

Good Grief Work



Into your hands, O merciful Savior, we commend your servant. Acknowledge, we humbly beseech thee, a sheep of thine own fold, a lamb of thine own redeeming.

Grieving in Hope



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Greetings

May this booklet be a help in your moving through the hard work of grief that follows the death of a loved one. It comes with a prayer that you will know God's love, deep within your core, as you pray and weep and give thanks to God for the life of your beloved who is now in the nearer presence of God.

This booklet was developed by the Health Ministry of Trinity Episcopal Church in Sutter Creek, CA, and is distributed through National Episcopal Health Ministries.

*Give rest, O Christ, to thy servant(s) with thy saints,
where sorrow and pain are no more,
neither sighing, but life everlasting.*

*Thou only art immortal, the creator and maker of mankind;
and we are mortal, formed of the earth, and unto earth shall
we return. For so thou didst ordain when thou createdst me,
saying, "Dust thou art, and unto dust shalt thou return." All
we go down to the dust; yet even at the grave we make
our song: Alleluia, alleluia, alleluia.*

*Give rest, O Christ, to thy servant(s) with thy saints,
where sorrow and pain are no more,
neither sighing, but life everlasting.*

Six Weeks of Bible Study for Strength and Comfort

Week 1 _____

Sunday.....Habakkuk 3:19
Monday.....Isaiah 42:3
Tuesday.....Zechariah 4:6
Wednesday.....Matthew 28:20
Thursday.....Isaiah 40:31
Friday.....Isaiah 43:2
Saturday.....Philippians 4:13

Week 2 _____

Sunday.....Isaiah 30:21
Monday.....Psalm 48:14
Tuesday.....John 14:27
Wednesday.....Psalm 31:3
Thursday.....2nd Corinthians 12:9
Friday.....Psalm 32:8
Saturday.....Revelation 3:20

Week 3 _____

Sunday.....Hebrews 4:16
Monday.....Psalm 119:105
Tuesday.....Philippians 4:6-7
Wednesday.....Proverbs 3:5
Thursday.....Hebrews 11:1
Friday.....Isaiah 58:11
Saturday.....John 16:33

Week 4 _____

Sunday.....Matthew 5:4
Monday.....Isaiah 26:3
Tuesday.....Revelation 21:4
Wednesday.....John 11:35
Thursday.....Psalm 30:5
Friday.....Hebrews 10:23
Saturday.....Psalm 124:8

Week 5 _____

Sunday..2 Thess. 3:16
Monday.....Psalm 18:28
Tuesday..1 Corinthians 13:12
Wednesday..Romans 8:37-39
Thursday..Matthew 11:28-30
Friday.....John 14:1
Saturday.....Psalm 34:18

Week 6 _____

Sunday.....Philippians 1:6
Monday..2 Corinthians 13:14
Tuesday.....Joshua 1:9
Wednesday.....2 Thess. 3:5
Thursday..2 Corinthians 4:18
Friday.....Numbers 6:24-26
Saturday..2 Corinthians 1:3-4

The Four Tasks of Mourning

From *Grief Counseling and Grief Therapy* by J. William Worden
Springer Publishing, 2002

1. Accept the reality of the loss.
2. Experience the pain of grief.
3. Adjust to an environment in which the deceased is missing.
4. Withdraw emotional energy and reinvest it in other activities and relationships.



*Christ is risen from the dead,
trampling down death by death,
and giving life to those in the tomb.*

Tools for Healing

Quoted from *You Don't Have to Suffer* by Judy Tatelbaum, MSW.
Authorhouse, 2005.

*Only in fairy tales does the hero slay the dragon once and for all,
and live happily ever after. In real life the dragons keep coming.
Considering the dragons we will probably have to slay in a lifetime,
each of us needs to have an ability to recover ourselves..*

1. **Diet:** A healthy well-balanced diet of proteins, vegetables, fruits, grains and a minimum of fats and sugars. We need to educate ourselves on what comprises a healthy diet, with information that is available from our physicians, the American Heart Association, or other health groups. It is useful to know that too much sugar depletes us, and to discover which foods energize us.
2. **Exercise:** Regular exercise like walking, running, swimming, bicycling, tennis, racket ball, and so on, at least 3 times per week. Under stress, while recovering, I recommend daily exercise as is appropriate for the individual for anywhere from 20 minutes to 2 hours, to increase energy and a sense of well-being. This can make a significant difference after a loss, trauma, or stress.

3. **Rest:** In contrast to activity, we may also need rest. Those of us who tend to drive ourselves hard, particularly may recover best with rest periods, lying down and taking it easy sometime during the day. “Cat naps” or reading breaks or closing our eyes for 15 minutes can be rejuvenating. Both rest and sleep can regenerate us.

4. **Meditation and Prayer:** This is another form of rest or rejuvenation. Taking 20 minutes one to three times per day to go inward can be very healing, as daily quiet time can help us to relax and regenerate ourselves. There are many techniques and books on meditation. One simple form of meditating is to sit with eyes closed listening to classical music for approximately 20 minutes.

5. **People Support:** Daily support of a friend, colleague, therapist, counselor, teacher, minister or rabbi is valuable nourishment. We benefit when we can talk intimately, clear up feelings and reactions, be understood or have a witness to our experience, and be encouraged to move forward. Friends and family may worry too much about us or get too involved in our problems or be unavailable, so at times someone outside our regular life can be the most supportive of our recovering.

6. **Nourishment:** Activities that nurture our bodies, like massage, hot baths, sun baths or whatever personally appeals to us, are particularly supportive. The kind of nourishment I am speaking of is not related to eating and food. Many of us habitually deny our needs, so we may have to dig deeply to discover what would nourish us.

7. **Time Alone:** In my experience, real healing has always necessitated that I take time to be alone with myself and do nothing, to look at the scenery, to read, to daydream, to watch television, and particularly to rest. How much time alone each of us needs may vary. I take time by myself, everyday, and I notice my spirituality and creativity emerge during or after the time I spend alone.

