

RESOURCES FOR GRIEF/BEREAVEMENT

RESOURCES IN PASTORAL CARE SECTION

A Caregiver's Companion

By: J. Daniel Dymski

As the older adult population increases and the number of clergy decreases, the ministry of lay pastoral caregivers -parishioners who visit the sick and elderly - has become a vital one in the Church. This book offers guidance and training to pastoral caregivers serving parishioners who are homebound or in care facilities. **12PC.DYMS**

Handbook for Ministers of Care

By: Genevieve Glen

This is a manual for those already involved in the ministry of care, and for those preparing to undertake this vital work. Here you will learn: a theology of sickness and suffering; how the communion ritual works; practical advice on making pastoral visits; how to take care of yourself while caring for others; where to find further information about illnesses affecting those you visit. **12PC.GLEN**

Caring for Yourself When Caring for Others

By: Margot Hover

Margot weaves Scripture, personal stories, situational experiences, and prayer into a practical and uplifting support for caregivers. Based on her work in the field of pastoral care, Margot offers simple, direct advice for dealing with day-to-day occurrences facing those who give care to other people. She imparts to the reader a whole-hearted conviction that a reliance on God's judgment and providence is the only steady - and necessary - source of support for the frazzled caregiver. **12PC.HOVE**

The Ministry to the Aging

By: Millie Hynes

The Ministry to the Aging offers practical advice to those involved in the care of the elderly in the family home and in retirement and nursing homes and challenges others to respond to this ministry with understanding and compassion. **12PC.HYNE**

Health Care Ministers

By: Novalis

To visit the sick is a personal and a communal responsibility of the parish Christian Community. Some participate by praying to the sick, others in direct ministry, and all by becoming more aware of the power of caring in our interactions with others. This booklet is written to give some insights to those who hear this call, and to initiate ongoing growth in its creative ministry. **12PC.MCGE**

Ministry to the Homebound: A 10-Session Training Course

By: Kent Miller

Following the process outline in this book, you can build an effective visitation program in your community. Ten sessions form the basis for helping your ministers make regular and meaningful visits to persons who are ill and homebound and to their families and caregivers. **12PC.MILL**

Ministry to the Sick

By: Rev. Gerald Niklas

This is a concise and practical handbook for Christian ministers whose duties involve the care of hospitalized and/or sick persons. Written by a Catholic priest and a teaching nurse, it shows acute awareness of the physical, emotional, and spiritual needs of hospital patients and their families. **12PC.NIKL**

With God's Oldest Friends

By: Henry Simmons

With God's Oldest Friends is filled with realistic, detailed and practical information for pastoral caregivers. Highly recommended as a resource for anyone who wants to prepare responsibly to offer

pastoral care in the nursing home. **12PC.SIMM**

RESOURCES IN MORALITY SECTION

Euthanasia: Moral and Pastoral Perspectives

By: Richard M. Gula, S.S.

Efforts to legalize euthanasia and physician-assisted suicide are increasing, and public debate is intensifying. Public appeals for and against euthanasia have been made on passionate, largely pragmatic grounds. Yet, underlying both the feelings and the pragmatism are conflicting spiritual visions and moral values. This book is a welcome resource for the general reader as well as health care practitioners. It is a simply written, straightforward introduction to the euthanasia question. For anyone concerned about society's slide toward legalized mercy killing, this book is a helpful response. **22.GULA**

Euthanasia and Physician-Assisted Suicide: Killing or Caring?

By: Michael Manning, M.D.

In this brief but informative work, author Michael Manning describes the historical background and conceptual framework within which the current debate over euthanasia and physician-assisted suicide is taking place. While the Roman Catholic position is explored in some detail, the book also addresses the arguments stemming from both philosophical and medical considerations. Using concise, nontechnical language, the author explains the arguments for and against euthanasia and physician-assisted suicide in a clear and evenhanded manner. This book provides an excellent overview for readers who are new to the controversy as well as those readers who wish to deepen their understanding of a complex area of debate. **22.MANN**

How to Forgive

By: John Monbourquette

"What does it take to forgive?" asks priest and psychologist, John Monbourquette. His answer is a unique twelve-step guide which offers profound and practical advice on overcoming the emotional, spiritual and psychological blocks to true forgiveness. **22.MONB**

RESOURCES IN GRIEF/BEREAVEMENT SECTION

In All Our Affairs: Making Crises Work for You

Al-Anon

There is no situation too difficult to be bettered and no unhappiness too great to be lessened. **23.ALANON**

Rites of the Sick

By: Archdiocese of Chicago

23.ARCH

Psalms and prayers and scriptures organized to help prepare and then celebrate the rite of penance, the rite of holy communion and the sacrament of the anointing of the sick.

Now and At The Hour Of Our Death

By: Archdiocese of Chicago

Important information concerning medical treatment, finances, death and funeral. **23.ARCH**

Cries from the Heart: Stories of Struggle and Hope

By: Johanne Christoph Arnold

Everybody's talking to God these days. Is anyone listening? Cries from the Heart answers a specific spiritual hunger millions share - a longing for a personal connection to the divine. It tells stories about real men and women dealing with adversity. People will see themselves in these glimpses of anguish, triumph and peace. **23.ARNO**

Handbook for Those Who Grieve

What you should know and what you can do during times of loss

Martin Auz & Maureen Lyons Andrews

Loyola Press, 2002

This valuable resource guide provides practical information for people who are grieving and the people who support them. Material is presented in an easy-to-read format for quick reference. **23.AUZ**

Nobody's Child Anymore

By: Barbara Bartocci

All grieving takes time. It can't be hurried or covered up. But grieving for a parent can be especially complicated. What if your relationship wasn't very good? What if there are unresolved issues? What if you must care for a living parent in the midst of your own grief? This book approaches all the hard questions with compassion, a hopeful outlook, and a wealth of practical wisdom. **23.BART**

Caregiver's Gethsemane (When a Loved One Longs To Die)

