

# RESOURCES FOR GRIEF/BEREAVEMENT

## BOOKS IN O.R.E.

### **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. **12.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. **12.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. **12.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. **12.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. **12.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. **12.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. **12.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. **12.SIMM**

### **Motherhood in the Balance**

By: Catherine M. Wallace

Recounts the ordinary struggles of a woman trying to juggle the demands of her career with the needs of her

children, husband, and God who helps her realise that it is all a question of vocation. **20.WALL**

**Go In Peace: A Biblical Perspective on Healing for Women** By: Ruthann Williams, OP  
Drawing on her wide experience in the healing ministry, Ruthann Williams offers encouragement, compassion and hope to women. In a uniquely effective way, she develops healing lessons from the stories of various women in the Bible. The author invites every women to reflect on her calling as a woman and to understand and accept the gift she is as woman. **BOOK#: 20.WILL**

**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**

**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**

**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**

### **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**

### **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**

### **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**

By: Champlin, J. **23.CHAM**

### **Risking Hope**

By: Kathleen O'Connell Chesto

This is a story about healing and hope. In an honest and compelling personal journal, written as she grappled with the unwelcome diagnosis of degenerative illness, Kathy Chesto expresses the emotions common to all those confronted with the deterioration and possible destruction of life as they know it. Her account is filled with fear, anger and pain, but it is also softly interwoven with humor and warmth. Kathy does not talk about "making the best of life in spite of disease and disability"; rather, she challenges both herself and others to accept this opportunity to life in a new key. **23.CHES**

### **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)

**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**

**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**

**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**

**Death to Life: A Catholic Perspective**

By: Janie Gustafson

To many people in contemporary American culture, "death to life" is saying it backwards. In both contemporary and ancient Christian thought, however, death is not something to be feared and run away from. It is something to be faced with faith. **23.GUST**

**Holding On ... While Letting Go**

Joan Hemenway

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**

**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**

**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**

**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**

**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**

**The Problem of Pain**

By: C.S. Lewis

For centuries, Christians have been perplexed by the problem - "If God is good and all-powerful, why does he allow his creatures to suffer pain?" In this book, C.S. Lewis gives his view as a layman on the Christian doctrine relating to all aspects of the problem of pain and explains the existence of pain in a Christian world. **23.LEWI**

**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**

**The Experience of God's Presence**

By: Anselm Moynihan

This concise book is full of good things: it opens our minds to the presence of God, it invites us to open our spiritual eyes to its many modes and especially to the mystery of mysteries - His indwelling in the souls of those who love Him. **23.MOYN**

**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.NOUW**

**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**

**Healing Wounded Emotions (Overcoming Life's Hurts)** By: Martin H. Padovani  
You can overcome those hurts that life has dealt you. You can heal your wounded emotions. You will find advice in this book to help you live more freely, more fully. You will discover within yourself a vast and untapped reservoir of spiritual and emotional well-being. **23.PADO**

**The Resurrection of the Body** By: Karl Rahner  
The Resurrection of Christ/The Fact of Our Resurrection/Our Resurrection **23.RAHN**

**Should the Children Know?**  
Encounters with Death in the Lives of Children  
Marguerita Rudolph Schocken Books, 1978  
This new approach towards helping parents and teachers cope with children's questions about death is the result of first-hand experience. When four-year-old Rachel dies suddenly, her teacher, the author helps the children and their parents deal with the death experience in an honest and emotionally sound way. **23.RUDO**

**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**

**The Bereaved Parent** Penguin Books, 1982  
Harriett Schiff  
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**

**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**

**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**

**Good Grief**

By: Granger E. Westberg

Many people experience grief as a result of loss. This book described what happens to us whenever we lose someone or something important. It can be used over the years as you encounter a wide variety of grief experiences or as you assist friends in moving beyond grief to good grief. **23.WEST**

**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**

### **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 "unknowing" often poses the greatest challenge to our faith. **23.ZALE**

### **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)

### **A Pilgrimage Through Grief**

By: James Miller

After losing someone or something we loved well, we find ourselves in the strange and unsettling world of grief. We wonder who we are now and how we are to go on with our lives. For pilgrims struggling to find their way through grief, this book will serve as a beautiful, compassionate and insightful guide to renewed life and replenished hope. **28S.MILL**

