

RESOURCES OF GRIEF & BEREAVEMENT FROM PARACLETE PRESS

BOOKS

[Bruised and Wounded-Struggling to Understand Suicide](#) (Ronald Rolheiser) When someone is stricken with cancer, one of three things can happen: Doctors treat the disease and cure it; professionals can't cure the disease but can control it so that the person suffering can live with the disease for the rest of his or her life; or the cancer can be of a kind that cannot be treated and all the medicine and treatments in the world are powerless – the person dies. Emotional depression leading to suicide can work the same way. With chapters also on "Removing the Taboo," "Despair as Weakness Rather than Sin," "Reclaiming the Memory of Our Loved One," and "The Pain of the Ones Left Behind," Fr. Rolheiser offers hope and a new way of understanding death by suicide.

[When It Feels Impossible to Pray-Prayers for the Grieving](#) (Thomas McPherson) For those who have experienced a sudden and terrible loss, it is important to realize that you don't have to do the things one normally associates with prayer to actually be connecting with God in a way that's prayer-like. Just sit still, if you like. Grieving people often find themselves doing a lot of sitting still. Stunned. Allow yourself a time to be quiet, to answer to no one, to accomplish nothing at all. Quietness in itself is where prayerfulness begins.

[Words of Healing-A Coloring Book to Comfort and Inspire](#) (Paraclete Press) The coloring books for adults from Paraclete offer a simple path to making something beautiful with a spiritual element. For any religious or spiritual seeker, coloring these letters, each paired with an uplifting word of healing and a simple verse, will relax the mind and bless the heart.

[My Favorite Color is Blue. Sometimes. A Journey through Loss with Art and Color](#) (Roger Hutchinson) The text and illustrations of this lushly colored picture book guide the reader through different emotions and reactions related to grieving, including shock, tears, anger, and hope. *My Favorite Color is Blue. Sometimes.* is a children's picture book by design, but accessible to people of all ages.

[Sacred Dying Journal: Reflections on Embracing the End of Life](#) (Megory Anderson, PhD) Approaching the end of life is a daunting concept, physically, emotionally, and spiritually. This journal gives individuals a place to reflect and express the many thoughts, desires, and discoveries to be made in this special part of life's journey — a blessing for those preparing to enter life's final stages, and for their loved ones. Laid out in four sections, the journal includes these headings: Caring for the Body and the Soul, Sacred Dying in Time and Space, Legacies, and Honoring the Body/Commending the Soul.

DVDS

[Reclaiming Life: Faith, Hope, and Suicide Loss](#) (90 min.) Each year, over one million people end their lives by suicide. All death unsettles us, but suicide causes a very distinct set of emotional, moral, and religious scars. It brings with it an ache, a chaos, a darkness, a stigma that only one who has survived it can understand. Through powerful first-hand experience, this video offers hope to those who have experienced suicide loss.

[Grieving the Sudden Death of a Loved One-Guidance for When the Unthinkable Occurs](#) (55 min.) When someone we love suddenly dies, we are stunned. We had no preparation and no time to gradually absorb the reality that our world was about to change dramatically. Because this type of loss is so

disruptive, recovery almost always is complicated. This video is for those who have suffered a sudden loss through a medical disruption, suicide, homicide, accident, military death, or an unexplained death. Through expert advice and personal testimony, this video will offer support and encouragement for rebuilding your life after such a devastating loss. *Grieving the Sudden Death of a Loved One* provides a full hour of support, wisdom, and counsel from experts of many backgrounds including Earl A. Grollman, the "Hero of The Heartland" for his work with the families and volunteers of the Oklahoma City bombing.

[Changed Forever-Grieving the Death of Someone You Love](#) (50 min.) In this therapeutic, new video presentation you will see and hear others discuss what you are going through right now. You will learn how to let yourself walk through your grief without letting it overwhelm you. Testimonies of people who have recently experienced the death of a loved one, as well as experts in the field, talk about how to slowly integrate the loss you have experienced, and the grief that comes with it, into a life that is changed forever. Eight segments: The death of a loved one; Grief is individual; Grief has physical, emotional, and spiritual effects; Grief has no timeframe; Complicated grief; Grief versus depression; Upsurges of grief; Changed forever.

[Footprints on Our Hearts-Walking through Grief after a Miscarriage, Stillbirth, or Newborn Death](#) (78 min.) The agony we feel after the loss of a baby is complex and intense as it mixes with misplaced guilt, hurt, helplessness, and deep sorrow. A baby is not supposed to die. *Footprints on Our Hearts* offers ways to cope with these feelings in the days and weeks of grieving that follow, as it speaks words of understanding, encouragement, and hope for the future for anyone experiencing the grief from the loss of a baby — a stillborn, miscarriage or newborn death experience.

[The Transforming Power of Caregiving-Returning to Life after Caregiving Ends](#) (48 min.) Whether you have cared for your loved one for one year or many, when it ends, it will feel abrupt. The life and routine that have become yours, suddenly comes to an end with a finality that is painful on many levels. You have become a different person during your caregiving experience, yet you haven't had time to realize who that person is. Your focus was on someone else, and the thought of shifting that focus to yourself – may be scary. However, exploring who you are, now, as well as what you learned about yourself – and about life itself – during your caregiving experience can be an experience full of discovery and adventure.

[Caring for A Loved One with Alzheimer's-An Emotional Journey](#) (50 min.) This dynamic video offers insight, hope, and understanding for anyone who cares for a loved one with Alzheimer's. This disease without cure currently afflicts more than 30 million people and there are no treatments to halt its progression, making caregiving both essential-and difficult.

[Loving Someone with an Addiction](#) (60 min.) Living with an addiction is both heartbreaking and exhausting. Family members are torn between how to help the addict and how to avoid supporting the addiction. Through interviews with experts and with families who have experienced the addiction of a loved one, this video will offer hope-filled support in the form of practical information, advice from others who have been there, and the power of shared experiences