By: Cecile Bauer

This book serves as a source of strength and sustenance to caregivers who are dealing with the care of a terminally ill loved one. A gentle and moving mix of personal experience, scripture verses, meditations and original prayers, this well-crafted, powerful book offers caregivers a spiritual resource to use during the precious little "downtime" they encounter as they wait for their loved ones to be brought to their eternal rest. It is during this period of waiting - a time filled with the heavy burden of their own anguish as well as the suffering of their loved ones - that readers can turn to this book and find comfort, hope and perhaps, most importantly, a sense of trust in God. **23.BAUE**

The Last Journey: Reflections for the time of grieving

John L. Bell

GIA Publications, Inc., 1996

The author explores the myriad emotions that accompany loss, offering us a way to grieve, to earch through the struggle before us – and perhaps enabling us to find the courage to face the world with a renewed sense of hope. *CD-Songs for the time of grieving accompanies the book.* This resource was used in a Separated and Divorced Retreat. **23.BELL**

My Loved One Is Dying

John Biegert

Pilgrim Press, 2004

This booklet is ideal for times that call for contemplation or prayer, for times of difficulty or worry, for times of joy and happiness and for special occasions and events. Hey will help you find the right words, a caring thought, a comforting reflection. **23.BIEG**

Mourning After Suicide

Lois Bloom

Pilgrim Press, 2004

This booklet is ideal for times that call for contemplation or prayer, for times of difficulty or worry, for times of joy and happiness and for special occasions and events. Hey will help you find the right words, a caring thought, a comforting reflection. **23.BLOOM**

Rites of Death and Dying

Lawrence Boadt, Mary Dombeck, Richard Rutherford

The Liturgical Press, 1988

This book provides three addresses given at the meeting of the Federation of Diocesan Liturgical commissions, 1987. The Titles: The Scriptures on Death and Dying and the New Funeral Rite/ Death Rituals and Life Values: The American Way/ Funeral Liturgy - Why Bother? A Practical Theology of Death and Bereavement. **23.BOADT**

Such is the Way of the World (A Journey through Grief)

By: Barbara Schiff Brisson

The author offers clear, simple and practical ways to deal with one of life's most difficult challenges: grief and mourning. **23.BRIS**

I Don't Know What to Say

How to Help and Support Someone Who is Dying

Dr. Robert Buckman

Key Porter Books, 1988

The author deals frankly and in plain language with many of the real concerns likely to trouble a dying person. He explains how to talk to them, and how to listen sensitively to what he or she says. A person's death is often upsetting and almost always sad, but by talking and listening - by knowing what to say - it can become for both the patient and supporter a moving and rewarding time of life. **23.BUCK**

Parenting After the Death of a Child

Jennifer L. Buckle and Stephen J. Fleming

The death of a child has a tremendous and overwhelming impact on parents and siblings, completely altering the psychological landscape of the family. Those working with bereaved parents as well as researchers, educators and students interested in the topic, will find this book to be a rich, sensitive and invaluable resource. **23.BUCK**

Protect Us From All Anxiety: Meditations for the Depressed

By: William Burke

Protect us from all anxiety offers hope and consolation to those suffering from the terrible effects of depression, as well as those trying to understand and assist others in their struggle for wholeness.

23.BURK

Amazing Grace for Those Who Suffer

Jeff Cavins & Matthew Pinto

Ascension Press, 2002

A most compelling collection of stories of hope and healing. These true stories will make you laugh, make you cry, and show you the power of God's healing grace. **23.CAVI**

A Thoughtful Word, A Healing Touch

Joseph M. Champlin **23.CHAM**

Through Death to Life: Preparing to celebrate the Funeral Mass

Joseph M. Champlin

Ave Maria Press, 1990

This booklet includes prayers and blessings, suggestions for songs and readings and explains the ceremonies and symbols of a Catholic Funeral Mass. **23.CHAM**

Preparing for Eternity: A Catholic Handbook for End-of-Life Concerns

Joseph M. Champlin

Ave Maria Press, 2007

This book will guide readers through the practical physical, emotional, and spiritual concerns that everyone faces at the end of life such as making a will or naming a health care proxy. Each topic is supported with real-life illustrations that challenge adult Catholics to attend to these very important issues through the eyes of faith and the wisdom of the Church's tradition. **23.CHAM**

The Death of a Parent

Dell Chatman

This book is filled with stories of people who have lost a parent and how they dealt with the reality of that event. **23.CHAT**

New Hope in Christ

By: CCCB

A pastoral message on sickness and healing. **23.CCCB**

Parenting Through Crisis

By: Barbara Coloroso

In this companion to her bestselling *kids are worth it!*, parenting educator Barbara Coloroso shows how parents can help children find a way through grief and sorrow during the difficult times of death, illness, divorce and other upheavals. She offers concrete, compassionate ideas for supporting children as they navigate the emotional ups and downs that accompany loss, assisting them in developing their own constructive ways of responding to what life hands them. **23.COLO**

Parenting with Wit and Wisdom in times of Chaos and Loss

By: Barbara Coloroso

When our lives are thrown into chaos and confusion by illness, divorce, death or other loss, we need to rely on the T.A.O. of Family: time, affection and optimism. If we spend time with our children, attending to their needs but also showing them affection, compassion and kindness, and sharing with them a sense of optimism, we affirm that both grief and joy are vital and inevitable parts of life. **28.COLO (Family section)**

Sacred Threshold

Paula D'Arcy

Powerful personal stories from the author that invite us to reconsider the nature of love and thresholds we must cross in order to love honestly. **23.DARCY**

Winter of the Heart

Paula D'Arcy

The author shares her life's work in accompanying you through various seasons of grief and the emotions that come with the loss of a loved one or after other major changes in life. **23.DARCY**

Visiting and Caring for the Sick

By: Isabelle Delisle with Richard M. Haughian

This guide is intended for relatives, friends and volunteers as a practical introduction to assisting sick people in the specific circumstances of their illness. It is meant to help care-givers be present with them in a spirit of compassion and mutual search for spiritual growth. **23.DELI**

