



## Day 9 – Grief

### **Pray**

St. Jane Frances de Chantal (1572 – 1641, France) experienced grief as a constant companion during her life. As a little child, St. Jane suffered the death of her mother, and the years that followed would bring the deaths of her husband, son, daughter-in-law, and son-in-law. Despite her grief, St. Jane continued to live a fruitful Christian life. With the encouragement of St. Francis de Sales, her spiritual director, St. Jane founded the Order of the Visitation. Unlike most other orders for women, the Order of the Visitation accepted women with poor health and of advanced age into the order. Visitation nuns also extended aid to the public, including the sick, during a plague that devastated France.



*Jesus, grief is part of the human experience. Even you wept at the death of Lazarus, your friend.*

*Yet, even in the darkest moments, you taught us that our grief will become joy when your victory comes to fulfillment in us.*

*Help us, we pray, not to lose hope in you when we grieve, but to continue to live the Kingdom of heaven by our love and service to each other. We make this prayer in your name, O Lord. Amen.*

*St. Jane Frances de Chantal, pray for us.*



### **Learn**

On May 24, 2022, at Robb Elementary School in Uvalde, Texas, a lone shooter killed 19 students and 2 teachers, and wounded 17 others. Friends, family, the local community, and many people across the nation were filled with sorrow at the loss of young lives and the senseless act of violence.

Such an event causes immense grief, and yet it also evokes great compassion. In response to the tragedy, Catholic Charities of San Antonio and Catholic Charities USA coordinated efforts to provide immediate and ongoing mental health services and other support for the people of Uvalde. Staff counselors from Catholic Charities' Grace Counseling program left immediately so they could be at Robb Elementary School the morning after the shooting. They offered grief counseling free of charge to the community. People from around the country sent donations to Uvalde. Other Catholic Charities agencies and Catholic parishes provided food for families and teddy bears for children. Volunteers also went to Uvalde to hand out water bottles and to translate for Spanish-speaking community members.

The grief of the people of Uvalde will never completely go away, but the care they received may help to assure them there is an active love in the world that points to the end of sadness, despair, and even death.

### **Act**

Catholic Charities USA is the national office for 167 member agencies across the country, including U.S. territories. Catholic Charities also employs more professional mental health counselors than any other Catholic entity. You can find the agency nearest you by using the "[Agency Locator](#)" tool on [CCUSA's website](#). Many Catholic Charities agencies are involved in grief counseling and have a need for volunteers who can support licensed social workers, translate for non-English speaking clients, and assist in other services. Being a volunteer is one way to bring the hope of Christ to a person or community in need.