

**Boyko I. Y.**

Doctor of Moral Theology, PhD

Associate Professor of Theology Department,

Ukrainian Catholic University,

Rector of Lviv Holy Spirit Seminary

Lviv

### **Mutual aid groups and spiritual assistance**

This report is dedicated to the idea of creating and development of the mutual aid groups for the families of «Heavenly Hundred» Heroes which were established and work effectively in Lviv Holy Spirit Seminary of Ukrainian Greek Catholic Church.

The aim of this report is to present not only chronological and methodological aspects of the mutual aid groups' work, but also spiritual and psychological human dimensions of assistance for the persons who are in grief and the one who have lost their beloved ones on Maydan.

Within these meetings participants of the mutual aid groups were learning how to cope with challenges which appear in their life, not to be shut in their own grief but to share their sufferings with others who suffer similar pain.

Personal experience of father Ihor Boyko and his work with persons who have lost their close ones represents the profound contents of the importance to transform loss into love, pain into compassion, how to listen to and to assist those who are close by.

This speech represents besides diverse experiences of personal grief and pain also actual instruments which could be practically applied in the mutual aid groups: acquaintance, communication, sharing personal experience of grief, mutual support. There has been communicated complex experience of grief, the meaning of human life, the way from suffering of pain to healing, and the way of change to trust in personal opportunity, in ability to solve personal issues and cope with difficulties.

Significant results of the mutual aid groups' work are substantial improvements of family life states those who have lost their near and dear ones and suffered crisis in their own life. Being suffered depression, personal closure and discouragement those persons could found strength, spiritual resources to be able to continue to live. The participants of the mutual aid groups have received spiritual, physiological and social assistance, have learnt to solve problems positively, which were caused by loss, and the most important they have understood that their life have not finished with the loss of close person.

Obviously, that experience of the mutual aid groups could be useful not only for Western Ukraine but for other regions of Ukraine which have families who have lost their dear ones on Maydan or in ATO.

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