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Note: If there is NO web address after the entry, it is available from multiple sellers.



Books/CDs/DVDs for Adult Grief

ABCs of Healthy Grieving: A Companion for Everyday Coping by Harold Ivan Smith

Seventy-two brief suggestions that treat particular aspects of living with grief day-to-day. Each suggestion starts with a letter of the alphabet and ends with an "I can" statement that offers both realistic hope and a goal toward which to strive. Readers can read *ABCs of Healthy Grieving* cover to cover or choose a single topic to help them through each day. 176 pp. <https://www.avemariapress.com/product/1-59471-127-5/ABCs-of-Healthy-Grieving/>

A Loss for Words: How to Help Those You Care for in a Miscarriage, Stillbirth or Newborn Death

When a miscarriage, stillbirth, or newborn death occurs many of us want to reach out but are unsure how best to do that. *A Loss for Words* teaches family members, friends, neighbors, and early caregivers - clergy, doctors, and counselors - how to help and what to say and do. DVD 30 minutes, www.paracletepress.com

An Empty Cradle, a Full Heart: Reflections for Mothers and Fathers after Miscarriage, Stillbirth, or Infant Death by Christine O'Keeffe Lafser

Nearly a million parents suffer a miscarriage or infant death each year, and the grief and emotions experienced after a miscarriage or the death of an infant are often hard to express. This collection of more than a hundred short meditations beautifully interweaves the very real feelings of bereaved parents with Scripture passages that provide comfort, direction, and a sense of hope. 249 pp. <http://www.loyolapress.com/an-empty-cradle-a-full-heart.htm>

At Death's Door: Facing the Terminal Illness of a Loved One

At Death's Door will help you acknowledge your emotions as you walk through the terminal illness of someone you love, and will guide you in living fully with your loved one through the last months, weeks, or days of your time together. DVD, 35 minutes, www.paracletepress.com

Beyond Grief: Healing Life's Losses by William E. Rabior

Originally released as *Surviving Life's Losses*, this pamphlet is designed to help individuals work through the grieving process. In the first part, others share how they

have coped with different types of loss and survived. The second part offers prayers to help you express pain and ask for God's healing. 24 pp. <http://www.liguori.org/beyond-grief.html#sthash.O5ggDXJH.dpuf>

Beyond Death's Door: Help for the Grieving Process after Someone You Love Has Died, with Darcie Sims, Rabbi Dr. Earl A. Grollman, Rev. Wanda H. Jenkins and Dr. Alan Wolfelt, Ph.D.

A life has ended. Whether the death resulted from illness, accident, or violence, you are facing the deepest of sorrows: Someone you love has died. Your life is thrown out of balance: You are experiencing shock, disbelief, questioning, guilt--a broken heart. *Beyond Death's Door* provides firsthand understanding of the grief process, how to grieve, and will give you help for your grief journey.

Interviews with expert grief counselors and personal testimonies help the grieving person understand more of how to grieve no matter what the cause of death. Excellent resource for support groups, Stephen Ministries, libraries, and, hospices.

DVD, 35 minutes, www.paracletepress.com

Coping Series: "# 1 Coping with the Self," "#2 Coping with Others," "#3 Coping with Loss," "#4 Coping with Feelings" by Clayton Barbeau

Four one-hour presentations on DVD, <http://www.ikonpress.com/video.html>

Coping When Your Spouse Dies by Medard Laz

Helps readers realize that, while you can't bring back a spouse who died, you can face your grief in a series of stages which lead toward personal healing. The author advises those trying to cope with a loss not to bury their feelings, but rather to go through the pain of death and look toward the new life God has provided. 80 pp. book

<http://www.liguori.org/coping-when-your-spouse-dies.html#sthash.93JtYOz2.dpuf>

Finding Your Way After Your Child Dies by Kenneth Wezeman & Phyllis Vos Wezeman

Intended for parents who have experienced the death of a child, whether due to natural causes, accident or miscarriage. Themes may also be easily adapted for use in small and large group setting such as a support group, a prayer service or a family ministry session.

Offers parents a comforting way to grieve whenever the need arises. Fifty-two themes – ranging from weekly allowance to birthdays to graduation – help parents acknowledge their loss, express their feelings associated with the change and recognize the experience as an opportunity for grief as well as for growth. A consistent and familiar format makes it easier to enter into these moments:

- Reflection: provides an overview of the specific theme
- Ritual: offers suggestions to explore the theme
- Reading: includes a scripture passage or verse for reflection on the theme
- Response: offers a prayer that summarizes the theme

Readers will be reminded that God is with us in every circumstance of life and that God's love is a love that survives any loss. 192 pp.

