

# STATION 1

# LOVING

## FOCUS

‘Jesus himself came near to them...  
they stood still looking sad.’

## ACTION

Pick up a holding cross and move your hand over the rosemary. Smell the living rosemary, recall your loss and gaze upon Jesus. Take time, ask Jesus to come near, to listen, to understand and guide you.

## PRAY

Lord, grief is the price we pay for love.  
Help me to trust that in my sadness  
you draw near.  
Amen.