Holy Cross Catholic Church
Grief Support

Session 18 of 18 • Thursday, May 27, 2027

Blessing the Journey Ahead

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

Philippians 1:3-6 — God continues the good work begun within us.

Reflection

Closing a group can bring gratitude, sadness, anxiety, pride, or renewed loss. We honor the strengths each person has practiced and remember that support may continue in new forms.

What I Want to Remember from Our Conversation

Reflection for Home Journaling

Create a continuing-care plan: people I can call, practices that ground me, signs I need more support, and one hope I will carry forward.

A Strength I Can Use

One Gentle Next Step I Choose

Additional Reflections or Prayer

Closing Prayer

Faithful God, thank You for every story, tear, silence, and act of courage shared here. Bless each person as this group ends. Keep us rooted in Your love, connected to wise support, and open to the good work You continue within us. 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.