### **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**

### **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**

**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 and 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.

### **ANOINTING OF THE SICK**

Facing illness or old age can be terribly frightening. The anointing of the sick reminds us we're not alone in these struggles. The whole church is with us. Challenging young people to remember Jesus' love and serve others, this video uses the actions of daily living, Jesus' life and the ritual actions of the believing community to call us to grow in Christ. **Guide. Length: 20 min. VID#: 14.800**

### **THE CHURCH'S PRAYER FOR THE SICK**

**PUBLISHED:** St. Anthony Messenger

This program offers viewers an overview of the Sacrament of Anointing of the Sick with emphasis on its communal celebration and healing of the whole person - body, mind and spirit. Use it to prepare your community for a parish celebration of this sacrament, to help individuals who are fearful about celebrating this sacrament, and to instruct catechumens about this sacrament of healing. **GUIDE. LENGTH: 17 min. VID#: 14.801**

### **DEATH & LIFE: PREPARING FOR THE CATHOLIC FUNERAL MASS**

Visiting the home of a bereaved family as soon as information about the death occurs is a very powerful, highly comforting and pastorally effective procedure. After greeting and listening for a period of time, the pastoral minister or bereavement committee member could suggest playing this video. The video could also be left at the house during the sometimes empty and difficult hours between the time of death and the beginning of calling hours or the funeral mass. The priest or parish delegate would also indicate that someone will talk with the family, probably the evening before the Eucharistic liturgy, about their possible selections and personal requests for the Mass. **Guide. Length: 30 min. VID#: 16.701**

### **HEALING MEMORIES AND FORGIVENESS**

Fr. Padovani shows us how to face painful times in our lives, and how to let go of the feelings we keep hidden away. The author has found that the one common element emotionally troubled people share is repression. Personal pain takes its toll among those who suffer silently in a vain attempt to avoid dealing with difficult aspects of their lives. He encourages viewers to bring unresolved conflicts to the surface. There is a very helpful question-and-answer period at the end of the program that offers enlightening insights into specific concerns. **Guide. Length: 30 min. VID#: 24.733**

### **LIFE THROUGH DEATH**

**Speaker:** Rev. Kenneth Czillinger

Fr. Czillinger counsels families to discover grief as a path to resurrection. The healing process presented by Fr. Czillinger is highly recommended by Compassionate Friends, Inc. Divided into three 30-min. segments, this video presentation will help families, catechists, bereavement and other pastoral ministers reflect on: the mourning process; being comfortable with the feeling of helplessness; the presence of God in the midst of loss and death. **Guide. Length: Three 30-min. segments. VID#: 24.735**

### **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

### **ALMOST HOME: LIVING WITH SUFFERING AND DYING**

**Speaker:** Sr. Thea Bowman

In this video, the late Sister Thea Bowman shares her personal experiences of living with the sufferings and uncertainties of a terminal illness. Through Sr. Thea's depth of spirituality and her gift of storytelling, you will discover that the sufferings we encounter and the finiteness of our existence pale in the splendour and power of God's gift of life and his eternal promises to us. Whether you are in good health or poor, whether you are suffering from a transient illness or a terminal one, this program will change your perception of living with suffering and dying. **Guide.** **Length:** 30 min. **VID#:** 24.738

### **WHERE IS GOD WHEN LIFE HURTS?**

**Speaker:** Kathleen Chesto

Anyone who has experienced suffering or tragedy has asked this question. Is it really God's will? Does God hurt us to teach us? Dr. Chesto challenges some of the religious theories we have created to justify pain. In sharing her own struggle with disability and degenerative illness, she questions a society that measures our worth by our productiveness.

