Holy Cross Catholic Church
Grief Support

Session 4 of 18 • Thursday, November 5, 2026

Held in the Communion of Saints

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

Romans 8:38-39 — Nothing, not even death, can separate us from the love of God.

Reflection

Near All Saints and All Souls, the Church reminds us that death does not erase belonging. Prayer, remembrance, and the hope of resurrection hold us within a communion larger than what we can see.

What I Want to Remember from Our Conversation

Reflection for Home Journaling

Choose one act of remembrance: light a candle, request a Mass intention, visit a meaningful place, pray for the dead, or create your own ritual.

A Strength I Can Use

One Gentle Next Step I Choose

Additional Reflections or Prayer

Closing Prayer

God of the living and the dead, receive those we love into Your mercy. Strengthen our hope in the communion of saints and the resurrection of the body. 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.