



1. Season One Sessions-at-a-Glance

| Session | Theme | Opening | Activity | Faith Sharing | Summary & Fellowship |
|-----------------------------|----------------------------------|------------|---|--|-----------------------------------|
| 1. Point of Departure | <i>For Whom Are You Looking?</i> | 20 minutes | 20 minutes Jn 20:1–18 Get to know each other. | 25 minutes Linking loss to the emotions of the saints | 5 minutes 30 minutes |
| 2. Path to Understanding | <i>Our Source of Consolation</i> | 20 minutes | 20 minutes Mt 11:28–30 Music: “My Yoke Is Easy” List what makes you weary. | 35 minutes How God lightens burdens | 5 minutes 30 minutes |
| 3. Obstacles on the Journey | <i>Shattered Dreams</i> | 10 minutes | 15 minutes Jer 18:1–6 Music: “Abba Father” | 40 minutes Honoring emotions and dreams | 5 minutes 30 minutes |
| 4. Path to Inner Healing | <i>Finding Joy</i> | 10 minutes | 20 minutes Jn 16:19–24 Write a letter to God to rekindle joy | 40 minutes What helps in tough times | 5 minutes 30 minutes |
| 5. Way of Suffering | <i>The Way of The Cross</i> | 5 minutes | 20 minutes Lk 23:13–56 Music: <i>Chant Stations of Cross</i> | 45 minutes Experiencing the Way of the Cross | 5 minutes 30 minutes |
| 6. Final Destination | <i>Untie Him</i> | 5 minutes | 35 minutes Jn 11:1–44 Share pictures | 30 minutes Jesus and our ties to our departed | 10 minutes (survey) 30 minutes |





2. Season Two Sessions-at-a-Glance

| Session | Theme | Opening | Activity | Faith Sharing | Summary & Fellowship |
|-----------------------------|----------------------------|------------|--|--|-----------------------------------|
| 1. Point of Departure | <i>Remembering</i> | 20 minutes | 20 minutes Lk 24:1–12 Walk down memory lane. | 35 minutes Comparing reactions to scripture story | 5 minutes 30 minutes |
| 2. Path to Understanding | <i>Seeking Consolation</i> | 15 minutes | 20 minutes Jn 5:1–9 Music: “Song Over the Water” or “My Soul Thirsts” List what holds you back. | 35 minutes What it takes to heal after loss | 5 minutes 30 minutes |
| 3. Obstacles on the Journey | <i>Stumbling Blocks</i> | 10 minutes | 20 minutes Is 57:14–15 Music: “Build Up” Select stones | 40 minutes Moving these stones | 5 minutes 30 minutes |
| 4. Path to Inner Healing | <i>Living Hope</i> | 10 minutes | 15 minutes 1 Pt 1:3–9 Hand grief to Jesus. | 45 minutes What sustains hope | 5 minutes 30 minutes |
| 5. Way of Suffering | <i>The Cross</i> | 5 minutes | 10 minutes Lk 9:22–24 Music: <i>Chant</i> Meditation on Rosary Crucifix | 50 minutes Experiencing the Cross | 5 minutes 30 minutes |
| 6. Final Destination | <i>Do Not Be Afraid</i> | 5 minutes | 30 minutes Lk 8:40–42, 49–56 Share memories. | 35 minutes Inviting Jesus in | 10 minutes (survey) 30 minutes |





3. Season Three Sessions-at-a-Glance

| Session | Theme | Opening | Activity | Faith Sharing | Summary & Fellowship |
|-----------------------------|---|------------|---|---|-----------------------------------|
| 1. Point of Departure | <i>Believing</i> | 20 minutes | 20 minutes Jn 20:24–29 Get to know each other. | 35 minutes Exploring reactions to loss | 5 minutes 30 minutes |
| 2. Path to Understanding | <i>Knock and the Door Shall Be Opened</i> | 20 minutes | 20 minutes Mt 7:7–11 Draw picture. List what you need. | 35 minutes How to receive | 5 minutes 30 minutes |
| 3. Obstacles on the Journey | <i>Our Infirmities</i> | 15 minutes | 15 minutes Lk 13:10–13 Music: “You Raise Me Up” or “We Will Rise” Imagine how it will feel to have Jesus heal you. | 40 minutes Being weighed down | 5 minutes 30 minutes |
| 4. Path to Inner Healing | <i>Blinders to Faith</i> | 10 minutes | 20 minutes Lk 18:35–43 Letter of petition to God | 40 minutes How to find the way | 5 minutes 30 minutes |
| 5. Way of Suffering | <i>His Wounds</i> | 10 minutes | 15 minutes 1 Pt 2:20b–24 Music: “Mandy Thursday” Meditation: symbols | 45 minutes What the calling means | 5 minutes 30 minutes |
| 6. Final Destination | <i>Do Not Weep</i> | 5 minutes | 30 minutes Lk 7:11–17 Share faith symbols. | 40 minutes Drying the tears | 10 minutes (survey) 30 minutes |





