

Seasons of Hope

Come and be comforted.

Seasons of Hope meets for six consecutive weeks. Any parishioner who is mourning the loss of a loved one is encouraged to attend and invited to bring a guest. Please join us for these upcoming sessions.

Wednesday afternoons

from 1:00 -2:30 PM on
October 25, November 8,
15, 29, December 6 & 13.

Wednesday afternoons

from 1:00-2:30 PM
on February 7, 14, 21, 28,
March 7 & 21.

Wednesday evenings

from 6:30-8:00 PM
on May 2, 9, 16, 23, 30,
and June 6.

A Support Group for the Bereaved

Our Lord assured us that those who mourn are blessed, and that they shall be comforted. *Seasons of Hope* offers the bereaved an opportunity to come together to share in God's love. With the support of the faith community, we can give voice to our unique journeys of grief and find healing and spiritual growth. *Seasons of Hope* sessions help us explore mourning through scripture, prayer, reflection activities and faith sharing.

Seasons of Hope is centered on Jesus Christ and grounded in the healing wisdom, traditions, and practices of the Catholic Church.

Each year, many families face the loss of loved ones who are members of the parish.

St. Elizabeth Ann Seton Parish

Our Catholic tradition provides funeral support and now *Seasons of Hope* can carry that caring spirit into the difficult period that follows when grief can overwhelm. It also serves those who mourn loved ones from outside our parish community. They too may feel isolated, empty, and broken-hearted.

For those searching for hope, a *Seasons of Hope* group is a nurturing link to the Church, the Almighty, and other people of faith who are also mourning.

Adapted from
Seasons of Hope Guidebook:
Creating and Sustaining
Catholic Bereavement Groups,
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