

# BAREFOOT AT THE CROSS

Learning to Stay Where Love Hurts



A Catholic GRIEF SUPPORT MINISTRY

**Lent is a season of returning.**

Returning to silence.

Returning to truth.

Returning to the places where love has cost us something.

This year, we are inviting you to join us virtually for a Lenten mission titled:

## Barefoot at the Foot of the Cross

*Learning to Stay Where Love Hurts*

### Virtual Event Details:

 Tuesday, March 10<sup>th</sup>, 2026

 5 p.m. PST, 6 p.m. MST, 7 p.m. CST, 8 p.m. EST

**FREE ON THE APP**



What if the Passion of Christ is not only something we remember from Scripture... but something unfolding in our own lives?

So many of us are carrying crosses quietly — grief that lingers in the body, losses that reshaped us, love that still aches. And often, we don't know what to do with that suffering in the context of faith.

This Virtual Lenten mission will explore:

- How the Incarnation changes the way we understand grief
- Why our theology must honor our biology and psychology
- What the grieving brain is actually doing — and why that matters
- Why trauma-informed care is essential in the Church
- What it means to accompany others without rushing their pain
- How to both give and receive support in the Body of Christ

Through Scripture, Church teaching, and the witness of Simon of Cyrene, Veronica, and Our Lady at the Foot of the Cross, we will learn how to remain present where love has been wounded — without turning away.

Whether you are carrying grief yourself, walking beside someone who is, or simply longing to deepen your Lenten journey, this evening is for you.

Come ready to take off your shoes.

Come ready to stand on holy ground.

Come ready to discover that Christ is already present in the places that hurt.

**You do not carry your cross alone.**

Join us on Tuesday, March 10<sup>th</sup>, 2026, at 7 p.m. CST Exclusively on the Red Bird Ministries App