

**A Christ-centered
support 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 teaching of Christ.
- You are open to new ways of coping with your grief.
- You don't want to feel alone anymore.

New Six Week Series
In each season

Now on Zoom for 2021

Spring March 4- May 8, 2021

Summer - July start

Fall - October start

**Email for the most
current information:**
lee@saintbrigidparish.org
(858) 483-3030 x 117



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

SEASONS of HOPE

Support Group for the Bereaved



4735 Cass Street
San Diego, CA 92109
(858) 483-3030
www.saintbrigidparish.org

Seasons of Hope

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. 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. *Come and be comforted.*

Seasons of Hope meets for six consecutive weeks, 4 times a year. Anyone who is mourning the loss of a loved one, no matter how long ago, is encouraged to attend.

**All sessions Thursdays,
3:30- 5:00pm
Via Zoom**

The group starts each season together, journeying for six weeks.

New registrations accepted through the second session.

Seasons of Hope six week series are offered 4 times per year, each having a different focus theme for that season.

Materials donation appreciated (\$7)

**Register for Zoom access
or for more information, contact:**

Lee Hulburt, lee@saintbrigidparish.org

About the *Seasons of Hope* Facilitators

Cathy Winter

A mother and grandmother, Cathy became a widow after 47 years of marriage. Cathy is a trained spiritual director, has extensive experience in parish and bereavement ministry, participates in healing prayer and has been a member of the same prayer group since 1975. Cathy has experienced the healing power of the word of God, saying through scripture, she has "received guidance, grace, and the courage to venture forth."

Mary Pat Warner

Mary Pat worked at San Diego Hospice for over six years. She was employed as a licensed Marriage and Family Therapist at the Center for Grief Care and Education training new MFT interns about grief, loss and the dying process. She facilitated support groups and implemented grief activities at Camp Erin, a week-end camp for children who have experienced a death.