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

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.
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
Turning Points for Growth

THE GRIEF PROCESS: TURNING POINTS FOR GROWTH

LOSS → GROWTH

THIRD PHASE
Accommodation to Loss
Renewed hope and optimism

FIRST PHASE
Shock
Disbelief
Denial
Anger
Self-recrimination (guilt)

SECOND PHASE
Despair
Apathy
Depression
Social isolation
Meaninglessness
Hopelessness
Self-Doubt

REORGANIZATION

INTENSE GRIEF

THE THREE "Ts"
TEARS
TALK
TIME

"Thank you, God, for all you have given me and for all you have taken, and for all you have left me."

Credit: Louis Wilson, Wim. Lamers, C.M. Parkes, and U. Kelemen

Crying
Weeping/Sobbing
Searching
Sighing
Somatic symptoms:
Tightness in chest
Loss of appetite
Sleep disturbance
Muscle weakness
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.
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 Anyhow! 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-Graber
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 less 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 McNees
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. Keanl  
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 Toussley 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
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 Wilhem
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 Omps 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 Terabithia* 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 Kremer
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 Karan
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 Syvia 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 Emporer 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

Rev 02/2006 HZ
From www.centeringgropup.com a company that attends to grief issues

**In My World (IMWC)**

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)

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