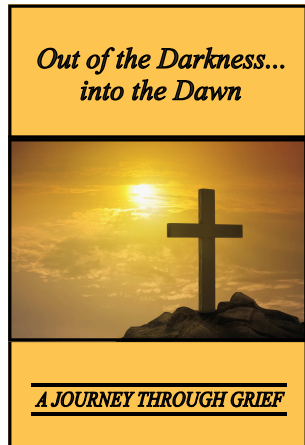


GRIEF BOOK



Simple , Practical, Spiritual

- 56 page booklet
- For grieving persons/ families
- Focuses on grieving as a normal process of healing
- Explanations of common grief experiences
- Questions for individual reflection or group discussion

Price: \$3.00 each—1-49 *Postage*
\$2.50 each—50-99 *costs*
\$2.00 each—100 + *additional*

CONTENT

- Introduction
- Suggestions for using the booklet
- Is there anything normal about grief?
- Stages and phases of the grieving process
- Learning to live with loss "Practical suggestions"
- God! Why don't you help me?
- Grief and adjusting human relationships
- If only I...real vs. unreal guilt...How do you know the difference?
- How can I cope with my guilt?
- I am grieving, but why am I angry?
- Stress and the experience of loss
- Coping with loneliness
- Prayer at times of loneliness
- A year of special days
- A message to family and friends after the funeral...How can we help?
- Planning for the holidays when you are grieving
- Guidelines: planning for the holiday season
- Surviving the holidays...helpful hints
- Giving gifts while grieving
- Holiday planning worksheet
- Holidays are "holy" days
- Helping children cope with grief during the holiday season
- Planning calendar

Excerpts from our Grief Book

Grief is the normal response to any serious loss.

Grief is the healthy response to loss.

QUESTIONS FOR REFLECTION/DISCUSSION

Who are the family and friends that could be a support to you at this time? What have you done to let them know how they can help you in your recovery process?

PRAYER

O God, what a confusing time this is for me! Despite all my efforts to live according to the teachings of the Gospel, I find myself wondering: "Why is this happening to me?" Sometimes I feel like I cannot trust that You are really present or that You care for me.

When my fears, doubts, and loneliness hinder my view of You, stay with me, God! It is in Your promise to be with me that I trust. The hope of the resurrection supports my belief that I can overcome this sorrow. Let the many signs of Your presence in each day be a source of strength and comfort for me.

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