Your Grieving Child

By: Bill Dodds

Children ask hard questions. Sometimes it's difficult to find the right words - the right way - to answer. That can be especially true following the death of a loved one. This book is designed to help you answer your children's questions about death and dying. It also offers you a better idea of what your child might like to ask but hasn't been able to put into words. For teens and older children, you may just want to give them the book and allow them the opportunity to examine it alone. *Your Grieving Child* can bring comfort and hope to your grieving family. **23.DODD**

A Time of Grace (One Family's Experience with Chronic Care)

By: Daniel Donovan

Through narrative and reflection, this book tells the story of one elderly but still active and independent woman who was suddenly incapacitated by a stroke and of how she and her family attempted to cope with her reduced state. **23.DONO**

Fighting Cancer with the Help of Your Catholic Faith

Lorene Hanley Duquin

Our Sunday Visitor, Inc, 2005

Here is solid, encouraging, practical help and support for anyone who has cancer and for his or her family members and friends. **23.DUQU**

Grieving with the Help of Your Catholic Faith

Loreen Hanley Duquin

Our Sunday Visitor, Inc., 2006

This book gives Catholics a meaningful way to help themselves or others through this challenging time with personal stories, reassuring prayers and spiritual wisdom. **23.DUQU**

Finding a Loving God in the Midst of Grief

Susan M. Erschen

Drawing from her own journey of grief, her experience as the facilitator of a grief recovery and support group, and the stories of saints and ordinary people who have dealt with grief, the author provides us with an inviting and gentle approach to the natural process of grief. **23.ERSC**

Love and Laughter: A Healing Journey

Catherine Ripplinger Fenwick, 2004

This book is an engaging discussion of what we can do to help ourselves to create a fuller and more rewarding life. **23.FEN**

Water from the Rock

Lyn Fraser

Paulist Press 1994

A collection of open-ended reflections that offer a chance to make sense of our losses and find some degree of healing in grief. **23.FRAS**

Life is Changed, Not Ended: Planning and Preparing a Catholic Funeral

Bernadette Gasslein and Fr. Cornelius O'Mahony

Novalis, 2005

This booklet guides you through the readings and prayers for a Catholic funeral, allowing you to choose the ones most appropriate and meaningful for you. **23.GASS**

Cure of Mind and Cure of Soul (Depth Psychology and Pastoral Care)

By: Josef Goldbrunner

Cure of Mind and Cure of Soul considers knowledge of self to be the basis for a spiritually healthy relationship with the external world. Matters of conscience, of the laws that guide personal life, of problems encountered in the learning process and of the God-person relationship, are treated with equally satisfying clarity. **23.GOLD**

Realization (The Anthropology of Pastoral Care)

By: Josef Goldbrunner

The author speaks not only to pastors and educators, but to all who wish consciously to grasp the meaningfulness of personal existence and to take a stand in their own authentic name - in the name given to them by God when He called them into existence. **23.GOLD**

When A Friend Dies: A Book for Teens About Grieving and Healing

Marilyn E. Gootman, Ed.D.

Free Spirit Publishing, 1994

Let the author's genuine understanding, gentle advice and compassionate wisdom guide you through the days, weeks or months after the loss of a friend. **23.GOOT**

The Love of God

By: Aelred Graham

An introduction for laymen to read in order to gain clear and adult notions of the basic doctrines of faith. A most inspiring spiritual guide. **23.GRAH**

Teenagers Face to Face with Bereavement

Karen Gravelle & Charles Haskins

Julian Messner, 1989

With special understanding because they've been through it all, seventeen young adults discuss the death of parents, siblings and friends in this sensitive and caring book. Teens going through similar experiences will appreciate the honesty of their counterparts, as they talk about such important subjects as personal relationships with the terminally ill; initial reactions after a death; problems facing classmates and friends; difficulties coping with depression; feelings of pain, guilt and anger; and steps toward a renewing family life. **23.GRAV**

The Next Place

Warren Hanson Waldman House Press, 1997

An inspirational journey of light and hope to a place where earthly hurts are left behind. An uncomplicated journey of awe and wonder to a destination without barriers. The Next Place is above all, a celebration of life. **23.HANS**

Holding On ... While Letting Go

Joan Hemmenway

Pilgrim Press, 2004

This booklet is ideal for times that call for contemplation or prayer, for times of difficulty or worry, for times of joy and happiness and for special occasions and events. They will help you find the right words, a caring thought, a comforting reflection. **23.HEME**

Intimate Death

Marie de Hennezel

Random House, 1997

As the author tells the stories of her patients and their families, she teaches us how to turn death from something lonely and agonizing into a sacred passage. She discusses the importance of an honest reckoning, the value of ritual, the necessity of touch. **23.HENN**

Caring for Yourself when Caring for Others

Margot Hover

Twenty Third Publications, 1993

The author weaves Scripture, personal stories, situational experiences and prayer into a practical and uplifting support for caregivers. She offers simple, direct advice for dealing with the day-to-day occurrences facing those who give care to other people. **23.HOVE**

Always Precious In Our Memory: Reflections after Miscarriage, Stillbirth or Neonatal Death

By: Kristen J. Ingram

This is a collection of heartfelt meditations that address the many powerful emotions felt by mothers and fathers who have endured the death of their baby. Each brief reflection - combined with a carefully chosen Scripture quotation - will help parents, family members and friends understand the grief, regret, anger and guilt they are feeling. **23.INGR**

Lifetimes: The Beautiful Way to Explain Death to Children

Bryan Mellonie & Robert Ingpen

Bantam Books, 1983

A moving book for children of all ages, even parents too. It lets us explain life and death in a sensitive, caring, beautiful way. Lifetimes tells about beginnings. And about endings. And about living in-between. It helps us to remember. It helps us to understand. **23.INGPEN**

Walking with God through the 12 Steps

Frances Jay

Acta Publications, 1996

In a style that is both poetic and passionate, this book chronicles one person's painful yet promising battle against addiction. Readers can share in the struggles, rejoice in the growth and take strength for their own personal journeys. **23.JAY**

