Holy Cross Catholic Church
Grief Support

Session 3 of 18 • Thursday, October 22, 2026

Love Continues Through Memory

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

Wisdom 3:1-9 — The faithful departed are held in the hand of God.

Reflection

Remembering can bring both comfort and pain. Sharing stories, values, and traditions can help us maintain a loving bond while adapting to life after loss.

What I Want to Remember from Our Conversation

Reflection for Home Journaling

Write one memory you want to preserve and one way you can carry its meaning forward.

A Strength I Can Use

One Gentle Next Step I Choose

Additional Reflections or Prayer

Closing Prayer

Merciful God, we thank You for the lives entrusted to us. Receive our memories, both tender and painful, and help love continue to bear good fruit in us. 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.