

A PRACTICAL

Guide for New Widows

Steps for Navigating the Weeks and Months Ahead



Faith Alive
Ministries

JOINTHEFAM.ORG

INTRODUCTION



Losing your husband is an incredibly challenging experience, and the journey ahead may feel overwhelming. We are so sorry for your loss and know that no words can fix the heartache you feel. We want you to know that you are not alone. Faith Alive Ministries is here to walk alongside you. This guide provides practical steps to help you navigate the coming weeks and months with clarity and hope.



IN THE FIRST FEW WEEKS

1. Lean on Your Support System

- Reach out to trusted family, friends, or church members. Let them know how they can support you, whether it's through prayer, meals, or simply being present.

2. Notify Key Contacts

- Inform immediate family members and close friends.
- Contact your pastor or spiritual leader for emotional and spiritual support.
- Notify your husband's employer (if applicable) to discuss benefits or final paycheck arrangements.

3. Secure Important Documents

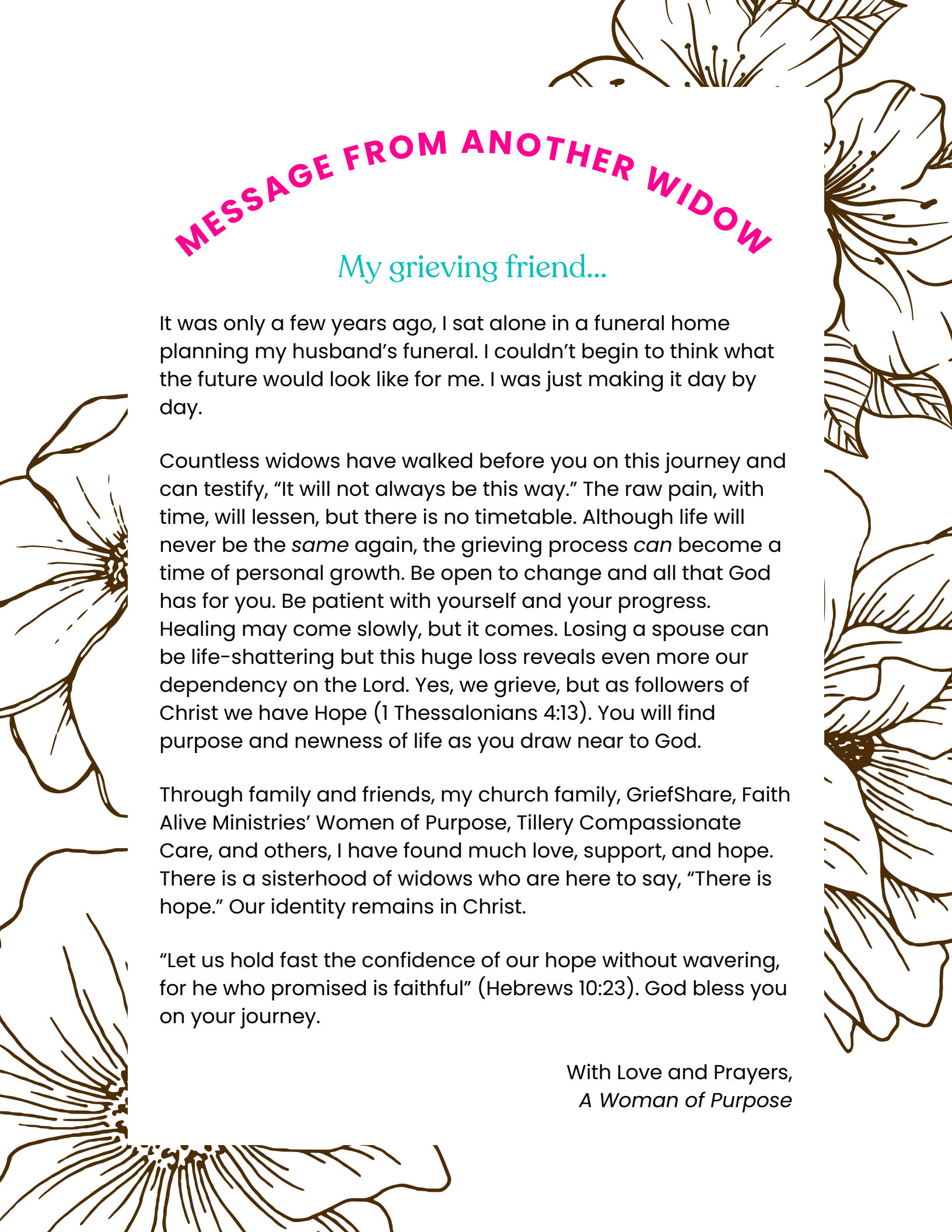
- Locate your husband's will, insurance policies, and financial records.
- Gather documents such as the death certificate (request multiple copies), marriage certificate, and Social Security details.

