Holy Cross Catholic Church
Grief Support

Session 17 of 18 • Thursday, May 13, 2027

Carrying Love Forward

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

Hebrews 12:1 — We continue our journey surrounded by a great cloud of witnesses.

Reflection

Legacy is not limited to possessions or achievements. It lives through stories, values, faith, relationships, and acts of love that we freely choose to carry forward.

What I Want to Remember from Our Conversation

Reflection for Home Journaling

Plan one legacy action that fits your energy and values. Write why it matters and who, if anyone, you would like beside you.

A Strength I Can Use

One Gentle Next Step I Choose

Additional Reflections or Prayer

Closing Prayer

God of generations, thank You for every good gift passed to us through those we love. Help us carry forward what gives life and place the rest in Your hands. 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.