8. **Time Off:** Time away from our routine, a contrast from the everyday, like vacations or days away from home. If vacations are not feasible, consider a drive or a walk in the country or any environment different from usual. Since I live in a beautiful countrified area, for me nourishing time may mean going to a contrasting place, like San Francisco or New York for more excitement.

9. **Play:** Playing for one hour a day can be regenerating. Many of us lost the idea of play as we grew into adulthood. We may need to look newly at what play would involve for us now – games, sports, shopping, or puzzles are a few examples of what we might enjoy. It is startling, yet true, that as adults we generally do not have much fun.



Exercise for Taking Responsibility for Your Recovery

After reading suggested “Tools for Healing,” make a list of specific steps that would help you heal or recover yourself.

What relaxes you?

What delights you?

What engages you?

What is fun for you?

Write all these answers down for further use, and carry them in your daily calendar or post them on your mirror or refrigerator.

Ideas for Journaling

You may find it helpful to clarify your thoughts about your loved one by recording your feelings in the form of a letter. Write a letter to the person who died, expressing your thoughts and feelings.

Following is a list of ideas you might want to write about. Choose one or several ideas that have significance for you, or start at the top of the list and work your way down. These topics may serve to help you come up with your own ideas specific to your situation and relationship.

A special memory that I have about you

What I miss the most about our relationship

What I wish I had said, or hadn't said

What I'd like to ask you

What I wish we'd done or hadn't done

What I've had the hardest time dealing with

Ways in which you will continue to live on in me

Special ways I have for keeping my memories of you alive

Suggestions for Coping through the Holidays and Other Special Days

There are many holidays and special days in our lives: birthdays, anniversaries, graduations, weddings, Easter, Thanksgiving, and Christmas. These times, already stressful, may intensify feelings of pain and loneliness. Here are some things which other bereaved persons have found helpful. See if one will help you.

Holidays and anniversaries often magnify feelings of loss of a loved one. It is important and natural to experience the sadness that comes. To block such feelings is unhealthy. Keep the positive memory of the loved one alive.

Share your concerns, feelings and apprehensions, as the holiday or anniversary approaches with a relative or friend.

Tell them that this is a difficult time for you. Accept their help. You will appreciate their love and support at this time.

Learn to listen to your inner voice. It is one of the best friends you have. Intuition may lead you to the right person or activity for that specific moment and can spare you those which are unsatisfactory.

It is OK to be alone. Isolating yourself from others is not recommended, but there are times when solitude is deeply gratifying. Explore being alone and learn what is most healing to do during your time alone.

Create new traditions. You may want to spend holidays or special days in a new setting; take a trip, visit friends, or volunteer in a new setting. Be careful of “shoulds”. Don’t feel obligated to follow tradition, unless doing so would be a comfort to you.

Send Christmas cards early. Receiving cards addressed to, or mentioning the name of the one who died, can be very distressing. Consider sending cards out very early informing others of the death, or enclose cards used at the funeral service. Writing cards can be therapeutic. It is also OK not to send out any cards.

If Christmas shopping seems too hard, shop by phone, online, or catalog; or have a friend or relative go with you (or do the shopping for you). Accept help.

Keep a low profile. Don't wear yourself out by shopping and attending lots of social functions. Be selective. Saying, "No thanks," is OK.

Acknowledge your loss. Talk with your family about the holiday ahead of time and be honest about your feelings. Don't expect too much of yourself or the holiday.

Running away from feelings requires enormous energy and does not help you heal. On anniversaries and holidays, commemorate your loss. Ways which others have found helpful include: putting together a photo album from pictures you've been meaning to sort, visiting your loved one's grave, lighting a candle, planning a special service, or being with your family.

Some Prayers

Almighty God, we entrust all who are dear to us to your never-failing care and love, for this life and the life to come, knowing that you doing for them better things than we can desire or pray for; through Jesus Christ our Lord. *Amen.*

Savior, this soul is yours, sealed by your name, redeemed by your love: now released by the saints on earth to the glad companionship of the saints above, into your arms of mercy, into the blessed country of light. *Amen*

O God, who by the glorious resurrection of your Son Jesus Christ destroyed death and brought life and immortality to light: Grant that we, who have been raised with him, may abide in his presence and rejoice in the hope of eternal glory; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be dominion and praise for ever and ever. *Amen.*

O Lord, support us all the day long, until the shadows lengthen, and the evening comes, and the busy world is hushed, and the fever of life is over, and our work is done. In your mercy, grant us a safe lodging, and a holy rest, and peace at the last. *Amen.*

*Christ will open the kingdom of heaven to all
who believe in his Name, saying,
Come, O blessed of my Father; inherit the
kingdom prepared for you.*

Adult Books Related to Grief and Death

By Helen Zebarth, RN, Health Minister

Terminally Ill: Personal Stories

Before the Door Closes by Phyllis Rash Hughes

Annie articulately shares her experiences while facing a brain tumor, divorce, and death

Double Vision by Alexandra Dundas Todd

When the author's 21 year old son is diagnosed with cancer they steer a course between traditional Western medicine and alternative healing