4. Address Immediate Financial Matters

- Open a dedicated folder or file for bills and correspondence.
- Contact your bank to update account information and inquire about any joint accounts.
- Notify credit card companies and utility providers about the loss.

5. Plan the Funeral or Memorial Service

- Enlist the help of family or church members if you feel overwhelmed.
- Discuss arrangements with a funeral home and check if your husband had preplanned or prepaid services.



MESSAGE FROM ANOTHER WIDOW

My grieving friend...

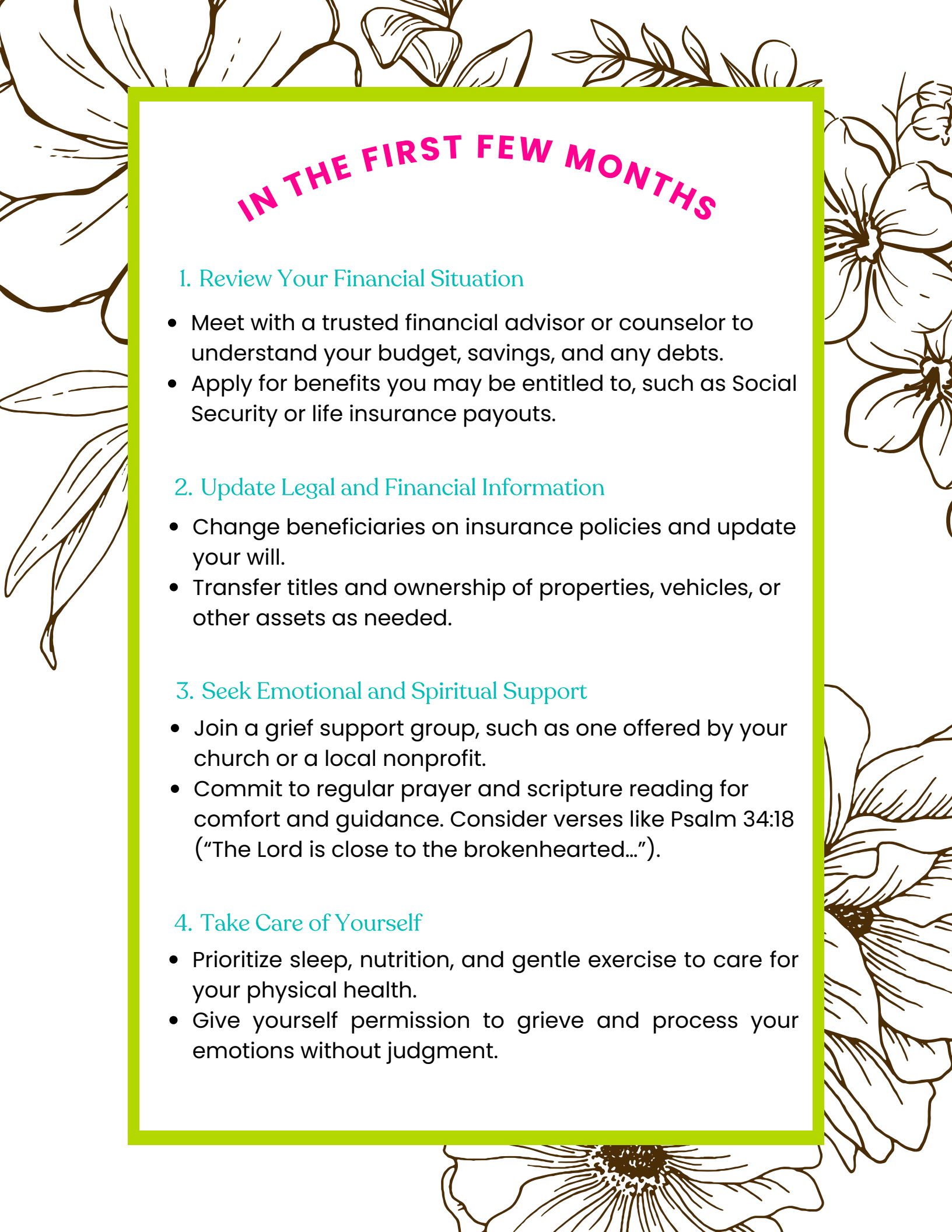
It was only a few years ago, I sat alone in a funeral home planning my husband's funeral. I couldn't begin to think what the future would look like for me. I was just making it day by day.

