

SEASONS OF HOPE



Our Mission
Seasons of Hope (SOH) is a Catholic program that focuses on the spiritual aspects of grieving the death of a loved one.

We help people share in God's love, find healing and spiritual growth, find friends in Christ, figure out the meaning of their grief, get on with life, accept the roller coaster ride of grief, feel comforted, and strengthen their faith.

What We Do
- Bereavement program designed to help loved ones navigate the grieving process
- Four 'seasons' per year, each made up of six-week sessions
- Sessions present a faith-based topic and include scripture, discussion, and prayer
- Create a space for fellowship with others who are also grieving the loss of a loved one

Our Target Audience For Participants
- Anyone grieving the loss of a loved one, no matter how long the loss has been, or the relationship to the individual

Our Target Audience For Volunteers
- Any caring adult who is familiar with the grief process and wants to care for others

Our Ministry's Greatest Needs
- Getting the word out about SOH
- We're here not only for our parishioners at St. Joe's, but also surrounding parishes and the community as a whole

How To Get Involved
- Register by calling one of the SOH facilitators or just by showing up to the sessions which are held on Sunday mornings after the 9:00 AM Mass

Seasons of Hope Facilitators
Roni Regent: 419-350-5564
Brenda Wehner Muck: 419-290-9283