First, You Cry by Betty Rollin

Classic, inspiring story of one woman's triumph over breast cancer

From this Moment On by Arlene Cotter

A guide for those recently diagnosed with cancer

Handbook for Mortals by Joanne Lynn MD and Joan Harrold MD

Guidance for people facing serious illness

Holding On While Letting Go by Joan E. Hemenway

Reflections in times of grave illness

Hope is Contagious by Margit Esser Porter

The breast cancer treatment survival handbook

I'll Not Go Quietly by Mary Fisher

Woman diagnosed with AIDS tells her story

Mainstay by Maggie Strong

For the well spouse of the chronically ill

Measuring My Days by Maureen Fell Pierson

Poems written after she learned that she had cancer

Notes on Love and Courage by Hugh Prather

Love, values, etc discussed as one prepares to die

Peace at the Last by Norman Autton

Discussions with the dying

Praying with Cancer by Sherry Hunt

Author died in 1996 and left this book of poems and essays to help others

Say Yes Quickly by Mary Bradish O'Connor

Collection of poems written out of the experience of living with ovarian cancer

Second Opinions by Jerome Groopman, MD

How physicians and patients make critical decisions

Seeing the Crab by Christina Middlebrook

A memoir of dying is an honest book about living with cancer

Shared Pain and Sorrow by James I Cook

Reflections of a secondary sufferer

She Came to Live Out Loud by Myra MacPherson

Author takes you on the journey of Anna who has breast cancer

Sunshine by Norma Klein

True story of a 20 year old woman, mother, in love and dying

The Diving Bell and the Butterfly by Jean-Dominique Bauby

Bauby has a stroke at 43 years of age and writes this memoir

The Measure of Our Days by Jerome Groopman

This physician writes about people facing death through eight case histories

Letting Go of Morrie: In His Own Words by Morrie Schwartz

A philosophy of living while dying

It is Always Something by Gilda Radner

Her struggle with cancer

I Want to Grow Hair, I Want to Grow Up, I Want to Go to Boise by Erma Bombeck

Stories of children surviving or trying to survive cancer

No Such Thing as a Bad Day by Hamilton Jordan

Personal fight with cancer three times

Autobiography of a Face by Lucy Grealy

Dealing with defacement after cancer surgery

Where the Buffaloes Roam by Bob Stone

Building a team for life challenges

When Someone Dies: Grief

A Grief Observed by C.S. Lewis

Rediscovering faith after the death of his wife

A Severe Mercy by Sheldon Vanauken

He was a friend of CS Lewis's and writes about his wife's death

Getting Through the Night by Eugenia Price

Finding your way after the loss of a loved one

Good Grief by Granger E. Westberg

Describes the grief experience

Grieving by Ruth Coughlin

Addressing widowhood

Grieving as a Woman by Kass P. Dotterweich

Moving through life's many losses

I Can't Stop Crying by John D. Martin

Looks at grief work as a painful but necessary process

In Lieu of Flowers by Nancy Cobb

The author's insistence that death be confronted without the veil of denial

Living Beyond Your Losses by N. Patrick Murray

The healing journey through grief

Living Through Grief and Growing with it by Dr. Arthur Freese

Guidelines, advice, and information about grief

Living with Death and Dying by Elisabeth Kubler-Ross

General information about death and dying

Living with Loss by Dr. Ronald W. Ramsay

A dramatic breakthrough in grief therapy

Love Remembered by Celia Haddon

A book of comfort in grief

Matters of Life and Death by Carol Wogrin

Finding the words to say goodbye. the book stresses the importance of communication with the dying person.

On Death and Dying by Elisabeth Kubler-Ross

What the dying have to teach doctors, nurses, clergy, and their own families

Rebuilding the House by Laurie Graham

One woman's passage through grief while renovating a country house

The Grieving Time by Anne M. Brooks

A year's account of recovery from loss

The Memorial Rituals Book for Healing and Hope by Ann Marie Putter

Collection of healing rituals to serve as guides to healing the pain of grief

Watering Wilted Flowers by Ginny Green

A healing guide for women.

When Death Has Touched Your Life by John E. Biegert

Thoughts, poems, and prayers at a time of loss

When Your Soul Aches by Lois Mowday Rabey

Every widow's pain is unique

Who Dies? By Stephen Levine

An investigation of conscious living and conscious dying

Widow by Lynn Caine
A triumphant true story that offers hope for all women facing life challenges

Without by Donald Hall
When his beloved wife and fellow poet died he wrote this book of poetry

You Don't Have to Suffer by Judy Tatelbaum
A handbook for moving beyond life's crises

How We Grieve by Thomas Attig
Learning the experience of loss and helping others in grief

Healing After Loss by Martha Whitmore Hickman
Daily meditations for working through grief

Grieving Well by Judy Davidson
Young widow talks about her husband's death and the death of her 17 year old son

Grief Therapy by Karen Katafiasz
Discusses how the grief process takes time

The Heart of Grief by Thomas Attig
Stories of many survivors and how they coped with their grief

Giving a Voice to Sorrow by Steve Zeitlin and Ilana Harlow
There are no rules for mourning and there is no time frame for grieving

Don't Take My Grief Away by Doug Manning
Assisting us to understand what happens when someone dies

How to Reach Out for Help When You are Grieving by Alan Wolfelt
Practical tips for getting support while grieving

The Last Journey by John Bell with compact disk
Exploring the myriad emotions that accompany loss

Healing Through the Shadow of Loss by Deborah Morris Coryell
How to learn to grieve

A Time to Grieve. A Time to Heal by Criswell Freeman
For all those who mourn

Hallelujah Anyway! By Deidra Kriewald
A study in grief by a widow

Praying Ur Goodbyes by Joyce Rupp
Focusing on the spiritual side of loss

After Goodbye by Ted Menten
How to begin again after the death of someone you love

When Will I Stop Hurting? By June Cerza Kolf
Taking you through the stages of grieving

Healing After Loss by Martha Whitmore Hickman
Daily Meditations for working through grief

Mending the Heart by John Claypool
Looking at guilt and praying about it

The Empty Chair by Susan J. Zonnebelt-Smeenge and Robert C. DeVries
Handling grief on holidays and special occasions

It Must have Been Moonglow by Phyllis Greene
Reflections on the first years of widowhood

Holes in the Floor of Heaven by Steve Waringer with CD and lyrics
Examples of the dead being with us

Caregivers of the Terminally Ill

Journeys with the Cancer Conqueror by Greg Anderson
Mobilizing mind and spirit

A Midwife Through the Dying Process by Timothy E. Quill, MD
Stories and healing and hard choices at the end of life.

