

Bereavement Resources
Archdiocese of Seattle Media Center
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Handbook for Those Who Grieve: What You Should Know and What You Can Do During Times of Loss: A Resource for Family, Friends, Ministers, Caregivers, and Colleagues (Book) Auz, Martin M., Chicago: Loyola Press, 2002. The sadness we feel after the death of a loved one can bring our lives to a grinding halt. This valuable resource provides practical information for people who are grieving and the people who support them. You'll find information on planning funerals, writing sympathy letters, and helping children to grieve, as well as "do" and "don't" lists for family and friends, checklists with planning details, and a comprehensive list of grief support resources.

Death and the Classroom: A Teacher's Guide to Assist Grieving Students (Book) Cassini, Kathleen K., Griefwork of Cincinnati, 1996. A practical and psychologically-sound discussion of how to deal with grief reactions and how teachers can move beyond their own fears and misconceptions and become effective participants in the grieving process.

A Sourcebook about Christian Death (Book) Liturgy Training Publications, 1990. Contains a wide variety of writings on death, ready to be read and pondered by the preacher, the mourner and the consoler. You will find quotes from prose, scripture and poetry offering images of heaven, pilgrimage, rest, reckoning, the communion of saints, prayer for the dead, and resurrection. Arranged for the days of November, this book is the perfect tool for seasonal reflection and discussion.

ABCs of healthy Grieving: A Companion for Everyday Coping (Book) Smith, Harold Ivan, Ave Maria Press, 2007. Offers simple, realistic advice of comfort, practical support, and wise spiritual guidance for body and soul. Each two-page reflection encourages healthy grieving and new ways of being in the world after experiencing profound loss.

Soul Repair: Recovering From Moral Injury After War (Book) Brock, Rita Nakashima, Beacon Press, 2012. In *Soul Repair*, the authors tell the stories of four veterans of wars from Vietnam to our current conflicts in Iraq and Afghanistan, who reveal their experiences of moral injury from war and how they have learned to live with it. Brock and Lettini also explore its effect on families and communities, and the community processes that have gradually helped soldiers with their moral injuries. *Soul Repair* will help veterans, their families, members of their communities, and clergy understand the impact of war on the consciences of healthy people, support the recovery of moral conscience in society, and restore veterans to civilian life. When a society sends people off to war, it must accept responsibility for returning them home to peace.

Will I See My Dog in Heaven: God's Saving Love For the Whole Family of Creation (Book) Wintz, Jack, 2009. The author lines up evidence from the Scriptures, Christian tradition and liturgy, and the life and teachings of St. Francis of Assisi, that God desires all creatures in the afterlife.

Here on the Way to There: A Catholic Perspective on Dying and What Follows (Book) Shannon, William Henry, St. Anthony Messenger Press, 2005. Tackles the essential questions for all mortals. How can a mature consideration of death contribute to a richer, more complete life? How can we face the inevitable (for ourselves and

others) with good sense, dignity and faith? What do we, as Catholics, believe about life after death? Sections in the book include death, dying and new life; Reflections on growing older, care of the terminally ill, bereavement; what we believe about hell, purgatory and heaven.

After this Life: What Catholics Believe about What Happens Next (Book) Groeschel, Benedict J., Our Sunday Visitor, 2009. This book explains how consoling and uplifting the truths surrounding death, judgment, Hell, Purgatory, and Heaven really are. Father Groeschel notes that the "five mysteries" lie beyond our complete understanding. Learn to live each new day with confidence based on the mercy and love of our Savior, Jesus Christ, who spoke often of death and the Last Judgment through his parables.

Parenting a Grieving Child: Helping Children Find Faith, Hope, and Healing After the Loss of a Loved One (Book) Poust, Mary DeTurris, Loyola Press, 2002. For children, understanding death and grief can be overwhelming. Drawing on personal experience and expert advice, the author offers this practical guide for parents helping children through the grieving process. Written from a faith perspective, the book emphasizes the role of religion in grieving and healing.

Remember to Live: Embracing the Second Half of Life (Book) Ryan, Thomas, Paulist Press, 2012. Awareness and acceptance of our mortality as experienced in aging, illness, and the death of others can bring a clarity and richness to the limited, precious moments of life, and helps us foster a special care for relationships and priorities in the time we are given.