Finding Your Way after Your Parent Dies: Hope for Grieving Adults by Richard Gilbert

Fr. Gilbert has a compassionate guide for those struggling with the loss of a parent. Gilbert sketches out some of the issues that arise in the wake of a parent's death and offers practical suggestion for navigating these difficulties. From the disorientation that can come immediately after death to relating to the surviving parent to healing old emotional wounds, the topics dealt with here will be of tremendous help to many. 128 pp. <https://www.avemariapress.com/product/0-87793-694-3/Finding-Your-Way-After-Your-Parent-Dies/>

Finding Your Way After Your Spouse Dies by Marta Felber

Felber voices her experiences with losing a spouse – caring, hopeful, always pointing ahead to a tomorrow that will be a little easier than today. Never glib or simplistic, she knows the grief her readers are feeling and she encourages them to give it full expression. At the same time, she offers sound, practical suggestions on how to navigate difficult days. This book shies away from none of the difficult issues of bereavement. Felber gently urges her readers toward careful, honest examination of the issues they face. 160 pp. <https://www.avemariapress.com/product/0-87793-932-2/Finding-Your-Way-After-Your-Spouse-Dies/>

God Knows You're Grieving: Things to Do to Help You Through by Joan Guntzelman

Through stories of persons who have journeyed through their own grieving, this book is a practical, consoling and encouraging source of support for anyone encountering loss and grief. These are no simple directions or right ways to grieve, no quick fixes for the pain of loss. But in these pages you will find something that is right for you – a prayer, a sacred writing, some words of wisdom or a story from someone who has been there – something to touch your heart and help you along the way. Despite all the distress, painful emotion and change, despite the ache in our hearts and often even in our bodies, we can gradually pull our lives back together again. 160 pp. <https://www.avemariapress.com/product/1-893732-39-8/God-Knows-Youre-Grieving/>

Grieving with the Help of Your Catholic Faith by Lorene Hanley Duquin

Gives Catholics a meaningful way to help themselves or others through losing a loved one. With personal stories, reassuring prayers, and spiritual wisdom, it provides:

- An understanding of how grief affects -- and can be lightened by -- the heart, soul, and mind
- The perspective to sort through difficult physical, emotional, and spiritual feelings
- Positive ways to deal with sorrow
- Empowering wisdom for building a stronger faith
- Tips for providing comfort to adults, teens, and children who are grieving

A perfect resource for individuals, grief support groups, clergy, and lay ministers alike. 64 pp. booklet <https://www.osv.com/shop/product?ref=article&productcode=T251>

Handbook for Those Who Grieve: What You Should Know and What You Can Do during Times of Loss by Martin M. Auz & Maureen Lyons Andrews

The grief people feel immediately after the death of a loved one can bring life to a grinding halt even when there are important decisions and plans to make. *Handbook for Those Who Grieve*, a recipient of the Caregiver Friendly Award, is a valuable resource guide that provides practical information for people who are grieving and the people who support them in their time of grief. The book includes:

- Tips for planning funerals and wakes
- Sample sympathy letters appropriate for a variety of situations
- Lists of do's and don'ts for family and friends
- Information on helping children grieve
- A comprehensive list of grief support publications and organizations

156 pp.

How Can I Comfort the Recently Widowed? by Marilyn Gustin

We seldom give thought to the changes death brings to those left behind. You want to help, but what to say? What to do? *How Can I Comfort the Recently Widowed* offers expert advice on how to help a friend through the grief and loss of a spouse. This pamphlet is written by award winning-author Marilyn Gustin, who survived the death of her husband with the love and kindness of dear friends. 24 pp. pamphlet.

<http://www.liquori.org/how-can-i-comfort-the-recently-widowed.html#sthash.7ZNSlGAU.dpuf>

Humor Your Stress by Loretta La Roche

Loretta LaRoche is ready to help viewers in their continuing quest to get a handle on their stress. Behind her irreverent, unconventional, wacky, and just plain funny style, Loretta has successfully found a way to make cognitive therapy (rethinking the way you think) accessible, and in so doing, help viewers see the folly of their ways, and put our lives back in perspective. Loretta gets started by helping us face the fact that we are out of control. We are a world dominated by faxing, phoning and whining. Everything has become a chore including our kids for whom even playtime is an over-achievers, overly scheduled, stressful activity. She makes a convincing case for the health benefits of life with joy and laughter. Loretta also gets us thinking about life *The Way We Were*. You've probably read a little about it -- the Simplicity Movement, the desire to get back to a simpler way of living. For those stuck on the path to getting there, Loretta will help us get unstuck by gently guiding us on our way. Together we will rediscover: extended family and friends, non-microwave food, the joy of singing, clothing that makes sense, and our homes as sanctuaries not satellite work stations. Topping off *Humor Your Stress* shows eight steps to en-lightenment -- which translated means lightening our ways. This will include: finding the humor in everyday situations; learning how to stop to-doing and start tah-dahing, learning how to walk lightly (including twirling, and standing on one leg); and finding the bless in all the mess. DVD, 60 minutes