Grief, Dying, and Death by Therese A. Rando
Clinical interventions for caregivers

A Time to Live, a Time to Die by Beatrice M.A. Ash
Important concerns when death draws near

A Year to Live by Stephen Levine
How to live this year as if it were your last

Care of the Dying by Richard Lamerton
It is never true that nothing more can be done for the dying

Caring for Your Own Dead by Lisa Carlson
A complete guide for those who wish to handle funeral arrangements themselves

Chrysalis by Val Hillsdon-Hutton
Facing death now, a personal record

Death the Final Stage of Growth by Elisabeth Kubler-Ross
Through an acceptance of our finiteness, we can grow

Deathing by Anya Foos-Grabber
An intelligent alternative for the final moments of life

Dignified Departure by Bryane Miller
A complete national outline for preparing all necessary documents to control your death or the death of a loved one.

Dying at Home by Andrea Sanker
A family guide for caregiving

Dying, Facing the Facts by Hannelore Wass
Articles on death to be read by clergy, health care professional and families

Dying Well by Ira Byock, MD
A most accurate, informative book on the death with dignity debate and care at the end

Gentle Closings by Ted Menten
How to say goodbye to someone you love

Living Our Dying by Joseph Sharp
Enriching our lives by being more compassionate about what we say and do

Managing Death by James M. Hoefler
A guide for patients, family, and care providers on forgoing treatment at the end of life

May I Walk You Home? By Joyce Hutchison and Joyce Rupp
Stories about the companionship of those who accompany the dying on their final journey

On Dying With Dignity by Patrick Francis Sheehy, MD
Brings death out of the darkness and offers a profound lesson for the living

Stay Close and Do Nothing by Merrill Collect
A spiritual and practical guide to caring for the dying at home

Surviving Death by Charles Meyer
A practical guide to caring for the dying and bereaved

The Helper's Journey by Dale G. Larson
Working with people facing grief, loss, and life-threatening illness

How to Care for Yourself While You Care for the Dying and the Bereaved by Alan Wolfelt
Excellent self-care is important as you companion the dying person

Matters of Life and Death by Carol Wogrin
Communicating with the dying and finding the words to say goodbye

Dying Dignified by Thomas Gonda and John Ruark
The health professional's guide to care of the terminally ill

Final Gifts by Maggie Callanan and Patricia Kelley
Understanding the special awareness, needs, and communication of the dying

Facing Death by John Chapman
Stories of spiritual responses to serious illness

The Rights of the Dying by David Kessler
A companion for life's final moments

The Wheel of Life by Elisabeth Kubler-Ross
Lesson for the living

The Wisdom of Dying by N. Michael Murphy
Inspirational guide for dying consciously

To Die Well by Richard Reoch
A holistic approach for the dying and their caregivers

To Live Until We say Good-bye by Elisabeth Kubler-Ross
 With pictures of her patients she gives a glimpse of her counseling work with the dying

Caregiving by Beth Witrogen McLeod
 An in the trenches view of caregiving

Talking About Death by Virginia Morris
 How to raise the subject matter with family and avoid obstacles

Sacred Passages by Margaret Coberly
 How to provide fearless, compassionate care for the dying

Taking Time by National Institutes of Health
 Support for people with cancer and the people who care for them

Tuesday with Morrie by Mitch Albom
 Sharing a dying person's last days

When a Parent Has Cancer by Wendy Schlessel
 A guide to caring for your children when you have cancer

Healing the Dying by Mary Jean Linn, Dennis Linn, Matthew Linn
 Discusses how we can be with those who are dying. Releasing people to die.

Where is Heaven? By Ted Menten
 Discussions with terminally ill children about facing death

Novels about Death

A Death in the Family by James Agee
 A loving, close knit family faces the death of a father

A Lesson Before Dying by Ernest Gaines
 A young black man in 1940's is an unwitting party to a shootout and a young man returns and has meetings with Jefferson and learns about compassion for people.

A Summer to Die by Lois Lowry
 Meg and Molly are sisters and Molly is dying and Meg has to deal with that

Hot Flashes by Barbara Raskin
 Four friends have to face one their own's illness and death

I Heard the Owl Call My Name by Margaret Craven
 The owl calls the dying person's name in the Northwest Indian tribe

I Never Promised You a Rose Garden by Joanne Greenberg
 The deadly world of the mentally ill

Mister God, This is Anna by Fynn
 Dialogue between a little girl and God

Mourning Song by Joyce Landorf
 A mother teaches her daughter about death

Necessary Losses by Judith Viorst
 Discusses losses we experience in our lives

Stainless Steel Hearts by Harry Lee Kraus, Jr.
 Unborn children being carried longer than necessary so hearts can be harvested and sold

The Awakening by Kate Chopin
 A woman in 1899 who resisted authority to take charge of her quest for life

Good Grief by Lolly Winston
 A great book to explore loss, pain, love, humor, and ultimate renewal.

Study of Death and Grieving

A Matter of Life and Death by John V. Taylor
 Bishop of Winchester England writes about death and the Gospels

Billions and Billions by Carl Sagan
 Thoughts on life and death at the brink of the millennium

Dying by Pat McNeess
 A book of comfort by noted authors

Hope for the Flowers by Trina Paulus
 A tale partly about life, partly about revolution, and a lot about hope

How to Go On Living When Someone You Love Dies by Therese A. Rando, PhD
 Comprehensive discussion of various deaths that affect us

How We Die by Sherwin B. Nuland
 Discusses various ways of death and how we can live more fully knowing this fact

Suffering by Arthur C. McGill
 A test of theological method

The Denial of Death by Ernest Becker
 The most important disciplines in man's life

The Last Passages by Donald Heinz
 Looking at the literature available at the time on death

The Meaning of Death by Herman Feifel
 Research by ten prominent authors into philosophy of death

Death, Mourning and Caring by Robert Marrone
 Textbook on grief and death

Encyclopedia of Death and Dying by Glennys Howarth and Oliver Leaman
 Research in the subjects of grief, loss and death

The Dynamics of Grief by David K. Switzer
 Analysis of what grief is and how humans experience it

Endings by Michael C. Kearl
 Sociology of death and dying

The Sting of Death by James R. Adams
 Background reading for a study course on death and bereavement

The Last Dance by Lynne De Spelder, Albert Strickland, Carol Berns
 Textbook on death and dying with study guide

Dying, Death, and Bereavement, annual editions, 3rd and 4th editions
 Current writing on the subject

