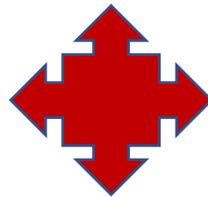


A Christ-centered
support group
is for you if
any of these
are true:

- You are looking for friends in Christ to share our 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.

If you are aware of others who need or would benefit from participation in a bereavement support group, there two things you can do for them:

- *Seasons of Hope* brochures are available in the vestibule and in the Hall of Saints. Take one to to give to them.
- Give me their names and addresses, and I will send them an invitation letter.



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.

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

SEASONS
of
HOPE
2022

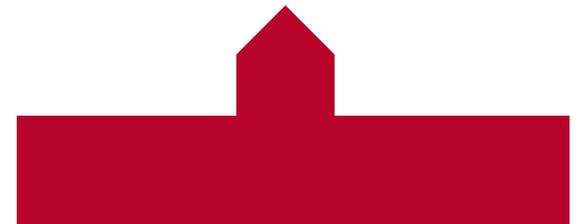
Support Group for the Bereaved



Sacred Heart

-----Parish-----

202 West Maple Street
Frazee, MN 56544
218.280.0760
marlysj.shfre@arvig.net



SEASONS OF HOPE 2022

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 outside our parish community. They too may feel isolated, empty, and broken-hearted.

Come and be comforted

There are 4 separate Seasons offered within the Seasons of Hope program. Each Season is six weeks long, independent of each other, and can be taken in any order. Individuals may take all the Seasons or only some of them. You choose according to your needs and schedule.

The 2022 schedule for *Seasons of Hope*:

Season 4: Mon. 1.10.22-2.14.22

Season 1: 4.7.22-5.12.22

Season 2: 7.11.22.-8.15.22

Season 3: 10.6.22-11.9.22

There will be both a 10 am and a 7 pm group for each Season.

All sessions are held at Sacred Heart Church

Late registrations accepted through the second session. *Materials donation appreciated (\$7) but not required.*

While pre-registration is not required either, it is appreciated as it helps in planning for materials. To register and for more information, contact:

Marlys Jacobson, (218) 280.0760, or
marlysj.shfre@arvig.net

About the *Seasons of Hope* Facilitator

Marlys Jacobson is currently the Pastoral Associate at Sacred Heart Catholic Church in Frazee, MN. Marlys came to Frazee in the fall of 1967, as a teacher of English at Frazee High School. Marlys spent 34 years at FHS, the first half in the classroom and the second half in administration. Marly has been a member of Sacred Heart since 1970; she joined the Sacred Heart staff as secretary in March 2010 and became the Pastoral Associate in the summer of 2019. As Pastoral Associate she is seeking to provide support for those suffering from grief.