The Joy of Stress: How to Prevent the Hardening of the Attitude by Loretta LaRoche

Humorist, and stress-management specialist Loretta LaRoche illustrates how to combat stressful situations with humor, wisdom, and patience. Loretta shows you how to use humor to de-stress anywhere and anytime. Break the negative and irrational thought patterns that cause stress, and turn them into positive, powerful, and productive

experiences. Armed with useful advice, calming exercises, and her trademark wit, Loretta explores how stress affects your body, mind, and spirit, and how laughter can help even "serial sufferers" prevent "hardening of the attitude." Got stress? Get over it by discovering the joy of stress. DVD, 56 minutes

Longing for My Child: Reflections for Parents and Siblings after a Child's Death by Christine O'Keeffe Lafser

Childhood death leaves parents, siblings, family, and friends devastated at a life lost too soon. In a series of touching profiles written by parents and siblings, the lives of infants, children, teenagers, and even adult children are remembered and celebrated. From miscarriage and murder to illness and accidents, families share feelings and memories of children they've loved and lost.

Accompanying meditations address the stages of grief and recount the real experiences of those living through them. Scripture verses provide spiritual comfort, and an appendix lists resources for the grieving. Most importantly, author Christine Lafser offers families hope that life can and will go on. 418 pp. <http://www.loyolapress.com/longing-for-my-child-after-a-childs-death.htm>

The New Day Journal by Mauryeen O'Brien

Through a series of reflections combined with writing and sharing activities suitable for groups or individuals, *The New Day Journal* helps people accept the reality of their loss. 96 pp. <http://www.actapublications.com/lifetransitions/grief/newdayjournal/>

Salvifici doloris (On the Meaning of Human Suffering) by St. John Paul II

Available online at

http://www.vatican.va/holy_father/john_paul_ii/apost_letters/documents/hf_jp-ii_apl_11021984_salvifici-doloris_en.html

Stepping Stones for the Bereaved: Meditations for the Journey of Healing by Elaine E. Stillwell

Helps readers realize that, while you can't bring back a loved one who has passed, you can use your time of grief as a stepping stone toward personal renewal in reacquainting yourself with Jesus Christ. The author's words bear a welcome message for anyone who is struggling with the fear, anger, and helplessness that accompany a painful loss. 24 pp. <http://www.liquori.org/stepping-stones-for-the-bereaved.html#sthash.2h3U1Lyj.dpuf>

Surviving Death: A Practical Guide to Caring for the Dying and Bereaved by Charles Meyer

Meyer offers level-headed advice for coping with death and its aftermath. *Surviving Death* includes chapters on "Pulling the Plug," "Hastening the Inevitable," and the issue of an afterlife. A useful resource for pastoral staff, counselors, and the grieving.

Surviving Series with Clayton Barbeau

The *Surviving Series* of videotapes provides a unique approach to emotional self-help. Each program features popular lecturer and author Clayton Barbeau doing what he considers his most rewarding work: individual counseling; with you, the viewer, as the one seeking advice and affirmation. Of course, these programs are not intended as substitutes for face-to-face therapy when it is needed. Rather, they are meant to offer

some ideas for coping to the person who is temporarily experiencing emotional distress. In this program, Clayton Barbeau gives special attention to the problem individuals who can make day to day living difficult at work or at home. Mr. Barbeau suggest ways to approach people who tend to bully or to criticize constantly, or those who demand inordinate attention or wish to be always in control. And he profiles those who can't make a decision or simply won't communicate. Mr. Barbeau states that it is very important to realize that one's response to a difficult person is more important than that person's behavior.

Through the Dark Valley: Healing Steps for Managing Grief by Rev. Terence P. Curley, DMin. After a loss, the attendant grief experience can be overwhelming, as it demands to be addressed and healed. Because our sense of loss is directly related to the attachments that define our lives, our reactions to those losses tend to imitate patterns of dependency, and should be addressed in a parallel fashion. Fr. Curley presents a program of effective steps for the management of loss, which deals with the emotional, psychological, and physical phenomena, which surround the tragedy of loss. Working through the simple steps in this program will permit those who suffer to identify their feelings of loss and embrace an affirmation from a far greater power, allowing them to be able to love and trust again. This program is superb for all those who counsel or work in parish ministry, as well as for those who are suffering the pain of separation and loss. DVD, 4 - 30 minute segments, <http://www.stpauls.us/THROUGH-THE-DARK-VALLEY-DVDbrHealing-Steps-for-Managing-Grief-P9208.aspx>