Death and Bereavement Around the World by John D. Morgan and Pittu Laungani
 Major Religious Traditions

Dying, Death and Bereavement by Lewis R. Aiken
 Research, writings, and professional practices concerning death and dying are discussed

Facing Death by Robert E. Kavanaugh
 Looking at unrealistic attitudes toward dying

The Last Passage by Donald Heinz
 Recovering a Death of Our Own

Grief Magazine
 Practical information for people in grief

Family Life Today Magazine
 Working with the entire family at the time of a death

Healing Life's Hurts by Dennis Linn and Matthew Linn
 Healing memories through the five stages of forgiveness

Confrontations of Death by Francis G. Scott
 A book of readings on death

Hospice

At Home with Dying by Merrill Collett
 A Zen hospice approach

One Woman's Death by Christine Andreae
 A story of a hospice volunteer's first case

The Hospice Movement by Sandol Stafford
 The history of hospice and how it works

When Evening Comes by Christine Andreae
 The education of a hospice volunteer

The Hospice Journal by NHO
 Physical, psychological and pastoral care of the dying

My Gift: Myself by JoAnne Chitwood Nowack
A Step-by-step- Guide to Becoming a Hospice Volunteer
Hospice, a Photographic Inquiry by Jim Goldberg
Pictures of hospice people and places
Hospice, Theory and Practice by Yitai Tsuei
Japanese book on hospice

Eulogies

My Father's Prayer by Phyllis Tickle
How her father's faith wove a coverlet at the time of his death
The Book of Eulogies by Phyllis Therous
A collection of memorial tributes, poetry, essays and letters of condolence
Remembrances and Celebrations by Jill Harris
Book of eulogies, elegies, letters, and epitaphs

Funerals

The American Way of Death by Jessica Mitford
Excellent documentation that changed the way the funeral industry operated
For the Living by Edgar N. Jackson
A sound, helpful discussion of funeral practices
bury the dead by Christopher Sloan
Tombs, corpses, mummies, skeletons, and rituals
Planning a Funeral Service by Jedediah D. Holdorph, II
A guide to planning a funeral service in the Episcopal Church
Dying We Live by Edward S. Gleason
The meaning of the liturgy of the dead

Tombstones

Tombstones by Gregg Felsen
75 famous people and their final resting places
Elysium by Sandra Russell Clark
New Orleans cemeteries

Pet Death

Pet Loss by Eleanor L. Harris
A spiritual guide
The Final Farewell by Marty Tousley and Katherine Heuerman
Preparing for and mourning the loss of your pet
The Loss of a Pet by Wallace Sife
A guide to coping with the grieving process when a pet dies
Pet Loss by Eleanor L. Harris
Spiritual Guide

Suicide

Andrew, You Died Too Soon by Corinne Chilstrom
Young son in college commits suicide
Too Young To Die by Francine Klagsbrun
How to recognize the warning signs that could save a child's life
Fixin' to Die by David Lester
A compassionate guide to committing suicide or staying alive

Child Death

A Broken Heart Still Beats by Anne McCracken and Mary Semel

After your child dies

Angel Unaware by Dale Evans Rogers

The story of her daughter's death

Dearest Debbie by Dale Evans Rogers

A mother's account of the faith that sustained her during the sorrow-filled days after her daughter's tragic death

Ellen by Rose Levit

Mother's intimate memoir of the death of her 15 year old daughter from bone cancer

Finding Hope When a Child Dies by Sukie Miller

What other cultures can teach us about child death

Five Cries of Grief by Merton Strommen and Irene Strommen

One family's journey to healing after the tragic death of a son

Parting is Not Goodbye by Kelly Osmont

A courageous account of a woman's struggle to cope with death of her son

And the Passenger was Death by Douglas Daher

The drama and trauma of losing a child

No Time to Waste by Margaret Johnson

A mother shares honestly and openly her reaction to the tragic death of her teen-age daughter

The Bereaved Parent by Harriet Sarnoff Schiff

A book for parents who have had a child die

Tracks of a Fellow Struggler by John R. Claypool

Struggling with illness and death of eight year old daughter

When the Bough Breaks by Judith R. Bernstein

Forever after the death of a son or daughter

Parental Loss of a Child by Therese A. Rando

Individual situations encountered by parents

A Grief Unveiled by Gregory Floyd

Study of immense pain and healing

After the Darkest Hour the Sun Will Again Shine by Rabbi Harold Kushner

A guide to grieving and a meditation

Touching the Edge by Margaret Wurtele

A mother's reaction to the death of her 22 yr old son

The Blessing of a Broken Heart by Sherri Mandell

A mother's story of the death of her 13 year old son and his friend

Afterlife

Life After Life by Raymond A Moody

Case histories that reveal there is life after death

Purring in the Light by Stefanie Samek

Near-death experiences of cats

Talking to Heaven by James VanPraagh

A medium's message of life after death

You Cannot Die by Ian Currie

A century of research about death and life after death

The Day I Died by Jay Barbree

Out of Body experience

Miracles Magazine by Raymond Moody

Special Issue on death, dying and life after death

Grieving Men

Fatherloss by Neil Chethik

How Sons of all Ages Come to Terms with the Death of Their Dads

Swallowed by a Snake by Tomas R. Golden

How men grieve

When A Man Faces Grief by Thomas R. Golden

12 practical ideas to help you heal from loss

Daughter's Loss of a Mother

Letters From Motherless Daughters by Hope Edelman

Letters written by daughters as words of courage, grief, and healing

Motherless Daughters by Hope Edelman

The Legacy of Loss

At the End of Words by Miriam Stone

A tribute to her mother and a way of healing

Trauma

I Can't Get Over It by Aphrodite Matsakis

How to help people heal after a traumatic experience

Healing Your Traumatized Heart by Alan Wolfelt

100 practical ideas after someone you love dies a sudden, violent death

Portraits 9/11/01 by Howell Raines and Janny Scott

The collected portraits of grief from The New York Times

From Cradle to Grave by Joyce Egginton

The short lives and strange deaths of Marybeth Tinning's nine children

Self-Help Books to Help Yourself Grieve

More Than Surviving by Kelly Osmont

Caring for Yourself While You Grieve

When Your Soul Aches by Lois Mowday Rabey

Written by a widow. It offers invaluable guidance to women facing the painful emotions and difficult challenges of widowhood.