Countless widows have walked before you on this journey and can testify, "It will not always be this way." The raw pain, with time, will lessen, but there is no timetable. Although life will never be the *same* again, the grieving process *can* become a time of personal growth. Be open to change and all that God has for you. Be patient with yourself and your progress. Healing may come slowly, but it comes. Losing a spouse can be life-shattering but this huge loss reveals even more our dependency on the Lord. Yes, we grieve, but as followers of Christ we have Hope (1 Thessalonians 4:13). You will find purpose and newness of life as you draw near to God.

Through family and friends, my church family, GriefShare, Faith Alive Ministries' Women of Purpose, Tillery Compassionate Care, and others, I have found much love, support, and hope. There is a sisterhood of widows who are here to say, "There is hope." Our identity remains in Christ.

"Let us hold fast the confidence of our hope without wavering, for he who promised is faithful" (Hebrews 10:23). God bless you on your journey.

With Love and Prayers,
A Woman of Purpose



IN THE FIRST FEW MONTHS

1. Review Your Financial Situation

- Meet with a trusted financial advisor or counselor to understand your budget, savings, and any debts.
- Apply for benefits you may be entitled to, such as Social Security or life insurance payouts.

2. Update Legal and Financial Information

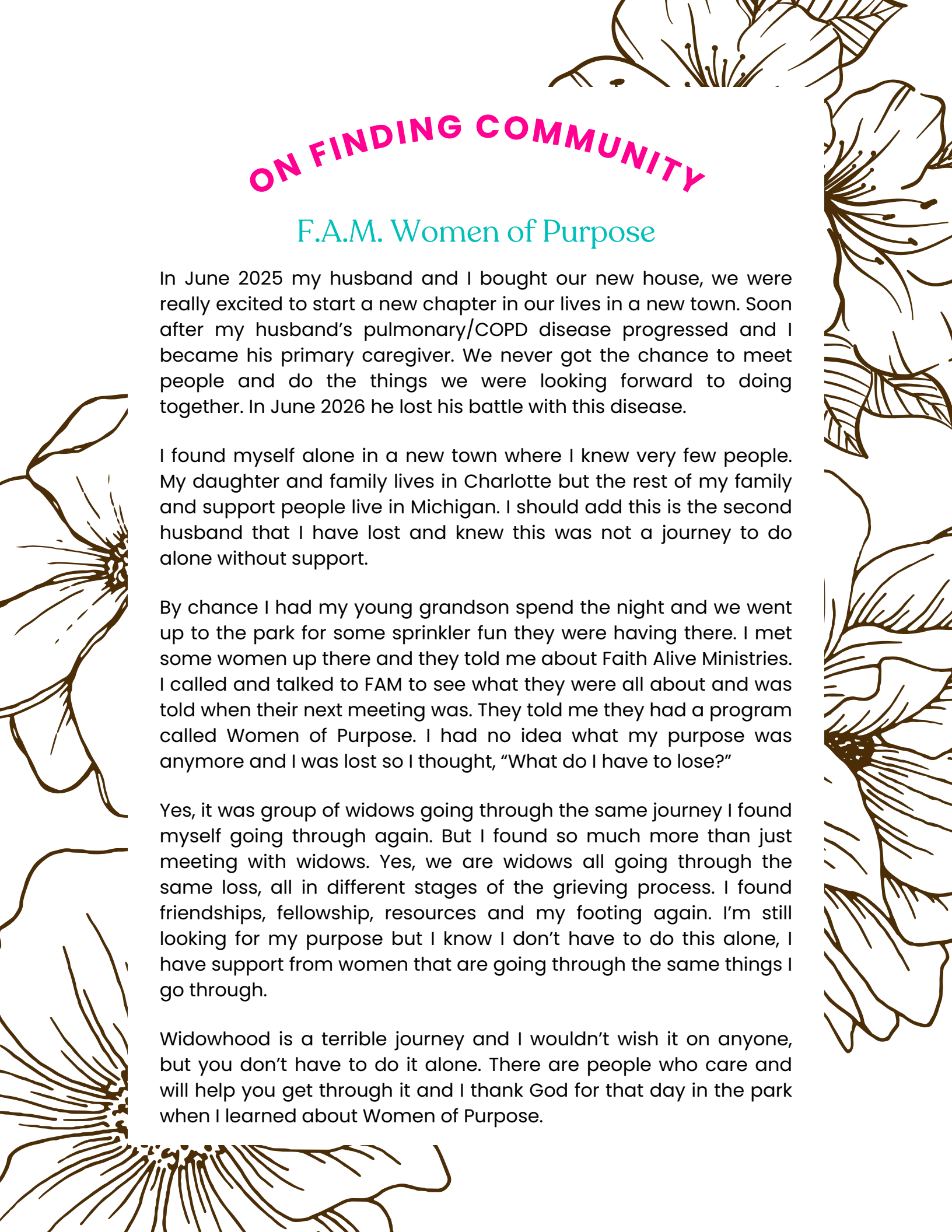
- Change beneficiaries on insurance policies and update your will.
- Transfer titles and ownership of properties, vehicles, or other assets as needed.