Walking with Those who Hurt: Caring for Ourselves and Coping with Change by Joyce Rupp In this series of two audio presentations, Joyce Rupp points out to those in the caring ministries and to those who regularly walk with the hurting that the most important thing is to spend time in solitude "communing with the God who dwells at the very core of our being." She also addresses how we deal with change, loss, transition and emotions involved in the grieving process. Rupp's central theme is that by growing through our suffering, we are able to be compassionate with others who are hurting. 2 CDs, 90 minutes <https://www.avemariapress.com/product/1-59471-117-8/Walking-with-Those-Who-Hurt/>

When Bad Things Happen to Good People by Rabbi Harold Kushner Discussion of how some approaches to grieving can be harmful as well as theologically suspect and recommends a way to understand the mystery of suffering so that God remains a friend/help and a person can move through it to healing. DVD, 1 hour.

Who Will Mourn? Who Will Dance? By Henri Nouwen In this thought provoking talk on the meaning of Christian healing, Henri Nouwen explores the relationship between mourning and dancing. Nouwen explains that healing is mourning as well as dancing and that while the world is subject to the forces of evil, we belong to the embrace of God. If we deny the pain of our losses, bearing them stoically and refusing to mourn, we cannot be healed. And without healing, we cannot join in the dance. CD, 57 minutes <https://www.avemariapress.com/product/1-59471-083-X/Who-Will-Mourn-Who-Will-Dance/>

Why Do You Weep?: Finding Consolation and Peace in Times of Grief by Larry Kaufmann CSsR, Sean Wales CSsR & Russell Pollitt SJ

The reflections contained in this booklet are designed to bring us into contact with the compassion of Jesus as we struggle with questions of faith and feelings of loss in the face of death. It also includes several prayers for use by those who are mourning the death of a loved one.

This book offers prayers for specific situations of grief (loss of a baby, death of a child, death of a parent, death of a spouse, prayer after a suicide, and prayers after a violent death, etc.). There is a segment for dealing with the needs of a bereaved child. There are both classical references as well as modern day life applications to help mourners confront their own situation of grief.

Based on the authors' experiences of ministry to the bereaved, conducting funerals, leading bereavement retreats, and from their own experiences of sadness, grief, and personal loss, this book is a helpful reflection tool for those who find themselves in grief and mourning. It combines personal reflections with prayers and quotes from saints and other well known figures in an attempt to offer consolation to those who are grieving. 80 pp. <http://www.liquori.org/why-do-you-weep.html#sthash.J3nCzxTI.dpuf>



Helping CHILDREN Grieve

After the Funeral by Jane Winsch

Written by a teacher in a hospital bereavement program, this book shows the many different ways children express grief, thus enabling a child to move from raw emotion to acceptance and hope. Ages 3-11. <http://www.paulistpress.com/Products/6625-9/after-the-funeral-.aspx>

A Place Prepared: Helping Children Understand Death and Heaven

For children, death seems unreal and at a distance until it comes close: A grandparent, a father, a mother, a sibling, or a pet dies. Suddenly death becomes real and immediate, and children have questions about what has happened: What does die mean? Where is Daddy now? In heaven? Can I go see him? And what is heaven? *A Place Prepared* will help you to prepare children for the inevitable losses that they will experience throughout their lives.

Featuring experts in the field of death and family issues, Rabbi Dr. Earl A. Grollman, Ralph Klicker, Ph.D., and Joey O'Connor offer practical suggestions and insightful tips for helping children to come to terms with this difficult topic.

The video is divided into four segments:

- Being honest with ourselves, as adults, about death
- Understanding death and children's emotional response to it
- Talking with children about funerals
- Talking with children about heaven

40 minutes, DVD, <http://www.paracletepress.com>

Grieving with the Help of Your Catholic Faith by Lorene Hanley Duquin

Gives Catholics a meaningful way to help themselves or others through losing a loved one. With personal stories, reassuring prayers, and spiritual wisdom, it provides:

- An understanding of how grief affects -- and can be lightened by -- the heart, soul, and mind
- The perspective to sort through difficult physical, emotional, and spiritual feelings
- Positive ways to deal with sorrow
- Empowering wisdom for building a stronger faith
- Tips for providing comfort to adults, teens, and children who are grieving

A perfect resource for individuals, grief support groups, clergy, and lay ministers alike. 64 pp. booklet <https://www.osv.com/shop/product?ref=article&productcode=T251>

Guiding Children through Life's Losses by P. Wezeman, J. Fournier & K. Wezeman

The authors have prepared a series of prayer lessons--18 in all--that offer adults a way to help children cope with loss. In each lesson the children are encouraged and assisted to acknowledge their loss, to express their feelings, and to attempt to recognize within the experience an opportunity for healing and growth. 69 pp.