Morgan's Baby Sister

By: Patricia Johnson and Donna Williams

The Helping Children Who Hurt series was created to assist adults with the difficult and often painful task of helping children understand their feelings about personal tragedies. Counsellors, healthcare professionals, bereavement ministers, teachers, and parents may use this book with families who are grieving the loss of a baby. A special section in the back of the book offers guidance to adults for helping children through personal losses. The section also includes discussion questions to encourage young listeners to talk about the story and relate it to their own experience. **23.JOHN**

Goodbye Mom, Goodbye

Philip E. Johnson

Welch Publishing Company Inc., 1987

This book was written from the author's own experience. His mother died very suddenly when he was 11 years old. More than a decade after her death, he decided to share with children his thoughts and feelings about life and death. **23.JOHN**

Rediscovering the Art of Dying

Nuala Kenny

Novalis, 2017

Drawing of the Passion of Christ, Sr. Kenny reflects on the inevitable questions we all face regarding health, illness, suffering and dying. She provides a profound spiritual and biblical reflection by linking Jesus' own experience of suffering and death with real-life stories about patients in today's world.

23.KENN

Helping Children Cope with the Loss of a Loved One

William C. Kroen, Ph.D., LMHC

Free Spirit Publishing, 1996

In clear, concise language, Dr. Kroen offers comfort, compassion and sound advice to any adult who is helping a child cope with the death of a loved one. He offers suggestions on how we can respond to children at different ages and stages, and describes specific strategies we can use to guide and support them through the grieving process. **23.KROE**

On Death and Dying

By: Elisabeth Kubler-Ross

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

An excellent book on the management of the terminally ill that offers hope for the understanding of human strengths and weaknesses experienced during a very difficult time. **23.KUBL**

Questions and Answers On Death and Dying

By: Elisabeth Kubler-Ross

This is the sequel to *On Death and Dying* and consists of the most frequently asked questions and Dr. Kubler-Ross's answers. **23.KUBL**

To Live Until We Say Goodbye

By: Elisabeth Kubler-Ross

Extraordinary visual record of Dr. Kubler-Ross's work. The brilliant photographs gives a gripping, intimate view of her counselling work with terminally ill patients as she brings them to an acceptance of death. **23.KUBL**

An Empty Cradle, A Full Heart

By: Christine O'Keeffe Lafser

Reflections for mothers and fathers after miscarriage, stillbirth or infant death

Lafser offers grieving parents the empathy and courage that can come only from one who has walked the same difficult path. **23.LAFS**

Healing Grief, Finding Peace

Dr. Louis E. LeGrand

Grief counselling expert describes 101 tips and prescriptions to help mourners through their tragic loss. His specific coping strategies offer practical advice, ultimately giving readers pathways for achieving lasting inner peace by using the one thing you can control – your own response to grief. **23.LEGRA**

Mind of Clear Light: Advice on Living Well and Dying Consciously

His Holiness the Dalai Lama (translated by Jeffrey Hopkins Ph.D.)

Atria Books, 2003

Join His Holiness the Dalai Lama on a spiritual journey as he shares the ways in which active contemplation of the deep nature of the mind - clear light - and its manifestation throughout our life and at death can reveal to us how to live realistically and meaningfully. Tapping this profound inner clarity, we are fully able to appreciate and enjoy our precious time while alive and advance on the path to enlightenment. **23.LAMA**

From Grief to Grace: Images for Overcoming Sadness and Loss

By: Helen R. Lambin

This book address the powerful emotions and feelings common to difficult situations. It is not a sad book, but one that helps people through some of the dark hours of sadness and loss that comes into everyone's life. **BOOK#: 23.LAMB**

The Death of a Husband: Reflections for a Grieving Wife

By: Helen R. Lambin

Any woman who has lost a beloved husband knows these feelings. Whether he died yesterday, last month, last year or a decade ago, the sense of grief lingers. It may change with the passing of time, the help of friends or new life circumstances, but the feelings of loss never end. A collection of poignant reflections that offer insights that will touch a woman's heart, heal her soul and point out new and hopeful directions. **BOOK#: 23.LAMB**

To Begin Again: The Journey Toward Comfort, Strength and Faith in Difficult Times

Naomi Levy

Alfred A. Knopf, Inc., 1998

The author, Rabbi Levy, tells us how to thrive, emotionally and spiritually, when we feel overwhelmed by pain, loss or life itself. **23.LEVY**

Coping with Loss

Carol Luebering

This book offers sage advice for anyone suffering from grief brought on by the loss of a job, a friendship, a home, a stage in life, and the most intense of all, a loved one. The author offers practical and spiritual advice when we seek solace, peace and relief from the darkness that envelops us during the many stages of grief. **23.LUEB**

Mommy, Please Don't Cry: There are no Tears in Heaven

Linda Dey Maz

Random House, Inc. 2003

A book of hope and healing. Adorned with beautiful illustrations, the gentle, poignant words express the love of heaven through the eyes of a child. **23.MAZ**

Out of the Ashes: A Handbook for Starting Over

By: Patrick J. McDonald & Claudette M. McDonald

Out of the Ashes deals with deep changes in life that are serious, difficult and often painful. The reality of change confronts a person with questions about life, mortality, human destiny, and meaning. An evolution from a state of helplessness to a mature spirituality will involve five processes: Disintegration, Sifting, Reconstruction, Reintegrating, Transcendence. **23.MCDO**

Grief Quest: Men Coping with Loss

By: Robert Miller

Saint Mary's Press, 1996

This book allows us a remarkable look (for men and women, for caregivers, and for individuals on the journey) at what the male journey is and, most of all, what it can become if we willingly commit to the quest for healing. **23.MILL**

To Love Again - Finding Comfort and Meaning in Times of Grief

By: Jean Monbourquette

Accepting the natural pain of loss helps begin the healing journey through the grief process. *To Love Again* offers us help to live our losses well, to find comfort and healing in the midst of our grief. **23.MONB**

