



## THE PROMISES OF HOPE AND HEALING GRIEF

If we are honest, open, and willing on our healing path, we will come to know acceptance. We will learn to face our grief without fear. Hope will awaken within us, and we will learn to trust life again. Where pain once closed our hearts, we will find faith in what is possible. Courage we did not know we had will emerge, and we will begin to grow in places that once felt barren.

By sharing our stories and listening to others, we will feel heard and understood, and know we are not alone. As we release guilt, regret, and expectations that no longer serve our healing, freedom and compassion will gently return.

Renewal and purpose will take root. We will reconnect with ourselves and with others, rediscovering our capacity for love. And having experienced hope and healing, we will share these gifts with those who still grieve, becoming reminders that no one heals alone.

These are not extravagant promises; they unfold among us when we work for them — one day at a time.