3. Seek Emotional and Spiritual Support

- Join a grief support group, such as one offered by your church or a local nonprofit.
- Commit to regular prayer and scripture reading for comfort and guidance. Consider verses like Psalm 34:18 ("The Lord is close to the brokenhearted...").

4. Take Care of Yourself

- Prioritize sleep, nutrition, and gentle exercise to care for your physical health.
- Give yourself permission to grieve and process your emotions without judgment.



ON FINDING COMMUNITY

F.A.M. Women of Purpose

In June 2025 my husband and I bought our new house, we were really excited to start a new chapter in our lives in a new town. Soon after my husband's pulmonary/COPD disease progressed and I became his primary caregiver. We never got the chance to meet people and do the things we were looking forward to doing together. In June 2026 he lost his battle with this disease.

I found myself alone in a new town where I knew very few people. My daughter and family lives in Charlotte but the rest of my family and support people live in Michigan. I should add this is the second husband that I have lost and knew this was not a journey to do alone without support.

By chance I had my young grandson spend the night and we went up to the park for some sprinkler fun they were having there. I met some women up there and they told me about Faith Alive Ministries. I called and talked to FAM to see what they were all about and was told when their next meeting was. They told me they had a program called Women of Purpose. I had no idea what my purpose was anymore and I was lost so I thought, "What do I have to lose?"

Yes, it was group of widows going through the same journey I found myself going through again. But I found so much more than just meeting with widows. Yes, we are widows all going through the same loss, all in different stages of the grieving process. I found friendships, fellowship, resources and my footing again. I'm still looking for my purpose but I know I don't have to do this alone, I have support from women that are going through the same things I go through.

Widowhood is a terrible journey and I wouldn't wish it on anyone, but you don't have to do it alone. There are people who care and will help you get through it and I thank God for that day in the park when I learned about Women of Purpose.

SIX MONTHS & BEYOND

1. Reevaluate Your Goals & Priorities

- Reflect on what brings you joy and purpose. This might include volunteering, pursuing a hobby, or spending time with loved ones.
- Set realistic goals for your personal, emotional, and spiritual growth.

2. Build a New Routine

- Establish daily and weekly rhythms that help you feel grounded and productive.
- Consider becoming involved in ministries or activities that align with your passions.

3. Continue Seeking Community

- Maintain connections with your church and support groups.
- Don't hesitate to ask for help or companionship when needed.

4. Plan for the Future

- Review long-term plans such as retirement, housing, and healthcare.
- Consult with a lawyer to ensure all legal matters are in order.



RESOURCES THROUGH



**Faith Alive
Ministries**

"Counseling" Services

One-on-one peer meetings with seasoned widows.
(Not licensed.)

Support Groups

Monthly gatherings for widows to share
encouragement and pray together.

Financial Guidance

Referrals for workshops and information on budgeting
and financial planning.

Practical Assistance

Basic help with chores and small repairs around the
house and yard by volunteers.

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A Closing Word of Encouragement

While this season may be difficult, remember that
God walks with you every step of the way.

You are loved, valued, and never alone.

“For I know the plans I have for you,”
declares the Lord, “plans to prosper
you and not to harm you, plans to give
you hope and a future.”

-Jeremiah 29:11



WE ARE PRAYING FOR YOU



The vision of F.A.M. is a future where widows and orphans thrive because communities of faith step in to provide care, hope, and lasting support.