

## Seasons of Hope

### Parish Support for Adults Who Mourn

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 our parish. Prince of Peace provides funeral support plus general and *Seasons of Hope* groups to carry the caring spirit into the difficult period that follows when grief can overwhelm. Those who mourn loved ones from outside our parish are also welcome. They too may feel isolated, empty, and brokenhearted.

For those searching for Christ in the midst of their grief, *Seasons of Hope* is a nurturing link to the Church, the Almighty, and other people of faith who are also mourning.

Come and be comforted.

*Seasons of Hope* bereavement groups, offered in Catholic parishes across America, were first welcomed to Prince of Peace in 2007 and have the enthusiastic support of our pastor, Fr. Bill Zamborsky.

*Seasons of Hope* has four different seasons that offer Christ-centered material that benefits new and ongoing participants alike. Some find that one season is just what is needed to discover the consolation of Christ in the midst of their grieving. Many come to all four seasons.

New *Seasons of Hope* groups begin periodically during the year and are led by a peer ministry team that is experienced in faith sharing and has a wealth of firsthand knowledge about losing loved ones. We meet for six consecutive Saturday mornings each season. A *Participant Journal* is used during sessions and at home. To assure that a booklet is available for you, please call Donna at 673-0204 to register.

Visit [www.PrinceofPeaceOrmond.com](http://www.PrinceofPeaceOrmond.com) and click on Organizations & Ministries, then Bereavement Support Group for more information.

## What participants have said about *Seasons of Hope* at Prince of Peace

"I have really enjoyed this season and I feel it has helped me go on."

"*Seasons of Hope* was what I needed. Although I have pain, the love and support helped me find joy in Christ and his Word. And I'm blessed with many new friends."

"Thank you so much for these *Seasons of Hope* sessions. They have meant more than you will ever know."

"*Seasons of Hope's* focus on prayer, scripture, and God helps each and every one of us to know that God loves us so much, and that eternal life is a gift from him."

"I find our faith sharing inspirational. When people share from the heart, I feel it is the glue that helps heal my broken heart."

"I tried many bereavement groups. They were good but something was missing. I knew it was God. When *Seasons of Hope* began here, it was the answer to my prayers."

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A Christ-centered group is for you if any of these are true:

- You are looking for friends in Christ to share your journey of sorrow.
  - You've been trying to figure out the meaning of your grief.
  - You want to get on with life but haven't been able to.
  - You find comfort in the teachings of Christ.
  - You are open to new ways of coping with your grief.
  - You don't want to feel alone anymore.
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Support for the Bereaved

at  
Prince of Peace  
Catholic Church

Ormond Beach, Florida

Adapted from *Seasons of Hope Guidebook: Creating and Sustaining Catholic Bereavement Groups*, ©2007 by M. Donna MacLeod. Used by permission. All rights reserved.