

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 helps us come together to share in God's love. With the support of our faith community, we give voice to our unique journeys of grief and find healing and spiritual growth.

The 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.

For you who are searching for Our Lord in the midst of your grief, *Seasons of Hope* is a nurturing link to the Church, the Almighty, and people of faith who truly understand what it means to be brokenhearted.

Come and be comforted.

Seasons of Hope faith sharing groups, offered in Catholic parishes across America, were first welcomed to Saint Anthony's in 2015 and have the enthusiastic support of our pastor, Rev. Msgr. Stephen Avila.

Seasons of Hope has four different six-week 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 each winter, spring and fall 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 Saturday mornings each season. A *Seasons of Hope Journal* is used during sessions and at home.

For details on upcoming seasons, call the Donna at 508-477-1401 or visit www.stanthonyscapecod.org .

What participants say about Seasons of Hope

"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."

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



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A Faith Sharing Group
for Those Who Mourn

St. Anthony's
Church

E. Falmouth, MA