

Comments from our  
past participants:

“There is help and  
understanding in this  
journey.”

“I am not alone and can  
accept the roller coaster  
ride of grief.”

“Reminded God is with us  
in our suffering.”

“People who are  
experiencing a loss need a  
safe place where they feel  
comforted.”

“I am stronger in my faith  
because of these sessions.”



**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 have been trying to figure out the meaning of your grief.
- You want to get on with life but have not been able to.
- You find comfort in the teaching of Christ.
- You are open to new ways of coping with your grief.
- You do not want to feel alone anymore.

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  
Continues**

**A Grief  
Support  
Group**

**Holy Spirit Catholic Church  
2003 Hassert Blvd  
Naperville, IL 60564**





# SEASONS OF HOPE

A Grief Support Group



Our Lord assured us that those who mourn are blessed, and that they shall be comforted. *Seasons of Hope* offers those grieving 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 of our parish face the loss of loved ones. 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. We also welcome those from outside our parish community who mourn loved ones. 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.

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*Seasons of Hope* will meet for six weeks. We welcome anyone who is mourning the loss of a loved one.

**November 7 and 14**

**December 5 and 12**

**January 9 and 16**

**January 23 is a make-up day if needed**

**At Holy Spirit Catholic Church**

**In the Multi-purpose Room**

**Sign in from 12:45pm – 1pm**

**The group meets from 1pm - 3:00pm**

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**Please register by Nov 1, 2023**

**At the parish website [www.hsccl.us](http://www.hsccl.us)**

**Or contact**

**Bernie Beyer [beyerbh@gmail.com](mailto:beyerbh@gmail.com)**

**Seasons of Hope Coordinator**

**Roberta Balsewicz [rbalsewicz@hsccl.us](mailto:rbalsewicz@hsccl.us)**

**Director of Faith Formation**

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## About the *Seasons of Hope* Team

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**Bernadette Beyer, LMFT is a parishioner with professional expertise and personal experiences with grief which have prepared her to walk with others as they heal from the death of a loved one. As a licensed therapist, she has been offering Pastoral Counseling for many years. Born in Chicago, she relocated to Michigan and has recently returned to Illinois. Bernie looks forward to ministering as a volunteer facilitator for this support group.**

**Laura Urban is a parishioner with experience in Pastoral Care. She brings Eucharist to the homebound and to residents at an area nursing home. She is with people during painful moments when she volunteers with the Ronald McDonald Room at Edward Hospital. Laura has experienced grief during times of personal loss and finds hope through her faith and God. Laura will journey with the group as a co-facilitator**