This is a video for those dealing with suffering and for their caregivers. It is for parishes that have a real ministry of caring and want to understand the best way to reach out. It is also for priests, ministers and health professionals who regularly minister to hurting people. It offers insight into the mind and heart of the person in pain, the helplessness and rage, but it does not end there. By suggesting that there is no answer to the question, it offers the possibility of accepting life as mystery and discovering healing and hope. **Guide.**

**Length:** 43 min. **VID#:** 24.748

### **MY GRANDSON LEW**

A mother and her young son cope with their feelings about Grandpa's death and share their memories of him with each other. This story explores children's feelings about death, separation and relationships. **Guide.** **Length:** 13 min. **VID#:** 24.750

### **CARING FOR THE AGED AND THE DYING**

Dr. Josefina Magno is Director of Hospice Education and R&D at the Henry Ford Health System, and founder of the Academy of Hospice Physicians. A leading exponent of hospice care, here is her moving case for compassionate, loving (often home-based) care for dying and elderly patients as the answer to euthanasia and assisted suicide. Very inspiring for care-givers looking after the aged and the terminally ill. **Length:** 57 min. **VID#:** 24.751

### **PEACEFUL JOURNEYS: CARING**

Prayer and compassion feed on each other. Without prayer, compassion can lead to an undisciplined form of activism. Without compassion our prayer can become a narrow form of "quietism." In this video, basic elements of healthy caring are reviewed and illustrated. **Length:** 25 min. **VID#:** 24.752

### **WHEN BAD THINGS HAPPEN TO GOOD PEOPLE**

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  
**VID#: 24.754**

### **HELLO IN THERE**

A younger woman reaches out to a lonely widow in a retirement home. Through their friendship, the woman discovers the elder's imagination and ingenuity. **Length:** 21 min. **VID#: 24.756**

### **A NEW ROAD TO GRIEF RECOVERY**

Acceptance and sharing are the key concepts spelled out in this new video series that helps Christians make the difficult journey from the death of a loved one to being whole again. It does so by presenting moving, encouraging first-person accounts.

#### **Session One: Keys to Recovery**

Rev. Tim Queen discussed realistic recovery expectations and the importance of support environment.

#### **Session Two: The Child's Grief Recovery**

Rev. Timothea Lewis focuses on healthy coping skills to aid in children's grief work.

#### **Session Three: Young Widow and Eleven-Month Old Son**

Linda Ashley, widow with baby, affirms the importance of caregivers.

#### **Session Four: Young Widower Discusses the Accidental Death of his Wife and Son**

Don Andrews, whose wife and son died in an automobile accident, shares the healing value of support groups, reading and reaching out to others.

#### **Session Five: Widower Discusses Fifteen Years as a Single Parent**

Margit Giles, widowed, reflects on rearing three young children to adulthood and keeping the home as stable as possible.

#### **Session Six: Widower Discusses the Healing Element of Saying Goodbye**

Larry Coker reflects on his wife's terminal illness and emphasizes the healing element in saying goodbye.

Leader's guide for each session help participants progress along the road to recovery by prompting them to share their feelings and experiences. **Guide. Length:** Each segment is approx. 15 min. **VID#: 24.757-758**

### **COPING SERIES**

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.

**VID#: 24.761-24.764**

**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 VID#: 24.767**

**TRAINING MINISTERS TO THE SICK**

Three *story segment* vignettes provide fictional "case studies" of pastoral visits. Situations include visits to a nursing home and a terminally ill patient and a Communion call to a homebound parishioner. The *witness segment* - a trio of veteran chaplains offer their critique to the positive and negative aspects of the pastoral visits depicted. The *teaching segment* provides a grounding for the ministry to the sick, questions to examine the minister's motivation and suggestions for evaluating pastoral visits. The program concludes with a *music video reflection* that serves as a prayer for ministers to the sick as they set out for their pastoral visits. **Guide.**

**Length: 41 min. VID#: 24.768**

**PASTORAL CARE TRAINING VIDEOS**

**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. **VID#: 24.773-1**

**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. **VID#: 27.773-2**

**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. **VID#: 24.773-3**

**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. **VID#: 24.773-4**

### **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. **VID#: 24.773-5**

### **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. **VID#: 24.773-6**

### **LISTENING TO SOUL PAIN**

**PUBLISHER:** VON Canada

This video will raise awareness of the effects of trauma on the human spirit and emphasize that complete healing requires attention to the spiritual concerns which surface in the wake of the experience. While the spiritual struggle may begin almost immediately following the event, the most intense pain of the spiritual conflict is often encountered only many months, or even years, later. **GUIDE. LENGTH: 25 min. VID#: 24.775**