4. Season Four Sessions-at-a-Glance

| Session | Theme | Opening | Activity | Faith Sharing | Summary & Fellowship |
|-----------------------------|---------------------------------|------------|---|--|-----------------------------------|
| 1. Point of Departure | <i>Last Encounter</i> | 20 minutes | 20 minutes Jn 14:1–8 Get to know each other. | 35 minutes Faith and coping. | 5 minutes 30 minutes |
| 2. Path to Understanding | <i>The Garden of Gethsemane</i> | 20 minutes | 15 minutes Mk 14:32–42 List your requests. | 35 minutes Answers to our prayers | 5 minutes 30 minutes |
| 3. Obstacles on the Journey | <i>Crown of Thorns</i> | 15 minutes | 15 minutes Jn 19:1–3 Focus: rose Write what eased your pain. | 44 minutes Roses among the thorns | 5 minutes 30 minutes |
| 4. Path to Inner Healing | <i>Gift of Caring</i> | 15 minutes | 20 minutes Jn 19:25–30 Letter of gratitude to God | 40 minutes Unfinished business | 5 minutes 30 minutes |
| 5. Way of Suffering | <i>Golgotha</i> | 10 minutes | 20 minutes Mk 15:22–34 Music: “ <i>Maurndy Thursday</i> ” Meditation: crucifix | 45 minutes At the foot of the cross | 5 minutes 30 minutes |
| 6. Final Destination | <i>Be My Witnesses</i> | 5 minutes | 35 minutes Acts 1:6–11 Share symbol of love. | 35 minutes Bearing witness | 10 minutes (survey) 30 minutes |





5. Season One Participant Journal-at-a-Glance

| Week | Theme | Scriptural Focus | Reflection | Journal Entry | Moving Forward |
|-----------------------------|----------------------------------|---|---|--|--|
| 1. Point of Departure | <i>Why Are You Weeping?</i> | Jn 20:11–18 Meaning of loss | Use photo of happier time to focus on positive emotion | Thinks of tomb scene. Writes to Jesus about grief | Lights a candle for the deceased |
| 2. Path to Understanding | <i>Our Source of Consolation</i> | Mt 11:28–30 Jesus and funeral as comfort | Remembers who/what lightened the burden at wake/funeral | Dialogues with God about current burden | Reaches out to someone |
| 3. Obstacles on the Journey | <i>Picking Up the Pieces</i> | Jer 18:1–6 The Potter's hand in grief | Imagines a shattered pot and if it can be fixed | Describes brokenhearted feelings and seeks Jesus | Spends time before the Blessed Sacrament |
| 4. Path to Inner Healing | <i>Finding Joy</i> | Jn 16:19–24 Weeping and mourning become joy | Thinks of joy before loss and whether God was included | Notes how deceased gave joy and impacted life | Rejoices about something this week |
| 5. Way of Suffering | <i>Bearing Your Cross</i> | Lk 23:13–56 The cross of Christ | Gazes on a cross and ponders its meaning to the deceased and self | Shares own experiences of stumbling and falling with the cross | Thinks about each word and motion during the sign of the Cross |
| 6. Final Destination | <i>Letting God</i> | Jn 11:1–44 Martha's handling of death, Jesus' teaching | Contemplates Jesus' tears | Lists complaints and searches for the glory of God in losing someone | Prays with incense |





