ☐ Mark the 6-month date and plan something before it arrives. | ☐ Plan for the first-year anniversary — don't let it pass in silence. |
| ☐ Assign one person to hold the calendar and follow through. | ☐ At each check-in, ask: what has been the hardest part lately? |
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DO THIS WEEK

Put three dates in your calendar right now: 30, 90, and 365 days from the death. Decide what you'll do at each.

ASK YOURSELF

Who is currently holding the long-term calendar for this family — and is anyone?

“Showing up once is kind. Showing up three months later is care.”