Handbook for Those Who Grieve: What You Should Know and What You Can Do during Times of Loss by Martin M. Auz & Maureen Lyons Andrews

The grief people feel immediately after the death of a loved one can bring life to a grinding halt even when there are important decisions and plans to make. *Handbook for Those Who Grieve*, a recipient of the Caregiver Friendly Award, is a valuable resource guide that provides practical information for people who are grieving and the people who support them in their time of grief. The book includes:

- Tips for planning funerals and wakes
- Sample sympathy letters appropriate for a variety of situations
- Lists of do's and don'ts for family and friends
- Information on helping children grieve
- A comprehensive list of grief support publications and organizations

156 pp. <http://www.loyolapress.com/handbook-for-those-who-grieve.htm>

Helping Kids Grieve, Khris Ford and Paula D'Arcy

This video resource offers helpful information to adults (parents, caregivers, professionals) on how to help children of all ages grieve with hope and heart. You will meet two experts: Khris Ford and Paula D'Arcy, whose personal experiences with the death of loved ones give them intimate knowledge and compassion. And you will meet others who are now in the process of helping their children through grief.

Topics covered include:

- Differences between how adults and children grieve.
- How a parent can grieve and still help a child to grieve the death of a loved one.
- Three common feelings expressed by all grieving children.
- How to be authentic and tell children the truth about death.

DVD, 55 minutes, www.paracletpress.com

KidsAid: To Kids, for Kids, by Kids – www.kidsaid.org,

This website is a safe place for kids to help each other deal with grief and loss. It's a place to deal with feelings in an e-mail support group, to share and view artwork and stories, and for parents and kids to ask questions and find answers. Parent site = www.GriefNet.org

Parenting a Grieving Child: Helping Children Find Faith, Hope and Healing after the Loss of a Loved One by Mary DeTurris Poust

Teaching children how to deal with death can be a difficult process, but it can be made easier by following certain guidelines. In *Parenting a Grieving Child*, author Mary DeTurris Poust offers practical advice for parents helping children through the grieving process, whether it's the loss of a parent, the death of a sibling, even the death of a pet. Stories from real parents enhance the information and offer hope for healing.

Written from a faith perspective, the book emphasizes the role of religion in grieving and healing. Parents also learn how to deal with their children's emotions and help them face the reality and finality of death and begin healing. 216 pp.

<http://www.loyolapress.com/parenting-a-grieving-child.htm>

Tear Soup by Pat Schwiebert, RN, Chuck DeKlyen

This book validates your grief experience, and you can share it with your children. You can leave it on the coffee table so others will pick it up, read it, and then better appreciate your grieving time. The "tips" section at the back of the book is rich with wisdom and concrete recommendations. Also available in DVD form.

<http://www.griefwatch.com/tear-soup/tearsoup.html>

Time to Say Goodbye, My Grief Workbook by Kathleen Glavich SND

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. 16 pp.

<http://store.pastoralplanning.com/titosaygoigr.html>

When a Loved One Dies: Walking through Grief as a Teenager with Alicia Sims Franklin, LCSW

It features interviews with bereaved teens, because teens are most receptive to their peers. They speak from the heart, sharing candidly about their pain and healing. Divided into segments, the video covers topics such as surviving the first days, weeks, and months after the death, grieving the relationship lost, facing the future, and rebuilding your life. *When a Loved One Dies* gives insight not only to teenagers, but also parents, teachers, and counselors who want to know how to help bereaved youth. The accompanying resource guide provides information about the grief process, activities that can aid grief, and grief support organizations.

Alicia Sims Franklin, LCSW, is a grief management specialist and a bereaved sibling. Emerging as an internationally recognized authority on children and grief, Ms. Franklin has designed an award-winning self-help model for children's grief support programs. She has spoken worldwide on children and grief, providing training for professionals as well as parents, children and teenage support groups. DVD, 30 minutes,

<http://www.paracletepress.com>

Why Do You Weep?: Finding Consolation and Peace in Times of Grief by Larry Kaufmann CSsR, Sean Wales CSsR & Russell Pollitt SJ

The reflections contained in this booklet are designed to bring us into contact with the compassion of Jesus as we struggle with questions of faith and feelings of loss in the face of death. It also includes several prayers for use by those who are mourning the death of a loved one.

