

**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'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.



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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



A Support Group  
for the Bereaved



Sacred Heart Catholic Church  
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Coronado, CA 92118  
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# SEASONS of HOPE

A 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 loved ones from outside our parish community. 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.*

*Seasons of Hope* meets for six consecutive weeks. Any parishioner who is mourning the loss of a loved one is encouraged to attend and invited to bring a guest. Please join us each week.

The ideal is for the group to start and end the six week journey together. If you cannot attend Week 1, or might have to miss more than one week, please discuss with us in advance.

*Registration and additional information contact:*

Bridget Donnelly  
619-987-0678  
mbdonnelly@cox.net

Louis Semon  
619-437-8745  
lasemon@sbcglobal.net

Carol Zinser  
619-322-9288  
carolannzins@gmail.com

Additional 6 week *Seasons of Hope* series will be offered 4 times per year, each with a different focus theme for that season.

## *Seasons of Hope* Facilitators

### ***Bridget Donnelly***

Bridget is a Registered Nurse having spent several years working for Elizabeth Hospice, which is affiliated with Palomar Hospital. She worked the majority of her nursing career in OB/GYN and served as a Hospital Corpsman in the US Navy. She is currently a member of Sacred Heart's Ministry to Console and has been married forty years with one daughter.

### ***Louis Semon***

Louis enlisted in the U.S. Air Force and served a one year tour in Vietnam. He retired from Department of Homeland Security in 2011 after 25 years to take care of his wife Mary suffering from Parkinson's Disease for four years. She went to the Lord in Dec. 2012. He volunteered with hospice for one year. He is currently a member of Sacred Heart Ministry to Console, Sacristan, Eucharistic Minister and also volunteers with the Senior Volunteer Police. He was married for 40 years and has two children and two grand children.

### ***Carol Zinser***

Carol worked for 20 years as an R.N. in the field of oncology, caring for cancer patients receiving therapies and for those in the end-of-life stage. She also worked in the field of oncology clinical research for 10 years. She has taught maternity nursing at SDSU, conducted seminars for graduate nurses dealing with children with terminal diseases, and designed coursework for other nursing professionals dealing with issues of death and dying in the hospital setting. Her husband of 30 years died of cancer after a 2-year battle, and she also recently lost her mother. Carol currently is a member of the Ministry to Console, and after 20 years of widowhood, married Glenn, who also experienced loss of a spouse. She is a wife, mother, and grandmother, and gives God the glory for restoring her joy.