



into  
the  
light

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# Navigating the holidays while grieving

*The Lord is close to the brokenhearted,  
saves those whose spirit is crushed.*

*--Psalm 34:19*

If you have lost a loved one, the holiday season can leave you feeling empty. The little traditions and big celebrations that used to warm and comfort us at this time of year now bring discomfort, maybe even pain.

The holiday season can be difficult for those of us who are grieving, but it doesn't always have to be that way.

Gain support from others and learn practical ways to create new traditions as you navigate through this difficult terrain while honoring your loved one.

The group is facilitated by spiritual directors Fr. Ron Will, CPPS, and Kathy Keary.

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**Tuesday, Dec. 3  
7 to 8:30 p.m.**

**Register by Dec. 1.**

Free will offering is accepted.

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*Come to me, all you who weary and are  
burdened, and I will give you rest.*

*--Matthew 11:28*

**To get more information or to register:**

- Online: <https://www.pbrenewalcenter.org>
- By email: [info@pbrenewalcenter.org](mailto:info@pbrenewalcenter.org)
- By phone: 816-415-3745



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