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Based on the authors' experiences of ministry to the bereaved, conducting funerals, leading bereavement retreats, and from their own experiences of sadness, grief, and personal loss, this book is a helpful reflection tool for those who find themselves in grief

and mourning. It combines personal reflections with prayers and quotes from saints and other well known figures in an attempt to offer consolation to those who are grieving. 80 pp. <http://www.liguori.org/why-do-you-weep.html#sthash.J3nCzxTI.dpuf>



Online Resources

Alive Alone: website and newsletter for parents who have lost their only child or all their children. Also has links to many other resources and websites. <http://www.alivealone.org/>

Crisis, Grief & Healing Pages: interactive website from Tom Golden, <http://www.webhealing.com/>

Grief Counseling Resource Guide from the New York Office of Mental Health: Free, printable "Field Manual" for caregivers and those in grief, <http://www.omh.ny.gov/>

GriefNet: an Internet community of persons dealing with grief, death, and major loss, www.griefnet.org

"*How to Grieve*" by Larkin Warren, AARP Magazine, featured on the Creighton University website, <http://onlineministries.creighton.edu/CollaborativeMinistry/Grief/how-to-grieve.html>

KidsAid: To Kids, for Kids, by Kids -- a safe place for kids to help each other deal with grief and loss. It's a place to deal with feelings in an e-mail support group, to share and view artwork and stories, and for parents and kids to ask questions and find answers. <http://kidsaid.com/>
Parent site = www.GriefNet.org

Office Memorials by Rachel Blythe Kodanaz, featured on the Creighton University website, <http://onlineministries.creighton.edu/CollaborativeMinistry/Grief/office-memorials.html>

Post-Abortion Healing: Rachel's Vineyard

Rachel's Vineyard offers weekend retreats and 15-week programs to help those with abortion in their past find healing. The website connects the viewer to resources – articles, books, a hotline and schedules of events in locations across the United States and Canada, with additional sites around the world. Rachel's Vineyard is a ministry of Priests for Life.

The program is an opportunity to examine a person's abortion experience, identify the ways that the loss has impacted him/her in the past and present, and helps to acknowledge any unresolved feelings that many individuals struggle with after abortion. Because of the emotional numbness and secrecy that often surrounds an abortion experience, conflicting emotions both during and after the event may remain unresolved. These buried feelings can surface later and may be symptoms of post abortion trauma.

Married couples, mothers, fathers, grandparents and siblings of aborted children, as well as persons who have been involved in the abortion industry have come to Rachel's Vineyard in search of peace and inner healing. www.rachelsvineyard.org.

The support program, Project Rachel, is active within the diocese. Contact Deacon Ed Casey at Catholic Social Services at 570-207-2283.

"*Preparing for Christmas after the Loss of a Loved One*," featured on the Creighton university website, <http://onlineministries.creighton.edu/CollaborativeMinistry/Advent/advent-prayers.html#AfterLoss>

[Praying Our Goodbyes](http://www.joycerupp.com/PrayingGoodbyes.html) by Sr. Joyce Rupp, OSM, article and prayer on this famous spiritual writer's webpage, <http://www.joycerupp.com/PrayingGoodbyes.html>

[Resources for Grieving](http://onlineministries.creighton.edu/CollaborativeMinistry/Grief/): Creighton University's resource page for grief and grieving ministry. <http://onlineministries.creighton.edu/CollaborativeMinistry/Grief/> This website can be used to handle one's own grief or support someone who is grieving. It includes:

- Prayers for Grieving
- A talk on grief : "Seeking God When We Seem Lost in Grief" by Mary Ann Vail, coordinator of the Ministry of EMBRACE, the grief ministry for Mary Our Queen parish, Omaha, Nebraska. The death of her 18 year old daughter to leukemia nine years ago, prompted Mary Ann Vail to reach out in compassion to others and become involved in grief ministry. This presentation offers presence and support for those who have lost loved ones. The talk offers suggestions, support and resources for a faith-based approach to grief and loss. It covers:
 - The Grief Process
 - Sharing the sorrow
 - Anger and confusion in faith in grief
 - Reaching out to others
 - Resources for support
- Resources for Those Who are Grieving or Supporting Others in Grief:
 - [Helping Yourself through Grief](#)
 - [Grieving During the Holidays](#)
 - [Avoiding the Cliches of Grief](#)
 - [Ways to Support Those Who Are Grieving](#)
 - [Care for the Caretaker](#)
 - [How to Help Those in Grief](#)

["Ways for Improving Your Church's Grief Care,"](http://pastors.com/8-suggestions-for-improving-your-churchs-grief-care/) article by Rev. Rick Warren
<http://pastors.com/8-suggestions-for-improving-your-churchs-grief-care/>



Prayers/Prayers Services

Catholic Etiquette for Funerals by Kay Lynn Isca

A compassionate and practical guide that spells out:

- Issues, customs, and regulations involved in planning a Catholic funeral
- Responsibilities typically expected of immediate family
- Protocol and etiquette guidelines for those outside the immediate family circle.

Included are:

- the parts that make up a Catholic Vigil Service, Funeral Liturgy, and Committal.
- the Church's teaching about praying for the dead, organ donation, cremation, eulogies, commemorative holy cards, appropriate Christian symbols at a service, and inter-Communion during a funeral Mass.
- the roles of the parish priest, funeral director, pall bearers, ushers, readers, Eucharistic ministers, and more.

