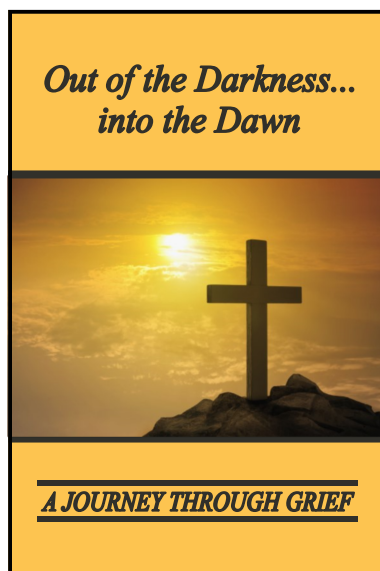


# Want an inexpensive gift for parishioners struggling with the passing of a loved one?



Many parishes  
order these books  
to give to their  
parishioners when  
planning a  
funeral.

**The Grief Book,**  
published by the Family  
Life Office, is a thoughtful  
gesture for those grieving  
the loss of someone special  
in their lives.

This book has the following features:

- Assures the grieving that God is present in their lives.
- Explains the stages and phases of the grieving process.
- Helps those affected adjust to the change in relationships.
- Helps to differentiate anger from guilt.
- Shows the difference between real and unreal guilt.
- Offers practical suggestions for dealing with the holidays.

At the Family Life Office of the Diocese of Altoona-Johnstown, we offer this book which is specifically designed to help those going through the grieving process. The 56 page book focuses on grieving as a normal process of healing. It includes explanations of common grief experiences and helps to answer many questions regarding the grieving process.

**To order this special book,  
please contact us:**

Family Life Office  
Altoona-Johnstown Diocese  
5379 Portage St., Lilly, PA 15938  
814-886-5551  
[familylife@dioceseaj.org](mailto:familylife@dioceseaj.org)  
[www.dioceseaj.org](http://www.dioceseaj.org) Click on  
Offices, Family Life

**Pricing:**

\$3.00 each—1-49  
\$2.50 each—50-99  
\$2.00 each—100+

**Shipping:**

\$2.00 for first item ordered and \$1.00 for each  
additional item. Shipping costs on orders over 5  
items can be invoiced.  
Delivery or pick-up options available.