Life after Death: Practical Help for the Widowed (Book) Barkley, Elizabeth Bookser, Franciscan Media, 2013. Barkley lost her husband, Scott, in 1999. With three daughters to raise alone, she found that moving forward was made easier through the strength of friends and by staying in touch with her spiritual core. It is a book filled with the hope that comes from patience and understanding.

A Season of Grief: A Comforting Companion for Difficult Days (Book) Dawson, Ann, Ave Maria Press, 2002. A remarkable collection of quotations, personal reflections, and prayers intended for those who find themselves in their own "season of grief." The insights and stories from the author's own experience are carefully placed alongside the comforting and often inspiring words of writers like C.S. Lewis and Kahlil Gibran. Whether you've lost a child, a spouse, a parent, or a friend, A Season of Grief promises to be a comforting companion in the difficult days ahead.

When the Dying Speak: How to Listen to and Learn from Those Facing Death (Book) Wooten-Green, Ron, Loyola Press, 2001. In this collection of poignant and hope-filled stories, author Ron Wooten-Green seeks to decipher the metaphorical language of the dying and stresses the importance of listening to and learning from those at the end of their earthly journeys. Drawing on his experience as caregiver for his dying wife and as a hospice chaplain, Wooten-Green gives us a glimpse of the spiritual reality known only by those nearing death and reveals the hope of eternal life.

On Living (Book) Egan, Kerry, Riverhead Books, 2016. A hospice chaplain shares the meaning the dying make of their lives, to help us understand what is ultimately important and to make the most of our own still-being-lived lives.

No One Cries the Wrong Way: Seeing God through Tears (Book) Kempf, Joseph, Our Sunday Visitor, 2012. Consoling in a way that is both simple and profound, Fr. Kempf helps us trust the love in the midst of the pain. At the end of the book, there is a prayer service for each chapter, questions for reflect or discussion, and quotes for meditation and prayer.

Finding Your Way after your Child Dies (Book) Wezeman, Phyllis Vos, Ave Maria Press, 2001. Offers parents a comforting way to grieve when the need arises. The themes may also be easily adapted for use in small and large group settings such as a support group, a prayer service, or a family ministry session.

Seasons of Hope: Creating and Sustaining Catholic Bereavement Groups (Book) MacLeod, M. Donna, Ave Maria Press, 2007. A comprehensive program for pastoral leaders, guiding them through all the necessary steps of creating and sustaining small bereavement groups. This program offers twenty-four scripture-based sessions, organized into four, six-week, non-sequential seasons. Each season has its own Participant Journal for at-home follow-up by group members. All group sessions follow the same simple format and flow with a comforting blend of scripture, prayer, group exercises, faith-sharing, and Catholic traditions.

The Bereavement Ministry Program: A Comprehensive Guide for Churches (Binder) Ave Maria Press, 2009. Parish-proven and customizable for diverse audiences, The Bereavement Ministry Program provides everything needed to begin and nurture a church-based program of bereavement care for individuals and families. Benefit from the wisdom, sensitivity, and expertise of Jan Nelson and David Aaker in meeting the needs of those in your communities who experience loss.

Through Death to Life: Preparing to Celebrate the Funeral Mass (Book) Catholic Church 3rd ed. Ave Maria Press, 2012. This comprehensive guide brings together in one place all the official liturgical texts needed for planning a Catholic funeral Mass, providing a practical tool for priests, deacons, and lay pastoral ministers as they help grieving Catholics plan the funeral of a loved one. Families can select the readings and prayers that they find most fitting and record them on an easy-to-follow selection sheet. This sheet is then passed on to the presiding priest or his designate so that he can prepare the liturgy. Includes brief, informative appendix explaining Church teaching on the practice of cremation.

Journeying Through Grief (Book Set) Haugk, Kenneth C., Stephen Ministries Permissions, 2004. (Books 2 & 3 in Series) Book 2 is designed to be sent three months after the death of a loved one—right around the time when many others begin telling the grieving person to “cheer up” and “get over it,” because they mistakenly think grief should only last a few months. Book 3 is designed to be sent six months after the death of a loved one—right around the time when the person is wondering, Why don't I feel better yet? Is it normal to still feel sad? Doesn't anybody understand how I feel?