6. Season Two Participant Journal-at-a-Glance

| Week | Theme | Scriptural Focus | Reflection | Journal Entry | Moving Forward |
|-----------------------------|----------------------------|--|--|--|---|
| 1. Point of Departure | <i>Disbelief</i> | Lk 24:1–12 The unexpected | Looks at memento of the deceased and focuses on positive emotion | Reviews how apostles reacted and writes to Jesus about own disbelief | Places memento with picture of deceased and offers a prayer |
| 2. Path to Understanding | <i>Seeking Consolation</i> | Jn 5:1–9 Taking up our mat | Considers own grief journey | Dialogues with God about motivators to action | Prays for those who have helped |
| 3. Obstacles on the Journey | <i>Stones for Building</i> | Is 57:14–15 Stones of life | Considers own grief journey | Writes about being crushed in spirit | Blesses and carries a stone this week |
| 4. Path to Inner Healing | <i>Living Hope</i> | 1 Pt 1:3–9 Our inheritance | Probes whether good can come from trials | Notes when hope entered own grief | Encourages someone |
| 5. Way of Suffering | <i>Sorrow</i> | Lk 9:22–24 Fourth Sorrowful Mystery of the Rosary | Imagines Mary's sorrow as Jesus carried the cross | Shares own sorrow | Prays the Sorrowful Mysteries |
| 6. Final Destination | <i>Just Have Faith</i> | Lk 8:40–42, 49–56 Faith saves | Recalls bringing Jesus to the beloved | Thanks Jesus for his help | Kneels at the tabernacle to pray |





7. Season Three Participant Journal-at-a-Glance

| Week | Theme | Scriptural Focus | Reflection | Journal Entry | Moving Forward |
|-----------------------------|-------------------------|----------------------------------|--|--|--|
| 1. Point of Departure | <i>Doubling Thomas</i> | Jn 20:24–29 The encounter | Contemplates the sacred wounds | Writes thoughts about life after death | Visits the beloved's grave |
| 2. Path to Understanding | <i>Open Doors</i> | Mt 7:7–11 Asking | Considers what God's will might be regarding grief | Dialogues with Jesus about trust | In prayer, beholds the door of the tabernacle |
| 3. Obstacles on the Journey | <i>Crippled Spirit</i> | Lk 13:10–13 Bent with worry | Recognizes God's helping hand in mourning | Confides troubles | Seeks the sacrament of reconciliation |
| 4. Path to Inner Healing | <i>Blind Faith</i> | Lk 18:35–43 Compassion | Asks if Jesus' pity has been sought | Tells Jesus how to help with grief | Helps someone who needs compassion |
| 5. Way of Suffering | <i>Christ's Example</i> | 1 Pt 2:20b–24 His footsteps | Explores how the deceased's life reflected God | Shares trying to follow the Lord | Asks for courage while receiving the Eucharist this week |
| 6. Final Destination | <i>No Tears</i> | Lk 7:11–17 The power of Jesus | Recalls the funeral procession of the beloved | Acknowledges how Jesus touches grief | Arranges a memorial mass |





8. Season Four Participant Journal-at-a-Glance

| Week | Theme | Scriptural Focus | Reflection | Journal Entry | Moving Forward |
|-----------------------------|---------------------------|--|---|--|--|
| 1. Point of Departure | <i>The Father's House</i> | Jn 14:1–8 Grasping the truth | Contemplates heaven | Writes about being left behind | Uses centering prayer |
| 2. Path to Understanding | <i>Betrayal</i> | Mk 14:32–42 Keeping Watch | Reviews the positive support given to a loved one | Shares a difficult moment with the deceased | Genuflects mindfully |
| 3. Obstacles on the Journey | <i>Suffering</i> | Jn 19:1–3 Injury | Considers the resurrected Christ | Considers how suffering through grief transforms | Receives communion from the cup |
| 4. Path to Inner Healing | <i>Infinite Thirst</i> | Jn 19:25–30 Love | Focuses on the compassion of Christ | Explores responding to Jesus' thirst for love | Reaches out to someone in mourning |
| 5. Way of Suffering | <i>Hurtful Words</i> | Mk 15:22–34 Jesus as victim | Ponders the power of words | Lifts up wounded feelings to the Lord | Praises the Lord |
| 6. Final Destination | <i>Patience</i> | Acts 1:6–11 Waiting for the kingdom | Explores attitude toward patience | Tells Jesus what is hoped for now | Prays the Glorious Mysteries of the Rosary |