Healing Your Grieving Heart by Alan D. Wolfelt

100 practical suggestions for helping yourself mourn

What Widow's Face by Anne Brooks Brauer

Simple suggestions to moving on with life after loss

If I Could Mend Your Heart by Mary I. Farr

Offers a step toward healing after any loss

Grief Dreams, by T.J. Wray

How they help heal us after the death of a loved one.

Guide to Helping Others Grieve

What Can I Say? By Kelly Osmont

How to help someone who is grieving: A Guide

How to Write Comforting Letters to the Bereaved by John D. Haley

A simple guide for a delicate task

A Healing Grief by Sara Wengerd

Walking with your friend through loss

Grieve Not by Blue Lantern Studio

Meant to help someone who has had a death in the family.

A Time to Mourn, A Time to Dance by Aid Association for Lutherans

Help for the losses in life

Grieving Children

What Children Need When They Grieve by Julia Rathkey

The scope of children's reactions to death

Parenting the Grieving Child by Mary DeTurris Poust

Helping children find faith, hope and healing after a loss of a loved one

150 Facts About Grieving Children by Erin Linn

Understanding how children grieve

Talking About Death by Earl A. Grollman

A Dialogue between parent and child

When Someone You Love Dies by William L. Coleman

Helping children 8-12 grieve

Life and Loss by Linda Goldman

Recognizing children's losses

Breaking the Silence by Linda Goldman

Helping children with complicated grief-suicide, homicide, AIDS, violence, abuse

How It Feels When a Parent Dies by Jill Krementz

18 children from 7-16 express what it was like to have a parent die

Sarah's Journey by Alan D. Wolfelt

Answers to questions asked about children and death

Water Bugs and Dragonflies by Doris Stickney

Explaining death to young children

Explaining Death to Children by Earl A. Grollman

Because death is a certainty of life we must explain it to our children

What on Earth Do You Do When Someone Dies? by Trevor Romain

A discussion with children about what grieving can be

And God Cried, Too by Marc Gellman

A kid's book of healing and hope

Perinatal Deaths

Waiting with Gabriel by Amy Kuebelbeck

Cherishing a baby's brief life

When a Baby Dies by Nancy Kohner and Alix Henley

The experience of late miscarriage, stillbirth and neonatal death

Grieving Reproductive Loss by Kathleen Gray and Anne Lassance

This book will help persons having experienced the loss and health care professionals

From Sorrow to Serenity by Susan Fletcher

Meditations for those who have suffered pregnancy or infant loss

Strong and Tender by Pat Schwiebert

Guide for a father whose baby has died

Still to be Born by Pat Schwiebert and Paul Kirk

Perinatal loss and how it affects your future

Empty Arms by Pam Vredevelt

Hope and support for those who have suffered miscarriage, stillbirth, or tubal pregnancy

Too Soon a Memory by Pat Schwiebert

A guide to parents suffering a miscarriage

When Hello Means Goodbye by Pat Schwiebert

A guide for parents whose child dies at birth or shortly thereafter

All Seasons Pass by Martha Manning

Grieving a miscarriage

Sibling Death

A Month of Sundays by Julie Mars

Taking care of a sister during her terminal illness

Surviving the Death of a Sibling by T.J. Wray

Living through grief when an adult brother or sister dies

That Summer by Tony Johnson
Inspiration and consolation for siblings of seriously ill children

Parent Death

Nobody's Child Anymore by Barbara Bartocci
Final passages of the death of a parent
Oxygen by Andrew Miller
A man comes home to care for his dying mother

Capital Punishment

Don't Kill in Our Names by Rachel King
Families of murder victims speak out against death penalty

End of Life Issues

Long Goodbye by William H. Colby
The deaths of Nancy Cruzan
Managing Death by James M. Hoefler
A guide for patients, family members, and care providers on forgoing treatment at the end of life.
Hard Choices for Loving People by Hank Dunn
CPR, artificial feeding, comfort care, and the patient with life-threatening illness
Death Notification by R. Moroni Leash
A practical guide to the process
Peaceful Passages by Marilee Tolen
Shared experiences of complementary therapies in end of life care

Organ Donation

Caring for Donor Families Before, During, and After by Raelynn Maloney and Alan Wolfelt
How to communicate with and support families before, during, after the decision to donate

Complicated Grief

Treatment of Complicated Mourning by Therese A. Rando
How to treat complicated grief

Support Groups

How to Start and Lead a Bereavement Support Group by Alan Wolfelt
Simple steps to starting a support group

Cultural

Passed On by Karla FC Holloway
African American Mourning Stories
No death, no fear by Thich Nhat Hanh
Comforting wisdom for life and the living Buddha

Elisabeth Kubler-Ross

The Life of Elisabeth Kubler-Ross by Derek Gill
Life of the acclaimed author of death and dying
The Elisabeth Kubler Ross Center Newsletters 3
What the center was doing
A Letter to a Child With Cancer by Elisabeth Kubler-Ross
The Dougy book
On Grief and Grieving by Elisabeth Kubler Ross and David Kessler, (2)
Finding the meaning of grief through the five stages of loss

Spirituality and Death

Making Sense of Death by John Morgan

Spiritual, pastoral, and personal aspects of death, dying, and bereavement

Liturgy and at the Last by Liturgical Conference

Helpful hints to assist the family through the funeral

Angels In Your Pocket by Guideposts

Well-known inspirational writings to carry with you.

