Holy Cross Catholic Church
Grief Support

Session 2 of 18 • Thursday, October 8, 2026

Grief Has No Timetable

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

Ecclesiastes 3:1-4 — There is a season for tears and a season for healing.

Reflection

Grief rarely moves in a straight line. A difficult day is not failure, and a lighter day is not disloyalty. Each person may honor the pace their heart and body need.

What I Want to Remember from Our Conversation

Reflection for Home Journaling

Complete this sentence: Today I give myself permission to... Then name one person or practice that supports your pace.

A Strength I Can Use

One Gentle Next Step I Choose

Additional Reflections or Prayer

Closing Prayer

God of every season, meet us in changing days. Free us from measuring our grief against anyone else's. Give us patience with ourselves and gentleness toward 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.