

5. Way of Suffering Departure 6. Final Inner Healing 4. Path to the Journey 3. Obstacles on Understanding 2. Path to 1. Point of Destination Session The Way of The Cross Finding Joy For Whom Are You Looking? Untie Him Dreams Our Source of Shattered Consolation Theme Season One Sessions-at-a-Glance 5 minutes 5 minutes 10 minutes 20 minutes 20 minutes 10 minutes 0pening 35 minutes Jn 11:1–44 20 minutes Lk 23:13-56 Share pictures to rekindle joy Stations of Cross Music: Chant Write a letter to God Jn 16:19-24 20 minutes Music: "Abba Father" Jer 18:1-6 you weary. Music: "My Yoke Is Easy" Mt 11:28-30 20 minutes Get to know each other. Jn 20:11-18 20 minutes 15 minutes List what makes Activity Experiencing the Way of the Cross 40 minutes What helps in Jesus and our ties to our departed dreams emotions of the saints 30 minutes 45 minutes tough times Honoring emotions and 40 minutes How God lightens burdens 35 minutes Linking loss to the 25 minutes **Faith Sharing** 5 minutes 30 minutes 5 minutes 30 minutes 5 minutes 30 minutes 30 minutes 30 minutes 10 minutes (survey) 30 minutes 5 minutes 5 minutes Summary & Fellowship



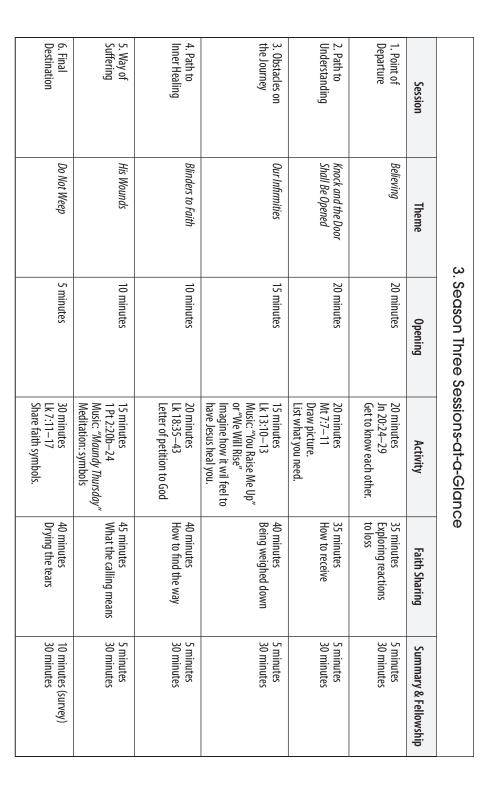


2. Season Two Sessions-at-a-Glance

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|--|---------------------|------------|---|---|-----------------------------------|
| Session | Theme | 0pening | Activity | Faith Sharing | Summary & Fellowship |
| 1. Point of Ren Departure | Remembering | 20 minutes | 20 minutes Lk 24:1–12 Walk down memory lane. | 35 minutes Comparing reactions to scripture story | 5 minutes 30 minutes |
| 2. Path to See Understanding | Seeking Consolation | 15 minutes | 20 minutes Jn 5:1—9 Music: "Song Over the Water" or "My Soul Thirsts" List what holds you back. | 35 minutes What it takes to heal after loss | 5 minutes 30 minutes |
| 3. Obstacles on Stur the Journey Blov | Stumbling Blocks | 10 minutes | 20 minutes ls 57:14–15 Music: "Build Up" Select stones | 40 minutes Moving these stones | 5 minutes 30 minutes |
| 4. Path to Inner Healing | Living Hope | 10 minutes | 15 minutes 1 Pt 1:3—9 Hand grief to Jesus. | 45 minutes What sustains hope | 5 minutes 30 minutes |
| 5. Way of The Suffering | The Cross | 5 minutes | 10 minutes Lk 9:22–24 Music: <i>Chant</i> Meditation on Rosary Crucifix | 50 minutes Experiencing the Cross | 5 minutes 30 minutes |
| 6. Final Do I Destination | Do Not Be Afraid | 5 minutes | 30 minutes Lk 8:40–42,49–56 Share memories. | 35 minutes Inviting Jesus in | 10 minutes (survey) 30 minutes |











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|--------------------------------|-----------------------------|--------------------|---|--|-----------------------------------|
| Session | Theme | Opening | Activity | Faith Sharing | Summary & Fellowship |
| 1. Point of Departure | Last Encounter | 20 minutes | 20 minutes Jn 14:1–8 Get to know each other. | 35 minutes Faith and coping. | 5 minutes 30 minutes |
| 2. Path to Understanding | The Garden of Gethsemane | 20 minutes | 15 minutes Mk 14:32–42 List your requests. | 35 minutes Answers to our prayers | 5 minutes 30 minutes |
| 3. Obstacles on the Journey | Crown of Thorns | 15 minutes | 15 minutes Jn 19:1–3 Focus: rose Write what eased your pain. | 44 minutes Roses among the thorns | 5 minutes 30 minutes |
| 4. Path to Inner Healing | Gift of Caring | 15 minutes | 20 minutes Jn 19:25–30 Letter of gratitude to God | 40 minutes Unfinished business | 5 minutes 30 minutes |
| 5. Way of Suffering | Golgotha | 10 minutes | 20 minutes Mk 15:22—34 Music: "Maundy Thursday" Meditation: crucifix | 45 minutes At the foot of the cross | 5 minutes 30 minutes |
| 6. Final Destination | Be My Witnesses | 5 minutes | 35 minutes Acts 1:6–11 Share symbol of love. | 35 minutes Bearing witness | 10 minutes (survey) 30 minutes |