How to Love Again: Moving from Grief to Growth

John Monbourquette, 2001

A book that can offer you comfort in a time of despair. It is intended to accompany you on your journey. The author describes the kind of healing that comes after loss. **23.MONB**

God's Garden: A Story About What Happens When We Die

Kevin Morrison

Ambassador Books, 2009

A lovely book which will not only comfort children but adults as well. **23.MORR**

The Bereavement Ministry Program (A Comprehensive Guide for Churches)

Jan Nelson / David Aaker

Ave Maria Press, 2009

Parish-proven and customizable for diverse audiences, this program provides everything needed to begin and nurture a parish-based program of bereavement care for individuals and families. This program includes detailed guidelines and reproducible materials geared to a number of different kinds of grief experiences, a searchable CD-Rom containing letters and handouts that are the trademark of this program, updated resource lists with recommended reading and national grief support organizations, extensive practical advice on healthy grieving practices. **23.NELS**

The Power to Prevent Suicide: A Guide for Teens Helping Teens

Richard E. Nelson, Ph.D., and Judith C. Galas

Free Spirit Publishing, 1994

In this book, the reader will learn: why someone might want to die; what you need to know about suicide and suicidal people; how to recognize the warning signs of suicide; how to reach out to a friend in danger; how to get help; how to get your schools and communities involved in suicide prevention; how to help yourself when you're feeling stressed, depressed, or overwhelmed. **23.NELS**

Seeds of Hope

By: Henri Nouwen

A choice selection of passages from Nouwen's best work. In these inspiring pages, Nouwen addresses the human hunger for success, for knowledge, for peace and for love. He explores the mysteries of life and death, of prayer and compassion, of loneliness and intimacy, of God and man. He looks at the controversial issues of our day that stand as a challenge to the soul - issues such as political oppression and the threat of nuclear holocaust - and he point the way to a triumph of the human spirit. **23.NOUE**

When the Time Comes: A Guide to My Last Wishes

Novalis, 2006

When completed, this resource will provide a guide not only to your wishes concerning your funeral, but also to your financial circumstances. **23.NOVA**

Psalms and Prayers for Times of Grief

Novalis, 2017 **23.NOVA**

The New Day Journal: A Journey from grief to healing

By: Mauryeen O'Brien, O.P.

The New Day Journal offers those who have lost a loved one in death a structured way to work through the tasks of grief. This nine week program is based on the premise that journaling one's thoughts, feelings, and experiences is one of the most helpful ways to move beyond the pain that is caused by the death of a loved one. **23.OBRI**

Praying Through Grief

By: Mauryeen O'Brien, O.P.

This book is a resource which allows anyone to organize prayer services designed specifically for those wrestling with grief. These brief, practical services combine prayer, meditation, scripture and song as well as a small ritual which helps draw participants into the process. Each service is centred on a theme, and specific suggestions are given for occasions on which particular services might be used. *Praying Through Grief* allows participants to acknowledge the pain they feel, to relive cherished memories, and to move

toward healing. There *is* reason to hope, these services remind the participants; as surely as spring follows winter, new meaning and beauty can emerge from pain. **23.OBRIEN**

Catholic Thinking on End of Life Decisions

Rev. Michael P. Orsi, Ed.D.

Pauline Books & Media, 2000

A concise and practical guide to the Church's teaching on proportionate and disproportionate means of prolonging life. The author discusses the steps you can take now to provide instructions for your medical treatment in the event that you are unable to communicate your informed consent. Real case studies are used to illustrate how to make difficult medical decisions that respect human dignity and the gift of life.

23.ORSI

The Resurrection of the Body

By: Karl Rahner

The Resurrection of Christ/The Fact of Our Resurrection/Our Resurrection **23.RAHN**

Caring for Those With Alzheimer's

Joan D. Roberts

Alba House, 1991

The author wrote this book with two thoughts in mind: to help Alzheimer's caregivers in their duties and to show pastors and counsellors how the spiritual and emotional needs of the caregiver can be met.

23.ROBE

Praying Our Goodbyes

By: Joyce Rupp

This book is for anyone who has experienced loss, whether it be 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. This book is about the spirituality of change. (Ave Maria Press, 1988) **23.RUPP**

Your Sorrow is My Sorrow

By: Joyce Rupp

The author relates the Seven Sorrows of Mary to our own sufferings and opens for us a vast reservoir of courage, strength and wisdom. Her book is about us. And it offers us compassion, comfort and healing.

23.RUPP

Caring for the Dying with the Help of Your Catholic Faith

Elizabeth Scalia

Our Sunday Visitor, , Inc. 2008

This practical guide will help you see that your fears, worries and even the odd moments of humour, are perfectly normal parts of the process of "letting go"; understand what resources are available through the Church; find the right words to answer honest and practical questions; discover the beauty, grace and even the joy, that can come from departing this earth on God's time. **23.SCAL**

The Bereaved Parent

Harriett Schiff

Penguin Books, 1982

This is the only books of its kind for parents whose child has died - and for all who want to help them. Many such parents feel that no one can help because no one can understand the complex ramifications of their tragedy; the exhaustion, the quarrels with mates, the sleeplessness, the panic, the inertia, the horror of laughter - all the seemingly endless aftermath of sorrow and despair. If you have lost a child, you know that pain like yours cannot be erased. The author offers guidelines and practical step-by-step suggestions to help cope with every stage of grief, from facing the funeral to rebuilding your marriage. **23.SCHIFF**

Tear Soup: A Recipe for Healing After Loss

Grief Watch, 1999

By: Pat Schwiebert and Chuck DeKlyen

In this richly illustrated new book, Grandy has just suffered a big loss in her life, and so she is cooking up her own unique batch of "tear soup." Her tear soup will help to bring her comfort and ultimately help to

fill the void in her life that was created by her loss. **23.SCHW**

Grieving the Death of a Mother

By: Harold Ivan Smith

Harold Ivan Smith has an extraordinary ability to weave together individual experiences, insights, passages from Scripture, and other sources to illuminate our own experience. He combines tender glimpses, wise counsel, spiritual connection and permission to find your own way through the issues that surround the death of a mother. This book will speak to those who have gone through this loss and help those who are yet to face it. **23.SMITH**