32 pp. booklet. <https://www.osv.com/Shop/Product?ProductCode=B1>

Gentle Keeping: Prayers and Services for Remembering the Departed Loved Ones throughout the Year by Mauryeen O'Brien, OP

The author offers grieving words for remembering those who have died. Designed for use in the home with family and friends. Offers comfort for the grieving and gentle guidance on leading prayer. With prayers for particular people and special occasion, these twenty-eight simple prayers and twenty-five prayers services sustain those who mourn through the ordinary and not-so-ordinary days of the year. 128 pp.

<https://www.avemariapress.com/product/1-59471-130-5/Gentle-Keeping/>

God Is Always There: Psalms for Every Moment by Kathleen Atkinson, OSB

Every moment of life is a gift from God—yet, as humans we experience love, loss, grief, gain, joy, sadness, anger, fear, excitement and other such emotions. *God is Always There: Psalms for Every Moment* reminds the reader that the presence of God is everywhere, and our encounter with the Lord is most concretely experienced in our ordinary daily lives.

In Scripture, the prayer of the Psalmist embraces the human experiences of suffering, ecstasy and everything in between. Atkinson writes "it's not that life is made of distinct times of sorrow and times of joy; it's that life simultaneously holds both sorrow and joy in a creative tension that can only find description in symbolic expression: in art, music, poetry, and dance."

In this book, the author invites you to experience the Psalms, viewing them through the theological virtues of faith, hope, and love. Experience anew these ancient hymns of lament and praise, and remind yourself that God truly is always there. 128 pp.

<http://www.liguori.org/god-is-always-there.html#sthash.43fYtVbe.dpuf>

Grant Us Peace: Rosary Mediations for Those Who Mourn by Beth Mahoney

Pastorally sensitive and highly adaptable, this little book guides both newcomers to the rosary and those who have long prayed it through the hours days and weeks following the death of a loved one. Here are rosary meditations, related Scripture passages and prayers of petition to sustain those who mourn. Includes simple guide on how to pray

the rosary along with all the prayer texts needed. Containing all twenty mysteries, this is a perfect devotional book for use at home or at the funeral home before or after the official funeral rites of the Church. 64 pp. <https://www.avemariapress.com/product/1-59471-164-X/Grant-Us-Peace/>

Guiding Children through Life's Losses by P. Wezeman, J. Fournier & K. Wezeman

The authors have prepared a series of prayer lessons--18 in all--that offer adults a way to help children cope with loss. In each lesson the children are encouraged and assisted to acknowledge their loss, to express their feelings, and to attempt to recognize within the experience an opportunity for healing and growth. 69 pp.

Praying Our Good-Byes: A Spiritual Companion through Life's Losses and Sorrows by Joyce Rupp

Everyone has unique good-byes --times of losing someone or something that has given life meaning and value. With the touch of a poet, Joyce Rupp offers her wisdom on 'these experiences of leaving behind and moving on, the stories of union and separation that are written in our hearts. This book is about the spirituality of change for anyone who has experienced loss, whether a job change, the end of a relationship, the death of a loved one, a financial struggle, a mid-life crisis or an extended illness. It is designed to help readers reflect, ritualize and reorient themselves --to help heal the hurts caused by goodbyes and the anxieties encountered when one season of life ends and another begins. 192 pp. <https://www.avemariapress.com/product/1-59471-205-0/Praying-Our-Goodbyes/>

The Lord Is My Shepherd: A Psalm for the Grieving by Victor M. Parachin

Connects true-to-life experiences of grief and loss with central themes in the 23rd Psalm -- highlighting each inspirational message with an appropriate prayer, affirmation, and reflection. 64 pp. Booklet <http://www.liguori.org/the-lord-is-my-shepherd.html#sthash.8hvKw2QD.dpuf>



Programs

A Ministry of Consolation: Involving Your Parish in the Order of Christian Funerals by Mary Alice Piil, Joseph DeGrocco & Rose Mary Cover

Workbook on how to set up a bereavement/funeral ministry at one's parish centered on the funeral rites. Explains community's role when a member dies, how to involve parish community in each stage of funeral rites and how to set up a ministry of consolation. Also useful as textbook for diocesan and parish training programs whose goal is to train lay leadership or in other academic programs promoting a greater depth of understanding of the richness of the funeral rites. 128 pp.

<http://www.litpress.org/Products/2460/a-ministry-of-consolation.aspx>

CareNotes: booklets and other well-written resources to help people deal with grief and illness
www.carenotes.com

Finding Your Way After Your Child Dies by Kenneth Wezeman & Phyllis Vos Wezeman

Intended for parents who have experienced the death of a child, whether due to natural causes, accident or miscarriage. Themes may also be easily adapted for use in small and large group setting such as a support group, a prayer service or a family ministry session.