Pamphlets

Dear Children by Helen S. Merrow

A Christian writes about her own experience of dying

How to be a Friend in Sorrow by James D. Furlong

Helpful hints to help a person who is grieving

Is Cremation Christian by Carroll E. Simcox

Answers questions concerning cremation

Death, the Key to Life by Mary Tyler Cheek

Death is not to be feared

Glory on the Other Side of Death by Allen W. Brown

Looking at living and dying, which are part of the same process

The Christian Facing of Death

Questions and answers about death

Should Christians Grieve? By Peter Day

Validates grief for Christians

For Those Who Mourn

A personal testimony

Life After Death by Edwin Anderson Penick

Giving comfort to the bereaved

Grief

How to bear it and share it

Christian Burial by R.S.M. Emrich

Explaining some of the details of a Christian burial

Alive Now: Death magazine

Articles about death

An Etiquette for Grief by Crystal Gromer for Reader's Digest

Helping others through a loss isn't easy. What you need to know

When Children Hurt by Earl Grollman

Guidelines for explaining death to children

Talking With Young Children About Death by Fred Rogers

Simple ways to talk to children about death

Color My Memories

Coloring book to help a child express himself

Training Seminar

Life Appreciation Training Seminar by Bill Bates 3 audio tapes

For grief recovery, separation and loss

Videos

48 Hours, The Right to Die

Victoria Whiteford's Memorial Service

Series: With Eyes Open, Coping with Death

- Caregiving
- Difficult decisions: when a loved one approaches death

- Grief and healing
- Beyond life and death

Hospice Foundation of America Series: Living with Grief

- *After Sudden Loss with textbook*
- *Who We Are How We Grieve with textbook*
- *When Illness is Prolonged with textbook*
- *Personally and Professionally*
- *Children Mourning, Mourning Children*
- *At Work, At School, At Worship with 2 textbooks, 2 each practice guides*

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Children's Books Related to Grief and Death

By Helen Zebarth, RN, Health Minister

Explaining Death with Inanimate Subjects

Hope for the Flowers by Trina Paulus

A different sort of book for children and adults and everyone except those who have given up completely and even they might secretly enjoy it.

The Fall of Freddie the Leaf by Leo Buscaglia 2 copies

How leaves change with the season and finally die and fall from the tree.

When Dinosaurs Die by Laurie Krasny Brown and Marc Brown

A guide to understanding death without the human factor.

Death of Pets

A Funeral for Whiskers by Dr. Lawrence Balter

Child faces death of a pet cat with practical tips for parents.

Badger's Parting Gifts by Susan Varley

All the woodland creatures mourn badger's death and remember him.

Goodbye, Max by Holly Keller

Max, the old dog died and Ben is grieving.

I'll Always Love You by Hans Wilhelm

Death of an old pet dog, Max

The Accident by Carol Carrick

Pet dog, Bodger, is killed by a car and Christopher must overcome sense of guilt.

The Tenth Good Thing About Barney by Judith Viorst 2 copies

Remembering good things about a dead pet cat.

When a Pet Dies by Fred Rogers

Talks to children about a pet dying

Dog Heaven by Cynthia Rylant

If you have a pet dog then you know there is a dog heaven

Cat Heaven by Cynthia Rylant

If you have a pet cat then you know there is a cat heaven

Death of a Pet, brochure by Omph Funeral Home

Answers to questions for children and animal lovers of all ages

Death of Friends

A Taste of Blackberries by Doris Buchanan Smith

Jamie and Heather are friends. When something happens to Heather, Jamie has to grieve.

Bridge to Terebithia by Katherine Paterson 2 copies

A friend dies in an accident and the survivor must cope.

I Had a Friend Names Peter by Janice Cohn

Talking to children about the death of a friend.

Say Goodnight, Gracie by Julie Reece Deaver

Morgan and Jimmy are old friends. Jimmy is killed in an accident and Morgan must deal with it.

Someone I Loved Died by Christine Tangvald

About life and death and a poster about remembering with religious overtones

Somewhere Between Life and Death by Lurlene McDaniel

Erin and Amy are best high school friends. Amy is on life support and Erin must deal with loss.

Why, Charlie Brown, Why? By Charles M. Schulz

A story about what happens when a friend is very ill

Serious Illness or Impending Death of Self

Hang Tough by Matthew Lancaster

Matthew wrote about his treatments, etc. with Ewing's Sarcoma.

I Want to Grow Hair, I Want to Grow Up, I Want to Go to Boise by Erma Bombeck

A heartwarming story about children surviving cancer.

My Book for Kids with Cancer by Jason Gaes

A child's autobiography of Hope

Now I Lay Me Down to Sleep by Lurlene McDaniel

Carrie has leukemia at age 15. She feels she can't face life when her parents divorce.

Too Young to Die by Lurlene McDaniel

Melissa is enjoying high school when she is diagnosed with leukemia.

What it is that I have, don't want, didn't ask for can't give back, and how I feel about it:

By The Ohio Cancer Information Service Feelings of a terminally ill child

Parent Death

Everett Anderson's Goodbye by Lucille Clifton

Everett grieves for his dead father. Everett is African American

How It Feels When a Parent Dies by Jill Kremenr

Eighteen children from ages 7 to 16 years discuss death of a parent

Learning to Say Good-bye by Eda LeShan

Communications between youngsters and adults

Mama's Going to Buy You a Mockingbird by Jean Little

Jeremy's father has cancer.

My Mommy Has Cancer by Carolyn Stearns Parkinson

Sensitive way to teach children about cancer. Good book for parents to read to their children.

My Mom is Dying by Jill Westberg McNamara

When Kristine learns her mother is dying, she turns to God for help. She has 17 conversations with God and begins to understand her feelings.

Our Mom Has Cancer by Abigail and Adrienne Ackerman 2 copies

Picture stories of what they are feeling

Grandparent Death

Blackberries in the Dark by Mavis Jukes

Austin continues to visit the farm and do fun things even though grandpa is dead.

But Won't Granny Need Her Socks? By Donald Knowles

Dealing effectively with children's concerns about death and dying.

Grandmother Jennifer by Deborah Vaill

For children from 5 and up about a grandmother's illness and eventual death.

Gran-Gran's Best Trick by L. Dwight Holden

A story for children who have lost someone they love with help for parent helping a child.

My Grandson Lew by Charlotte Zolotow

Lewis misses his grandfather even though he died when Lewis was just two.