Finding Your Way to say Goodbye

Comfort for the Dying and Those Who Care for Them

Harold Ivan Smith

Ave Maria Press, 2002

The author has been holding the hand of the dying for years and he knows how to help. Whether you are the one with the diagnosis, or the one who is caring for the dying, this book will offer support, encouragement, and some helpful tips. **23.SMITH**

The Death of a Child

Elaine Stillwell

Acta Publications, 2004

There is perhaps no more excruciating pain than the loss of a child. It is a life-changing event that will forever scar a parent. When a child dies, bereaved parents face the challenge of rebuilding their lives, a daunting task that may often seem overwhelming. This book is filled with examples of people who have lost a child and how they dealt with the reality of that event. A collection of life-giving lessons that touch on a wide range of emotions and situations that parents may encounter after the death of their child.

23.STILL

Aging in the Lord

By: Mary Hester Valentine

This book explores the more common changes associated with aging, such as adjusting to diminishing strength and health, reduced finances, retirement, coming to terms with limitations and the loss of those we love. It also examines some of the more positive aspects of aging: how it affects our use of time, leisure, friendship and faith. Most importantly, however, this book documents the power of our spiritual life and how it keeps our hearts open and our lives fulfilled at a time when life seems most complex.

23.VALE

Seeing Beyond Depression

By: Jean Vanier

Depression is a painful reality, an illness that we cannot treat by ourselves. We need help to recover from it, and a friend to walk with us through the difficult times. Jean Vanier, one of the great spiritual writers of our time, has written this simple and clear book about depression. The writing is inspirational and sympathetic as he explores how we can move beyond depression - out of the darkness into the light.

23.VANI

Care for the dying & the bereaved

Essays by various authors

Anglican Book Centre, 1982

This book is intended for several audiences: those who work professionally with the dying and the bereaved, those who must cope with the death of someone close to them, and those who wish to effect on the issues, moral and intellectual, raised by death and bereavement. **23.VARI**

Dealing with Loss and Grief

Cathy Gross, Sharron McKeever, Mary Ann Takacs Debly

This compassionate, user-friendly resource offers information and helpful suggestions for guiding intermediate and senior students through a range of losses, from the death of someone important to

changing schools, from bullying to parents' divorce, from not being chosen for a team to breaking up with a girlfriend or boyfriend. **23.VARI**

Guiding Children Through Life's Losses
Prayers, Rituals and Activities. **23.VARI**

Twenty-Third Publications, 1998

The Death of a Wife: Reflections for a Grieving Husband By: Robert L. Vogt
The Death of a Wife is a collection of poignant reflections for a husband mourning the loss of his wife. Each brief story and poem considers a different facet of the grieving process. These insights will touch the heart, heal the soul, and point out a new and hopeful direction. **23.VOGT**

Lost for Words Dr. Bill Webster
There are times in life when you realize that words are just not enough. Nothing we say or do ever seems sufficient and we are left feeling inadequate. This booklet gives useful suggestions and ideas of practical help. **23.WEBS**

A Not So Jolly Christmas Dr. Bill Webster
Christmas can be a difficult time for many people. When Christmas is different because of a loss, it can be all the more depressing. This booklet gives useful suggestions and ideas of practical help. **23.WEBS**

Help Me ... If You Can Dr. Bill Webster
This book offers a balance between the very practical issues a life-threatening situation confronts, and the other reality, that we do not want to give hope. The author provides information to guide the dying person as well as family and friends through one of life's most frightening and difficult experiences. **23.WEBS**

Understanding Bereavement Dr. Bill Webster
A practical approach to understanding grief, loss and change in our modern world. **23.WEBS**

Grief Ministry: Helping Others Mourn By: Donna Reilly Williams and JoAnn Sturzl
Grief Ministry: Facilitator's Guide
How do you counsel someone who has lost a child, a spouse, a close friend? What can you say about a suicide or a divorce? Let two experienced grief ministers share their wisdom and accompany you as you learn to help others mourn. The authors have added two new chapters on AIDS and job-related grief. **23.WILL**

Butterflies: Talking with Children about Death... and Life Eternal
Rev. P. William VanerWyden Thomas More Publishing, 2001
Children deserve answers to their difficult questions that are appropriate for their age and that respond to the issues they are dealing with as they develop. Children who get realistic, honest answers develop trust, faith and hope, and become well adjusted adults. *Butterflies* provides guidance for each stage of development: from infants and toddlers to high school. **23.WYDEN**

Prism: the Hurt, the Healing, the Hope
Suzy Perkins Yehl
The purpose of Prism is to mend the memories, heal the hurts and once again, have hope for a bright future. Designed for group meetings guided by a trained facilitator. **23.YEHL**

Bereavement Ministry (A Leader's Resource Manual) By: Harriet Young
Here's an all-encompassing resource manual for people who are interested in ministering to those who

suffer the loss of a loved one. It offers detailed directions for organizing or improving bereavement support groups in dioceses, parishes, on college campuses, and in many other community situations. **23.YOUN**

Door to Eternity

Irma Zaleski

Novalis, 2001

This hopeful, insightful book looks at the mystery and certainty of death and the faith and hope that we can bring to it. Not knowing what lies beyond death is the cause of our fear of death; that “unkowing” often poses the greatest challenge to our faith. **23.ZALE**

OTHER RESOURCES:

Growing Through Change

By: Archdiocese of Omaha

A support group resource manual for youth and young adults experiencing loss and change. **28.ARCH** (Family)

Mars and Venus Starting Over

By: John Gray, Ph.D.

A practical guide for finding love again after a painful breakup, divorce or the loss of a loved one.