The Truth about Grief: The Myth of its Five Stages and the New Science of Loss (Book) Konigsberg, Ruth Davis, Simon & Schuster, 2011. In this illuminating account of how we grieve, Ruth David Konigsberg reveals that everything we thought we knew about confronting loss is wrong. She maintains that people cope with grief thanks largely to the human capacity for resilience, relying heavily on the work of psychologist George Bonanno.

Guiding young teens through life's losses (Book) Wezeman, Phyllis Vos, Twenty-Third Publications, 2003. This book is a welcome resource for all those who work with young teens. It covers topics like death, depression, alcoholism, and drugs. The insightful prayers and reinforcing activities will comfort and strengthen young teens as they try to understand and cope with their losses.

Time to Say Goodbye: My Grief Workbook (Book) Twenty-Third Publications, 2010. This wonderful, gentle, and informative guide is for children ages 6 to 9 who have lost a loved one. It offers creative suggestions and hands-on activities to help them work

through the grieving process. It explains death and presents the Catholic/Christian attitude toward dying with an emphasis on hope. The thoughtful materials for parents will help them accompany their child through the grieving process.

When Parents Divorce or Separate: I Can Get through This (Book) Cassella-Kapusinski, Lynn, Pauline Books and Media, 2012. Formed by the truths of the Catholic faith and by what professionals in family counseling have found helpful, this guide through parental divorce and separation designed for children ages 8-12, blends faith with interactive elements. Whether you are a parent, guardian, caretaker, counselor, therapist, support group leader, or ministry program coordinator, with this resource, you can provide your child with a safe space for coping, healing, and growing. Chapters cover the entire experience of divorce or separation-its development, onset, duration, and aftermath-and acknowledge a child's emotional, mental, and physical responses amidst these stages.

I Will Remember You: My Catholic Guide Through Grief (Book) Pauline Books & Media, 2011. Assists a child through the grieving process while helping them to honor the memory of their loved one. In child-friendly terms it addresses death, grief, and how God and our Catholic faith can help her or him through this sad time. Through thoughtful consideration, prayer, and specially designed activities, it helps children ages 7-12 understand death, funeral rituals, the grieving process, and what to expect during the first year after the loss of a loved one. Schuler, a certified school counselor with an MS in Counseling Psychology, gives a reassuring voice to a child's feelings of loss, and provides a safe space where hopes can be expressed and memories can be treasured.

When Families Grieve = Familias en la afliccion (Book/DVD) Sesame Street, 2010. Bilingual kit uses the power of Elmo and Sesame Street Muppets to support grieving families. It includes a DVD of a TV special with Katie Couric, the Muppets & stories of families coping with the death of a parent, a parent/caregiver guide & a kid's storybook.

Almost Home: Living With Suffering and Dying (DVD) Liguori Publications, 2008. Sister Thea Bowman, a nationally known Black Catholic sister, shares her personal experiences of living with the sufferings and uncertainties of a terminal illness. As Sister Thea shares her story, she will guide you in understanding and accepting your own circumstances in order to live life as fully as possible and to prepare for the journey home to God with confidence and courage.

Journey Toward Forgiveness: From Rage to Reconciliation (DVD) Mennonite Media Productions, 2001. This documentary demonstrates that those who are able to embark on a process towards forgiveness, though heartrending and difficult, find it to be the path to inner healing. Stories include a man who lost his daughter in the Oklahoma City bombing, a Cheyenne peace chief talking about a massacre of Native Americans, an African-American whose brother was shot by a white marshal, a family whose daughter died because of a drunk driver, a family whose daughter was abducted and murdered, a storyteller who helps people find healing by telling their stories, and a couple facing the husband's cancer.