Suffering 5. Way of

Bearing Your Cross

The cross of Christ Lk 23:13-56

Gazes on a cross and ponders its meaning to the deceased and self

Shares own experiences of stumbling and falling

with the cross

sign of the Cross and motion during the Thinks about each word

Contemplates Jesus

searches for the glory of God in losing someone

Lists complaints and

Prays with incense

Destination

Letting God

death; Jesus' teaching Martha's handling of Jn 11:1-44 4. Path to

Finding Joy

become joy

included

and whether God was

gave joy and impacted life

something this week

Rejoices about

Notes how deceased

Thinks of joy before loss

Weeping and mourning

Jn 16:19-24

in grief

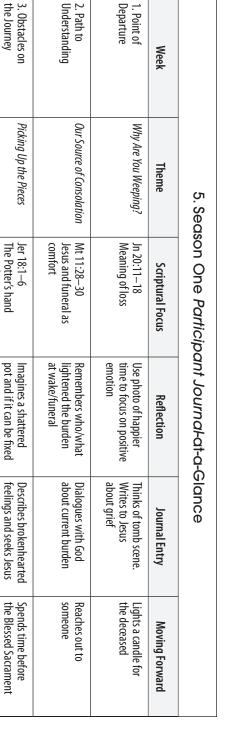
The Potter's hand

pot and if it can be fixed

feelings and seeks Jesus

Inner Healing

the Journey







| | 6. Sea | son Two Participc | 6. Season Two <i>Participant Journal</i> -at-a-Glance | lance | |
|-----------------------------|------------------------|---|--|--|---|
| Week | Theme | Scriptural Focus | Reflection | Journal Entry | Moving Forward |
| 1. Point of Departure | Disbelief | Lk 24: 1–12 The unexpected | Looks at memento of the deceased and focuses on positive emotion | Reviews how apostles reacted and writes to Jesus about own disbelief | Places memento with picture of deceased and offers a prayer |
| 2. Path to Understanding | Seeking Consolation | Jn 5:1–9 Taking up our mat | Considers own grief journey | Dialogues with God about motivators to action | Prays for those who have helped |
| 3. Obstacles on the Journey | Stones for Building | ls 57:14–15 Stones of life | Considers own grief journey | Writes about being crushed in spirit | Blesses and carries a stone this week |
| 4. Path to Inner Healing | Living Hope | 1 Pt 1:3—9 Our inheritance | Probes whether good can come from trials | Notes when hope entered own grief | Encourages someone |
| 5. Way of Suffering | Sorrow | Lk 9:22–24 Fourth Sorrowful Mystery of the Rosary | Imagines Mary's sorrow as Jesus carried the cross | Shares own sorrow | Prays the Sorrowful Mysteries |
| 6. Final Destination | Just Have Faith | Lk 8:40—42,49—56 Faith saves | Recalls bringing Jesus to the beloved | Thanks Jesus for his help | Kneels at the tabernacle to pray |







| | 7. Seas | on Three <i>Particip</i> | 7. Season Three <i>Participant Journal</i> -at-a-Glance | Glance | |
|--------------------------------|------------------|----------------------------------|---|---|--|
| Week | Theme | Scriptural Focus | Reflection | Journal Entry | Moving Forward |
| 1. Point of Departure | Doubting Thomas | Jn 20:24—29 The encounter | Contemplates the sacred wounds | Writes thoughts about life after death | Visits the beloved's grave |
| 2. Path to Understanding | Open Doors | Mt 7:7–11 Asking | Considers what God's will might be regarding grief | Dialogues with Jesus about trust | In prayer, beholds the door of the tabernacle |
| 3. Obstacles on the Journey | Crippled Spirit | Lk 13:10–13 Bent with worry | Recognizes God's helping hand in mourning | Confides troubles | Seeks the sacrament of reconciliation |
| 4. Path to Inner Healing | Blind Faith | Lk 18:35–43 Compassion | Asks if Jesus' pity has been sought | Tells Jesus how to help with grief | Helps someone who needs compassion |
| 5. Way of Suffering | Christ's Example | 1 Pt 2:20b–24 His footsteps | Explores how the deceased's life reflected God | Shares trying to follow the Lord | Asks for courage while receiving the Eucharist this week |
| 6. Final Destination | No Tears | Lk 7:11–17 The power of Jesus | Recalls the funeral procession of the beloved | Acknowledges how Jesus touches grief | Arranges a memorial mass |



| | 8. Seas | on Four <i>Particip</i> o | 8. Season Four <i>Participant Journal</i> -at-a-Glance | Hance | |
|-----------------------------|--------------------|--|--|--|---|
| Week | Theme | Scriptural Focus | Reflection | Journal Entry | Moving Forward |
| 1. Point of Departure | The Father's House | Jn 14:1–8 Grasping the truth | Contemplates heaven | Writes about being left behind | Uses centering prayer |
| 2. Path to Understanding | Betrayal | Mk 14:32—42 Keeping Watch | Reviews the positive support given to a loved one | Shares a difficult moment with the deceased | Genuflects mindfully |
| 3. Obstacles on the Journey | Suffering | Jn 19:1–3 Injury | Considers the resurrected Christ | Considers how suffering through grief transforms | Receives communion from the cup |
| 4. Path to Inner Healing | Infinite Thirst | Jn 19:25—30 Love | Focuses on the compassion of Christ | Explores responding to Jesus' thirst for love | Reaches out to someone in mourning |
| 5. Way of Suffering | Hurtful Words | Mk 15:22–34 Jesus as victim | Ponders the power of words | Lifts up wounded feelings to the Lord | Praises the Lord |
| 6. Final Destination | Patience | Acts 1:6–11 Waiting for the kingdom | Explores attitude toward patience | Tells Jesus what is hoped for now | Prays the Glorious Mysteries of the Rosary |

