Holy Cross Catholic Church
Grief Support

Session 1 of 18 • Thursday, September 24, 2026

Creating a Sacred Space for Grief

Opening Prayer

Our Father, in this season of sorrow, we turn to you. When we feel weakened with sadness, grant us the courage to shed tears that seek to flow and embrace us where we are. Help us to receive those you send so that we may feel safe to experience your love and consolation. In this season of sorrow, we gather and lift our hearts and minds to you. Heal us with your tender mercy and make this a season of hope. Trusting in your infinite kindness, gentleness, and love grant us peace and allow us to experience the comfort of your presence along with the Son and the Holy Spirit. Amen.

Scripture for Reflection

Psalm 34:19 — The Lord stays close to the brokenhearted.

Reflection

A peer group does not remove grief. It offers companionship, dignity, and room to recognize the courage already present in each person.

What I Want to Remember from Our Conversation

Reflection for Home Journaling

Name one strength that has carried you this far. How might you call upon it before our next meeting?

A Strength I Can Use

One Gentle Next Step I Choose

Additional Reflections or Prayer

Closing Prayer

God of compassion, bless this circle of companionship. Help us listen without judgment, honor each person's pace, and recognize the strength You have planted in every heart. Keep what is shared here in loving confidence and accompany us as we accompany one another. Through Christ our Lord. Amen.

If I Need More Support

I can contact a trusted person, my parish, my physician, or a licensed mental health professional. If I am in immediate danger or unable to stay safe, I will contact emergency services or the 988 Suicide and Crisis Lifeline by calling or texting 988.