

Your **Grief** Matters

A Path To Healing Through Christ and Community

Join us to give and receive support and encouragement to others. Discover how prayer and the reflection on scripture can be comforting and healing.

All faiths and backgrounds are welcome.



Program Details

First Saturday of each Month

12pm - 1pm

Holy Cross Catholic Cemetery,
Colma

In the All Saints Mausoleum Chapel
following First Saturday Mass



Faith-Based Support

This is a faith based support gathering for those experiencing the expected grief after the loss of a loved one. This gathering is not meant to be a replacement of needed professional interventions.



Social Connections

This gathering is most appropriate for those who have experienced a death within the last year. Sharing a common timing can help create social connections so you're not feeling alone.



Ongoing Support

Each session meets once per month. It is encouraged to attend consecutive sessions. This will help you form the above social connections and give you a place you know you can rely on discussing your feelings.

Additional Help



Archdiocese of San Francisco
Grief and Consolation

***Join us beforehand at our
First Saturday Mass***

***11am in All Saints Mausoleum
Chapel***

***“For I know well the plans I have in
my mind for you, says the Lord.
plans for your welfare, not your
woe. Plans to give you a future full
of Hope.”***

- Jeremiah 29 : 1



ARCHDIOCESE OF SAN FRANCISCO
CATHOLIC CEMETERIES

1500 Mission Road
Colma, CA 94014
650-756-2060
www.holycrosscemeteries.com



Have you experienced the death of a significant person?

Would you like support in the grieving process?

We understand that:

- Grief is painful
- Grief is physical, emotional, and spiritual
- Grief is disorienting
- People express grief in different ways
- There is no correct way to grieve
- Grief can cause us to doubt God's presence

A message of **Hope**

“I will call this to mind, as my reason to have hope: The favors of the Lord are not exhausted, God’s mercies are not spent, they are renewed each morning, so great is God’s faithfulness, my portion is the Lord, says my soul, therefore I will place my hope in God.

- Lamentations 3 : 17-26



May the love of God and the peace of Jesus Christ bless and console us and gently wipe every tear from our eyes.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

How to **Support Others**



Listen and Empathize

One of the best support tools is to simply listen and empathize. The power of empathy is strong.



Professional Help

Support gatherings can be a great supplement to professional help a therapist can provide.



Stay Connected

Connection is one of the most important facets of grief and healing. Be a pillar of support.



Educate Yourself

Learning about grief can help you understand emotions and what others are feeling.