Amish Grace: How Forgiveness Transcended Tragedy (Book or DVD) Kraybill, Donald B. Jossey-Bass, 2007. Explores the many questions this story raises about the religious beliefs and habits that led the Amish to forgive so quickly. It examines forgiveness embedded in a separatist society and questions if Amish practices parallel or diverge from other religious and secular notions of forgiveness. It also asks why and how forgiveness became international news. "All the religions teach it," mused an

observer, "but no one does it like the Amish." Regardless of the cultural seedbed that nourished this story, the surprising act of Amish forgiveness begs a deeper exploration. How could the Amish forgive so swiftly? What did this act mean to them? And how might their story provide lessons for the rest of us?

Through a Lens Darkly (DVD) Vision Video, 2011. Loss comes in many forms: the grief over the death of a loved one, the devastation of a physical or mental impairment, the pain of divorce or separation, or the distress of job loss and foreclosure. The physical and emotional responses to grief can be as heart wrenching as the loss itself. So where does a person turn for answers and encouragement in a time of despair, doubt, and fear? Through a Lens Darkly uplifts the soul with the moving stories of people touched by a significant loss.

Beyond Regret: Entering into Healing and Wholeness after an Abortion (DVD) Paraclete Video Productions, 2002. Few women and men can walk away from the experience of abortion without some emotional impact. Unresolved feelings of guilt, shame, and grief may not surface until months, often years, after an abortion.

Final Blessing (DVD) United States Conference of Catholic Bishops, 1997. Examines the spiritual dimensions in the lives of the terminally ill. Rather than turning away from the unavoidable sadness, viewers will be left inspired and uplifted and even consoled by these patients' stories.

Sometimes Life is just not fair: Hope for Kids through Grief and Loss (Children's Book) Kempf, Joseph, Our Sunday Visitor Pub., 2012. This book tackles some tough issues in a way that a child will understand: If God is so good, why do innocent people suffer? What is our hope when someone we love dies? How do we go on when our hearts are broken? Meets the child right where we are with just what we need.

I am my Grandpa's Enkelin (Children's Book) Wangerin, Walter, Paraclete Press, 2007. The granddaughter of a German-American farmer tells of her experiences with him on the farm and the many things he taught her about life.

Today Someone I Love Passed Away (Children's Book) Ahern, Dianne, Aunt Dee's Attic, 2008. The great mystery of death and what happens when we die is perplexing for adults, but it is even more bewildering for children. This book provides a Catholic understanding of death and salvation, the Sacrament of Anointing of the Sick, and the Last Viaticum.

Tear Soup: A Recipe for Healing after Loss (Children's Book) Grief Watch, 2003. In this animated tale, a woman named Grandy has just suffered a big loss in her life, and so she is cooking her own unique batch of "tear soup." Each person grieves a different way and so blends different ingredients into their process of grieving, or their "tear soup." Young and old alike will find comfort and insights in this portrayal of the ongoing process of healing from grief.

Online Videos

- [Prayer in Time of Bereavement](#)
- [The Grieving Process: Coping with Death](#)
- [10 Minute Guided Meditation To Help Ease Pain From Death, Loss, Grief, and Depression...](#)

- [Planning a Catholic Funeral](#)
- [Rituals with Meaning, Rituals that Heal](#)
- [What Really Matters at the End of Life](#) | BJ Miller (TED Talk)
- [Death with Dignity](#) (Chris Stefanick-ReallifeCatholic)
- [99 Balloons](#)
- [CST 101 Life and Dignity](#) (USCCB)

Websites and Online Resources

- **Hospice of Seattle**, part of the Providence Health System, offers [Safe Crossings](#), a specialized program for children who are facing the death of a loved one. For information, call 206-320-4000.
- [Camp Erin](#) is a bereavement camp for children ages 6-17, held in September at Camp Killoqua near Stanwood. The camp, sponsored by the Moyer Foundation, is free but registration is required. Call 425-261-4798.
- On the Eastside, Kirkland's [Evergreen Hospital](#) offers grief support, including groups designed to support parents and young children. Evergreen's next seven-week session support group for grieving parents and 6- to 12-year-olds will be held April 5- May 17 and again in September. For more information, call 425 899-1077.
- The [Dougy Center](#) provides many resources online. Provides support in a safe place where children, teens, young adults, and their families grieving a death can share their experiences. Choose "Center Locator" and type in your ZIP code to find a program for grieving children near you.