

MINISTRY HIGHLIGHT Discover ways to serve St. B's, the community, and the world

SEASONS OF HOPE

A Support Group for the Bereaved

**“Blessed are those who mourn,
for they will be comforted.”** Matthew 5:4

Our Ministry of Consolation offers a quarterly bereavement group, **Seasons of Hope**. This 6-week Christ-centered support group is for those who have lost a loved one. Support group members gather with facilitators—experienced with grief ministry—who are also Saint Brigid Parishioners.

At these sessions, the group reflects on their experience of loss through the lens of Scripture and prayer, inviting Jesus into their grief for healing and comfort. Each session ends with fellowship in the kitchen, deepening the bonds of the group.

Seasons of Hope series are offered four times per year, each having a different theme to focus on for that season. Most participants stay with the group for more than one season, finding it beneficial to be among others who have experienced a loss. Each of the four seasons offers new content.

**“Beautiful
friendships
have grown out
of this group!”**

**Our next Seasons of Hope series begins on Thursday,
January 9, meeting from 4–6 pm in the Ministry
Center.**

The 6-week series is a small group journey, with new registrations accepted through the second session. If you have experienced the loss of a loved one, we invite you to join our next Seasons of Hope group. Registration information can be found at saintbrigidparish.org/bereavement, or register by email or phone. Come and be comforted.



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