28S.GRAY (Separated & Divorce)

Chicken Soup for the Single's Soul

Whether you love being single or you long to find your life partner, you'll find wisdom, laughter and inspiration in these stories of love and inspiration for the single, divorced and widowed. **28S.VARI** (Separated & Divorce)

BOOKS IN PRAYER SECTION

Saving Graces - Reflections on hope in everyday life

By: Bertha Catherine Madott

Written in clear and thoughtful prose, *Saving Graces* offers a chance to pause, to ponder, to give thanks for all the little things that fill our lives, with hope and grace. **39.RABI**

May I Walk You Home?

By: Joyce Rupp (prayers) Joyce Hutchison (stories)

The authors capture the spirit of personal companionship for those who accompany the dying on their final journey. Hutchison's moving stories relate her many experiences of caring for the dying and Rupp follows with simple and tender prayers offering caregivers both strength and hope. Whether family members, friends, chaplains or health care workers, caregivers will find here much inspiration and support for their ministry. **39.RUPP**

Lord, Help Me, I'm Grieving

By: Ph. Aviron-Violet

Lord, Help Me, I'm Sick

Full colour booklets with prayers, reflections and encouragement for those who are suffering because of illness or the loss of a loved one. **39.VARI**

Loneliness

By: Various contributors

No matter what our age, most of us are familiar with the profound feeling of loneliness. The selections in this booklet illustrate the inescapable role that loneliness plays in the life of each of us. **39.VARI**

Death, Grief & Christian Hope

By: Nancy Marrocco

Death, Grief & Christian Hope explores the meaning of the paschal mystery while dealing with issues such as death denial, the acceptance of loss, the Christian concept of afterlife, and basic skills for grieving. Through it all, the young people are led to encounter Jesus as someone who faced death and profoundly changed it - through his love. **40.MARR** (Youth Section)

BOOKS IN CHILDREN'S SECTION**Nobody's Perfect** (for Children)

By: Jenny Hessel

How can a child come to terms with unexpected and unexplained death? This is a sensitive book written specifically for children, addressing the problem of understanding death at an early age. **41.HESS**

When Someone Dies (A Children's Grief Workbook)

By: Various Contributors

Grief in children looks different than it does for adults. Children grieve and children at different ages they will exhibit grief differently. You will find stories and activities in this booklet that are appropriate for a range of ages and stages of grief. **41.VARI**

After the Funeral (For Children)

By: Jane Loretta Winsch

The strange and disturbing new feelings that grief brings are frightening and stressful for children. This book offers some very real help to parents, teachers and other caring adults in dealing with the complex reactions that children have to a loss. Its simple format encourages honest dialogue and compassionately helps children to recognize some of the raw feelings of grief - and then confront it honestly. **41.WINS**

VIDEOS IN O.R.E.

16.700 – 16.704

WHEN BAD THINGS HAPPEN TO GOOD PEOPLE (DVD)

For the first time on home video, Dr. Harold S. Kushner powerfully presents the thinking and faith behind his best-selling book, *When Bad Things Happen to Good People*, a source of comfort and insight for anyone confronted by tragedy and suffering. Kushner speaks from his own painful experience, the loss of his young son, Aaron, to a rare illness. He recounts his own realization that the traditional words of consolation we so often speak - words that Kushner so often spoke to others - are far from adequate. His search for a better response leads to the Book of Job and that most profound question of faith: If God is all powerful and all good, why do good people suffer? Kushner's answer is as practical as it is theological. It provides a reaffirmation of a belief in God, and offers compassionate direction for those in pain.

Length: 1 hour **DVD#:** 16.705

GRIEF MATTERS: Learning to Cope with Loss

With Dr. Bill Webster and Friends

A comprehensive guide to the grief process. Dr. Webster address 18 relevant topics, each one dealt with as self contained 20-30 minute programme. Topics include Understanding the Grief Process, Understanding our Emotions and Reliving our Memories, Guilt and Anger, Loneliness, Special Days, Holidays and Adjustments, Coping with Christmas, How to Help a Grieving Person. **DVD#:** 27.706

CARING WITH FAITH SERIES (available on ONE DVD #16.708)

FACING MY OWN SUFFERING AND LOSS

The *story segment* is the true story of a successful professional woman who discovers she has breast cancer. That physical discovery leads her on an inner journey, a journey of the spirit. The *witness segment*, real-life witnesses who have walked as caregivers with loved ones in times of suffering or at the approach of death reflect on the view from the outside - how those who give care and love perceive the journey of those facing their own suffering. The *teaching segment* explores the questions which the onset of illness and suffering bring. The program concludes with a *music video reflection* featuring the classic hymn, "Amazing Grace," and images which move us through the limitations of suffering to the freedom offered by Jesus Christ. **Guide. Length:** 33 min

BEYOND DEATH'S DOOR (DVD)

Help for the Grieving Process After Someone You Love Has Died

This DVD gives us the hope that we can learn to live again after the death of a loved one, and not just survive. Our task is to embrace all of their life – the good parts, the ugly parts, the hard parts – and then to make sure that love is what we remember most. **DVD#:** 16.712

THE TRANSFORMING POWER OF CAREGIVING (DVD)

Returning to Life After Caregiving Ends

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. **DVD#: 16.713**

GRIEVING THE SUDDEN DEATH OF A LOVED ONE (DVD)

There is no adequate preparation for dealing with the sudden death of a loved one. This video will take you through seventeen segments of the grief process. **DVD#: 16.714**

SURVIVING GRIEF

Speaker: Clayton Barbeau

Clayton Barbeau helps the viewer to understand the grieving process and to work toward acceptance of the loss of a loved one. Through his own experience of the untimely death of his wife, he suggests not to prolong and nurture grief, but to take one day at a time and make an effort to begin building a future.

Level: high school - adult. **Length:** 24 min. **VID#: 24.736**

COPING SERIES (DVD) - Human Development

Clayton Barbeau is one of America's most popular and entertaining speakers. His perceptions derive from a tremendous sensitivity to his own family's experiences and to his many years of involvement as a family therapist.

Tape One: Coping with Self (Guide/60 min.)

