Holy Cross Catholic Church
Grief Support

Session 5 of 18 • Thursday, November 19, 2026

Facing the Holidays with Choice and Courage

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 23:4 — God accompanies us through the darkest valley.

Reflection

Holidays can intensify absence, expectations, and family tension. Empowerment begins with choice: we may keep, change, simplify, or decline traditions according to what is manageable this year.

What I Want to Remember from Our Conversation

Reflection for Home Journaling

Make a holiday plan with three parts: one tradition to keep, one expectation to release, and one person to contact for support.

My Holiday Support Plan

A tradition I want to keep or adapt:

Something I give myself permission to decline:

A boundary statement I can use:

A person I can contact:

My exit or quiet-space plan:

A way I would like my loved one remembered:

Additional Reflections or Prayer

Closing Prayer

Good Shepherd, walk with us through holiday gatherings, empty places, and changed traditions. Give us wisdom to choose what is life-giving, courage to set limits, and compassion for ourselves. 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.