Holy Cross Catholic Church
Grief Support

Session 7 of 18 • Thursday, December 17, 2026

Making Room for Grief at Christmas

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

Matthew 1:23 — Emmanuel means God is with us.

Reflection

Christmas may hold joy, sorrow, numbness, gratitude, or all of these at once. There is no required emotional performance. We can plan moments of remembrance and moments of rest.

What I Want to Remember from Our Conversation

Reflection for Home Journaling

Write two boundary statements you can use, such as: 'Thank you for understanding; I need a quieter Christmas this year.' Add a comforting ritual and a backup plan.

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

Emmanuel, be with us in every celebration and every empty chair. Bless the choices we make to care for our grieving hearts. Let the birth of Christ assure us that we are never abandoned. 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.