Beginning with stresses surrounding birth, Clayton humourously describes how coping with ourselves depends on our abilities to react creatively to stress. He explains how stress on individuals can bring about either good or bad results.

Tape Two: Coping with Others (Guide/60 min.)

Using a variety of anecdotes from his family experiences and the lives of his counselling clients, therapist Clayton keeps his audience chuckling as he shares insights about coping with others.

Tape Three: Coping with Loss (Guide/60 min.)

No human being escapes coping with loss in life. Failing to cope with loss, both great and small is to wound ourselves. Clayton leads his audience to examine healthy coping from death of a loved one to simple losses in daily living.

Tape Four: Coping with Feelings (Guide/60 min.)

A lively and insightful presentation on just how to cope creatively with personal feelings like anger, fear, disappointment and depression.

Available on one DVD #24.761

PASTORAL CARE TRAINING VIDEOS (Available on one DVD) #24.773

AN OVERVIEW OF PASTORAL CARE

This program is a general look at what pastoral care is all about. Beginning with the historical connection between care of the sick and religious institutions, it supports the relationship between medical and spiritual healing, and the part pastoral care givers play in bridging the two.

BUILDING SKILLS

Topics include: listening, uncovering the meta-story, assessing a person's spiritual state, knowing when to make referrals and the importance of self-care.

ASSESSING AND DISCERNING

This program builds on the insights of Building Skills and gives the pastoral care volunteer the

skills to be a compassionate presence to a person in need.

PASTORAL CARE FOR THOSE LIVING WITH HIV/AIDS

Here is an overview of the 18 year progression of the disease and how its evolution and current drug therapies have changed the focus of pastoral care in North America. This program provides an awareness of some of the sensitive issues people living with HIV/AIDS face everyday, and outlines the do's and don't's of ministering to those infected.

PASTORAL CARE FOR PEOPLE WITH CANCER

People with cancer have special needs. This program helps the pastoral care provider understand the experience and how to "be there" for someone enduring it.

PASTORAL CARE OF THE DYING

There is perhaps no greater challenge to the pastoral care provider than taking part in a person's journey toward death. This video provides practical insight as well as inspiration to encourage the pastoral care provider to stay in the tension of this time as a person of faith.

BOOKS IN LITURGY

Order of Christian Funerals

AUTHOR: National Liturgical Office

PUBLISHER: CCCB Publications

This Canadian edition includes extensive pastoral notes, complete rites for adults and for children, and a wide variety of texts to be used in special circumstances (e.g. tragic death suicide, cremation). Nine models for the Liturgy of the Word and two for Evening Prayer are also included in this edition for Vigil or Wake Services. **LENGTH:** 433 pages **ISBN: 0-88997-235-4** **BOOK #** 10.007 (2 Copies)

Vigils and Related Rites from the Order of Christian Funerals

AUTHOR: National Liturgical Office

PUBLISHER: CCCB Publications

A companion to the Order of Christian Funerals, this booklet contains everything mourners need to participate fully in the celebration of the funeral rites. A selection of 26 hymns from Catholic Book of Worship III are also included. **LENGTH:** 109 pages **ISBN: 0-88997-247-8** **BOOK #** 10.007

Rites of the Sick

AUTHOR: David Phillipart, editor

PUBLISHER: Liturgy Train. Public.

Contains prayers and scripture for use of those who visit the sick and pray with them or listen to their questions and concerns. Topics deal with Before the sacrament of Penance, Before the Anointing, the rite of Penance, Communion of the Sick, Anointing, About Illness and Faith. **LENGTH:** 60 page booklet **ISBN: 1-56854-141-4** **BOOK #** 10.013 - A

Prayers of the Sick

AUTHOR: David Philippart, editor

PUBLISHER: Lit. Training Public.

Prayers for Throughout the Day, for Myself and others, In time of Pain, Going into the Hospital, Before Surgery, Invoking the Saints, In time of Recovery, About Terminal Illness. **LENGTH:** 58 page booklet **BOOK #** 10.013 - B

Pastoral Care of the Sick: Rites of Anointing and Viaticum

AUTHOR: NCCB and ICEL jointly

PUBLISHER: Catholic. Bk. Pub. Co.

Rites of Anointing and Viaticum: approved for use in the Dioceses of the USA. by the NCCB and confirmed by the Apostolic See. This booklet also contains rite for emergencies and rite for reconciliation of Individual Penitents. **LENGTH:** 383 pages **BOOK #** 10.013 - C

Prayers With The Dying

AUTHOR: David Philippart (ed.)

PUBLISHER: Liturgy Training Pub.

Prayers to use during the watch before death. Helping to remember some of the favourite prayers which were prayed during good health to help the one dying. **LENGTH:** 61 page booklet **ISBN: 1-56854-115-5** **BOOK #** 10.013 - D

Prayers of Those Who Mourn

AUTHOR: David Philippart (ed.)

PUBLISHER: Liturgy Training Publ

Beautiful prayers to use when people grieve: Gathering in the Presence of the body, Keeping watch, During the days after, When Grief is too much, on Anniversary of Death. **LENGTH:** 58 page booklet **ISBN: 1-56854-132-5** **BOOK #** 10.013 - E

The Lord is My Shepherd - A Book of Wake Services

PUBLISHER: Ave Maria Press

Prayers to accompany the U.S. funeral ritual. Includes prayers, readings and psalms for Vigil Services. **LENGTH:** 32 page booklet **BOOK #** 10.022

Facing Death Together: Parish Funerals

AUTHOR: Margaret Smith

PUBLISHER: Liturgy Train. Pub.

A resource for all parish leaders who recognize their responsibility to minister to the dying, the dead and those who mourn, and who recognize that the whole parish shared in the awesome experience of the paschal mystery. Practical advice, true stories of pastoral situations is given as well as notes toward rites to use when disconnecting life-support, when organs are donated or bodies given to science after death.

(1998) **LENGTH:** 164 pages **ISBN:** 1-56854-176-7 **BOOK #** 11.123