# Holy Cross Catholic Church
# Grief Support

*Session 12 of 18 • Thursday, March 4, 2027*

## Who Am I Now

### 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

Isaiah 43:1 — God calls each person by name and claims them in love.

### Reflection

Loss may change routines, roles, relationships, and identity. We do not have to erase who we were. We can integrate what remains, discover emerging capacities, and choose our next steps.

### What I Want to Remember from Our Conversation

### Reflection for Home Journaling

Complete three statements: I still am... I am learning... I may be becoming...

### A Strength I Can Use

### One Gentle Next Step I Choose

## Additional Reflections or Prayer

## Closing Prayer

God who calls us by name, hold every part of our changing identity. Help us honor what has been, recognize what remains, and move toward what may yet grow. 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.