



My Christmas Journey,  
without you!

## *Hope* for the *Holidays* Prayer Service

Monday, December 6, at 7:00 p.m.

**St. Benedict Catholic Church, 165 Bethany Road, Holmdel, NJ**

*Whether you have recently suffered the death of a loved one or have suffered a loss many years ago.....ALL ARE ENCOURAGED AND WELCOME to attend this special prayer service of healing, hope and remembrance for all those hurting during this Christmas season.*

Christmas can be a painful time for some. It may be the first Christmas without a family member or friend who has recently, or not so recently died; it may be a time that has always been difficult. The memories we hold in our heart can be comforting, yet somewhat painful especially during the Christmas season. Getting together with family and friends, reminds many people of what they have lost. The anguish of the death of a love one can make us feel alone in the midst of celebrating and joy. We need the space and time to acknowledge our sadness; we need to know that we are not alone. We need encouragement to live the days ahead of us.

St. Benedict Church is one of the few parishes within the Diocese of Trenton to offer a Grief Ministry Program for those who have suffered a recent or not so recent death of a loved one. We offer support, comfort and consolation to those who are grieving. It is a place to meet with others to discover a healthy and faithful expression of grief.

Following the mass, our Grief Ministry facilitators will be available for anyone seeking information on our six-week program.

***I love you all dearly, now don't shed a tear I'm spending my Christmas with Jesus this year.***