My Grandpa Died Today by Joan Fassler 2 copies

David has a frank discussion with his grandfather, Max, about death. When he dies David plays and remembers his grandfather in what he does.

Nanna Upstairs and Nanna Downstairs by Tomie dePaola

A story about Tommy and his great-grandmother and grandmother and what happens when they die.

Saying Good-bye to Grandma by Jane Resh Thomas

Going to grandma's funeral as told by a child.

The Two of Them by Alika

A relationship between a grandfather and his granddaughter and what happens when he grows ill.

Tracker by Gary Paulsen

John hunts with his grandfather. As grandfather is dying, John feels the need to track a doe, not to kill, but to hold onto his grandfather's life.

What Happened When Grandma Died by Peggy Barker
A strongly Christian book on how to understand death.
My Grandma Died by Lory Britain
A child's story about death and loss
Now One Foot, Now the Other by Tomie dePaola
Relationships that develop when a grandfather has a stroke

General Information on Grief and Death

Emma Says Goodbye by Carolyn Nystrom
Aunt Sue lives with Emma and becomes ill. She is dying and Emma is grieving.
Goodbye Forever by Jim and Joan Bouldon
Bereavement activity book.
Holes in the Floor of Heaven by Steve Waringer
CD and pictures to go with songs
Miss Fannie's Hat by Jan Karon
Her hats remind the child of special things about Miss Fannie
25 Things to Do by Laurie A. Kanyer
When Granpa Passes Away, Mom and Dad Get Divorced, or the Dog Dies
Liplap,s Wish by Jonathan London and Sylvia Long
Story about love, loss, and remembrance. Liplap is a rabbit.
On the Wings of a Butterfly by Marilyn Maple
A story about life and death.
Remember the Secret by Elisabeth Kubler-Ross
Children who are close have to experience death and how they cope with it.
The Empty Place by Roberta Temes
A third graders big sister dies and he grieves. A child's guide through grief.
The Kids' Book about Death and Dying by Eric E. Rofes
For students ages 11 to 14 to discuss death and dying.
The Little Soul and the Sun by Neale Donald Walsch
A children's parable adapted from Conversations with God.
The Next Place by Warren Hanson
Inspirational journey where the hurts of earth are no more.
Water Bugs and Dragonflies by Doris Stickney
Explaining death to young children
What on Earth Do You Do When Someone Dies? By Trevor Romain
Helping you through a painful time
What's Heaven by Maria Shriver
Discussion about what is heaven for a child about 6 years old.
When Someone Dies by Sharon Greenlee
Deals with confusion and questions children feel when death occurs.
When Someone is Very Sick by Jim and Joan Boulden
Serious illness activity book.
When Someone You Love Dies by William L. Coleman
Answering questions about death so children can understand
When Someone You Love Dies by Robert V. Dodd
Bereavement for ages 12 and under.
Where is Heaven? By Ted Menten
Children's Wisdom on Facing Death
Wilfrid Gordon McDonald Partridge by Mem Fox
Child lives near a nursing home and interacts with elderly and sees a lot of death.
Why Do People Die? By Cynthia MacGregor
Helping your child understand about death.
Feeling Sad by Joy Berry
Self-help book for children
This Place I Know by Georgia Heard
Poems of comfort

How I Feel by Alan Wolfelt 2 copies
A coloring book for grieving children

Cultural

Annie and the Old One by Miska Miles
Native American girl learns about death from her grandmother.
The Emperor and the Nightingale by Vi Hoang DeVa Con Chim Hoa Mi
Vietnamese story about love and loss and death.

Sibling Death

A Summer to Die by Lois Lowry
Molly becomes ill and Meg has to see the changes taking place in her sister
This Book is for all Kids, but Especially my Sister Libby. Libby Died by Jack Simon, age 5
Little sister dies of a rare disorder at the age of 3
Joani Earns Her Wings by Mary Herzog
Her sister dies of the flu and how she grieved as a result of her mother's story
The Empty Place by Roberta Temes
The third grader's big sister Jennifer dies and how this affects him

Perinatal Deaths

We were gonna have a baby, but We had an angel instead by Pat Schwiebert
Recommended for children 2 years and up to explain perinatal death

Traumatic Death

Where does a Mom's love go? By Patti Lynn Bongiorno
Questions asked after 9/11
Grandma, Does God Make Mistakes? By Patti Lynn Bonfiorno
Written for everyone who was a child on 9/11
My Dad's Footsteps by Patti Lynn Bongiorno
Dedicated to all the dads lost in 9/11

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From www.centeringgroup.com a company that attends to grief issues

In My World (IMWC)

\$6.95



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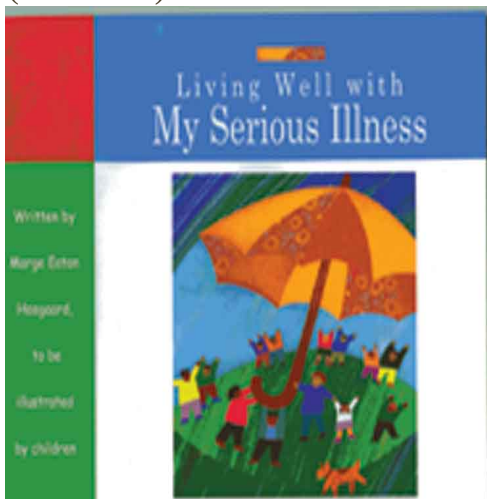
Linda Lazar and Bonnie Crawford

A journal for teenagers facing a life-threatening illness. The pages are to be filled with letters, memories, and reflections about life. Includes pages for daily thoughts and reflections, favorite things, letters to special people and what I have learned.

Product code is IMWC

Living Well with My Serious Illness (LWMO)

\$9.95



[Click to enlarge](#)

By Marge Heegaard. An art therapy book for helping children cope with the early stages of a serious illness. Sensitive exercises address the questions children have during this emotional and troubling crisis. Children are encouraged to express their feelings through pictures. Code: LWMO