### **WHEN A LOVED ONE DIES**

**PUBLISHER:** Paraclete Press, 2002

**Walking Through Grief as a Teenager** - The death of a loved one is always a difficult experience. But when you are a teenager, walking through grief is particularly poignant. It is punctuated by all the conflicts and questions and realizations of the teen years. This video helps teen understand the grief process through the testimonies of young people who have walked through it, and gives hope that you can heal and grow through this life-changing experience. Topics include: Surviving the first days, weeks, and months after a death; Grieving the relationship lost; Grieving particular types of deaths; Facing your future; Learning to cope; Rebuilding your life. **GUIDE. LENGTH: 30 min. VID#: 24.776**

### **AT DEATH’S DOOR**

**PUBLISHER:** Paraclete Press, 1999

**Facing the Terminal Illness of a Loved One** - Death teaches us that we don’t know what the future is going to be. This video gives excellent insight on living life to the fullest with your dying loved one. We must invest each day with as much meaning as possible. **GUIDE. LENGTH: 35 min. VID#: 24.777**

### **A CRY FOR HELP**

**PUBLISHER:** Paraclete Press, 2001

**How to help a friend who is depressed or suicidal** - Most suicidal young people don’t really want to die; they just want their pain to end. Teen suicide is often preventable if people know the signs to look for and the steps to take when they suspect a friend is suicidal. *A Cry for Help* teaches young people to recognize the warning signs and to take specific actions to help a friend. **GUIDE. LENGTH: 22 min. VID#: 24.778**

### **MAKING MORAL DECISIONS: CONSCIENCE & CONFLICT**

Every day adults face the difficulty of making decisions. Often the Christian response seems out of sync with the standards of a secularized world. This video helps viewers form the basis for making morally-sound decisions by introducing a number of general principles. For many, the material will be reinforcement of a lifetime of teaching; for others it will help in the formation of conscience. Through live-action scenarios viewers meet individuals who are faced with decisions about issues such as sex outside marriage, stealing, abortion, euthanasia. A comprehensive Leader's Guide provides an introduction as well as questions for follow-up discussion. **Guide. Length: 27 min. VID#: 26.714**

### **MAKING MORAL DECISION: EUTHANASIA...**

In an age when assisted suicide and both active and passive euthanasia are in the headlines, there is a pressing need for Christians to understand this complex social and moral dilemma. Euthanasia is not a simple subject. Yet, there are both moral and ethical positions that Christians can take, and these have to be understood, weighed and applied in light of medical, social and financial concerns. This video presentation offers practical help as it explores the Christian perspective on euthanasia. Hosted in a sensitive and timely manner by Canadian priest-theologian Mark Miller, viewers are offered clear distinctions about important medical decisions. Real-life stories of people coping with such decisions invite reflection on the principles involved and encourage discussion. Father Miller explains the difference between active and passive euthanasia, and he addresses topics such as living wills, pain management, loneliness, multiple medications, and the importance of family support. **Guide. Length: 30 min. VID#: 26.715**

### **ROSES IN DECEMBER**

On December 2, 1980, lay missionary Jean Donovan and three American nuns were brutally murdered by members of El Salvador's security force. With compassion and sensitivity, the film chronicles Jean's brief life from her affluent childhood in Connecticut to her decision to volunteer with the Maryknolls in El Salvador, to her tragic death. Level: senior high school-adult. **Length: 25 min. VID#: 27.704**

### **THE MIRACLE WORKER**

Blind and deaf since infancy, Helen Keller is a constant ordeal for her parents, who cannot bring themselves to teach or discipline her. They finally turn to Boston's Perkins School, who send the formerly blind Annie Sullivan to help. This is the story of a little girl struggling to communicate, and the young teacher who relies on her guts and sheer instinct to bring light into the young girl's dark world.

**Length: 1 hr/47 min. (Black & White) VID#: 27.715**

## 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 Phillipart, 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 Phillipart (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 Phillipart (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

**VIDEOS IN LITURGY**

**New Order of Christian Funerals**

**PRESENTER:** Rev. Murray Kroetsch

Non-professionally videotaped

Given at a diocesan study day by Father Kroetsch, director of the National Office for Liturgy. In this video, he explains the changes in the new rite, the reasons for change and pastoral concerns about Christian funerals. He “walks” the participants through this new ritual book. **VID #** 11.715