Offers parents a comforting way to grieve whenever the need arises. Fifty-two themes – ranging from weekly allowance to birthdays to graduation – help parents acknowledge their loss, express their feelings associated with the change and recognize the experience as an opportunity for grief as well as for growth. A consistent and familiar format makes it easier to enter into these moments:

- Reflection: provides an overview of the specific theme
- Ritual: offers suggestions to explore the theme
- Reading: includes a scripture passage or verse for reflection on the theme
- Response: offers a prayer that summarizes the theme

Readers will be reminded that God is with us in every circumstance of life and that God's love is a love that survives any loss. 192 pp.

Grieving with Great Hope by John and Sandy O'Shaughnessy

Workbook used in the "Grieving with Great Hope" workshops in Lansing Diocese in MI. It contains topics such as the stress of grief, research and theories, how men and women grieve, disenfranchised grief and more. At the heart of this book are the "Seven Intentions of Mourning" which are steps in a path over the bridge and into a new and different life. From Good Mourning Ministries: A Catholic Bereavement Apostolate

<http://www.goodmourningministry.net/Book.html>

Post-Abortion Healing: Rachel's Vineyard

Rachel's Vineyard weekends for healing after abortion are offered throughout the year in locations across the United States and Canada, with additional sites around the world. A 15-week support group model for Rachel's Vineyard is also available. Rachel's Vineyard is a ministry of Priests for Life.

The program is an opportunity to examine a person's abortion experience, identify the ways that the loss has impacted him/her in the past and present, and helps to acknowledge any unresolved feelings that many individuals struggle with after abortion. Because of the emotional numbness and secrecy that often surrounds an abortion experience, conflicting emotions both during and after the event may remain unresolved. These buried feelings can surface later and may be symptoms of post abortion trauma.

Married couples, mothers, fathers, grandparents and siblings of aborted children, as well as persons who have been involved in the abortion industry have come to Rachel's Vineyard in search of peace and inner healing. The weekend is a lot of work but yields a fruitful harvest for all who are willing to labor there.

Contacts:

- National organization: Rachel's Vineyard -- 800-HOPE4ME (800-467-3463) or www.rachelsvineyard.org.
- National Hotline for Abortion Recovery –1-866-482-LIFE (866-482-5433)
- The support program, Project Rachel, is active within the diocese. Contact Deacon Ed Casey at Catholic Social Services at 570-207-2283.

Preparing a Catholic Funeral (Third Edition Prepack 25-Copies) by Rev. Kenneth Koehler
Worksheet to lead the funeral planner through the planning process and offers not only real practical guidelines, but makes this time of planning easier and even prayerful.
<https://www.churchpublishing.org/products/index.cfm?fuseaction=productDetail&productID=9693>

Rainbows, a program to help children and teens grieve death, divorce or any painful loss in their families. <http://www.rainbows.org/>

Seasons of Hope (Facilitator's Pack = Guidebook and 4 Journals) by M. Donna MacLeod
Consists of a comprehensive guidebook for leaders and four participant journals. The program offers 24 scripture-based sessions for grievors, organized into 4 six-week seasons. Each season is self-contained and non-sequential so that participants may begin with any of the four seasons and parish leaders may schedule the six-week seasons as fits the particular needs of each individual parish.

The *Guidebook* leads bereavement ministers through all the necessary steps of creating and sustaining small bereavement groups. It also provides detailed scripts and helpful hints for each of these 24 sessions. The four seasons follow the same pattern and might be used consecutively in a parish, but are also designed to stand alone.

The *Participants Journals*—one for each season—are used in group gatherings and for home-journaling. Each week offers a theme, commentary, scripture citations for further reading and spiritual exercises drawn from Catholic tradition. The sessions each follow the same simple format and flow with a comforting blend of commentary, scripture, prayer, simple group exercises, faith-sharing and Catholic traditions.

The *Facilitator's Pack* includes the *Guidebook* and one of each of the *Participant Journals*. <https://www.avemariapress.com/product/1-59471-172-0/Seasons-of-Hope-Facilitators-Pack/>

The Bereavement Ministry Program: A Comprehensive Guide for Churches by Jan Nelson & David Aaker

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 the authors in meeting the needs of those in your communities who experience loss.

The new and repackaged version of this program now includes a searchable CD-ROM containing the letters and resources that are the trademark of this program. The content has been updated to include current resource lists of recommended reading and national grief support networks. Additionally, bereavement ministers are provided with extensive practical advice on managing stress, getting enough sleep and exercise, prayer, journaling and other healthy grieving practices. 288pp. three-ring binder and CD-ROM

