Hope Task Force
Catholic Diocese of Columbus

December 2019

Sample Prayer, Bulletin Announcements, and Media Posts

Theme: Advent and Blue Christmas

Sample Prayer:

God of mercy and love, we gather here as hurting people, bringing our pain, our sorrow and our confusion. You guide us and provide for us. You care for us and direct us in your path. As we face the pressures of life, give us hope, peace, joy and love. Please meet us in our darkness, and give us freedom to struggle together as we seek your presence. So, as we go into this day we know that your goodness and mercy will be with us and we are yours. We ask for strength for today, courage for tomorrow and peace for the past. Through Jesus Christ our Lord, Amen.

Sample Bulletin Announcements

Hope – Have Realistic Expectations

Perhaps we have set the bar too high: we are expecting everything to be right and perfect again and we want it NOW! We need to remember that this is often fueled by trauma, loss, addiction, grief and a lack of self-esteem and insecurity. Be gentle and kind to yourself and to others. Know that God will help, He keeps his promises.

Peace – Make a Plan to Deal with Grief

It is especially at this time of the year, that the pain of loss comes rushing back at us. We can truly be overwhelmed by it! It is important to remember that our family, friends and parish are here for us. Maybe it’s just a text or a phone call, but it keeps our spirits up. It makes us feel less alone. Decide ahead of time how you can plan for these moments. Know that God calls us to action, so that we can do what is right.
Joy – Don’t Isolate (Reach Out and Text or Call a Friend)

If you can’t see people in person who are part of your support system, call or text them. We all need to know when and how to call when we are struggling. Asking people for help isn’t intuitive, though; in fact, a lot of our instincts are often wrong. Be joyful and know that salvation is at hand.

Love – Steps to Safety

Make a safety plan. If you begin to feel like you just can’t go on, these will be the steps you and others can take to keep you safe. God wants, above all, to keep you safe. Know that there is no greater love than His.

Sample Social Media Posts:

* HOPE *
Have realistic expectations.
*PEACE*
Have a PLAN for dealing with grief.

* JOY *
Text or call a friend!
Don’t isolate, reach out.
* LOVE *
Steps to Safety

(I can’t do this by myself, get help from a trusted friend.)