

**A Christ-centered
support group
is for you if
any of these
are true:**

- You are looking for friends in Christ to share your journey of sorrow.
- You've been trying to figure out the meaning of your grief.
- You want to get on with life but haven't been able to.
- You find comfort in the teaching of Christ.
- You are open to new ways of coping with your grief.
- You don't want to feel alone anymore.



Adapted from *Seasons of Hope Guidebook: Creating and Sustaining Catholic Bereavement Groups*, © 2007 by Donna MacLeod. Used with permission. All rights reserved.

SEASONS OF HOPE

A Support
Group
for the
Bereaved





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Our Lord assured us that those who mourn are blessed, and that they shall be comforted. *Seasons of Hope* offers the bereaved an opportunity to come together to share in God's love. With the support of the faith community, we can give voice to our unique journeys of grief and find healing and spiritual growth. *Seasons of Hope* sessions help us explore mourning through scripture, prayer, reflection activities and faith sharing.

Seasons of Hope is centered on Jesus Christ and grounded in the healing wisdom, traditions, and practices of the Catholic Church.

Each year, many families face the loss of loved ones who are members of the parish. Our Catholic tradition provides funeral support and now *Seasons of Hope* can carry that caring spirit into the difficult period that follows when grief can overwhelm. It also serves those who mourn loved ones from outside our parish community. They too may feel isolated, empty, and broken-hearted.

For those searching for hope, a *Seasons of Hope* group is a nurturing link to the Church, the Almighty, and other people of faith who are also mourning.

Come and be comforted.

Seasons of Hope meets for six consecutive weeks. Any parishioner who is mourning the loss of a loved one is encouraged to attend and invited to bring a guest. Please join us:

Add times, locations, and contact information

About the *Seasons of Hope* Team

(Brief sketches about the team or facilitators)