

Appendix
Additional Stories & Spiritual Practices
Resources for Grief

Session One Divine Light Meditation

This is an alternative breath meditation that may also be helpful. Relax and take your time with it and let the light of this meditation embrace you.

Once you have settled on your cushion or chair, take several slow, deep breaths. Make a sound with each exhalation, letting go of the pressures of the day.

Now, begin to breathe regularly.

Breath in.

Breath out.

With each inhalation, receive the light of the Divine.

Experience its beauty and boundless strength.

Its color

Its warmth

Its radiance

Its cascading creative energy.

With each breath in, the light of the Divine fills you.

It gives you a feeling of well-being

Clarity

Strength.

With each exhalation, the light of the Divine passes through you.

Healing you

Cleansing you

Releasing the toxins of your everyday life.

With each in-breath, receiving the presence of divine light.

With each out-breath, experiencing the gift of divine light.

When your thoughts wander as they inevitably will, gently encircle them with light and return to the focus of the meditation.

Breath in.

Breath out.

If you become distracted by a sound or a movement around you, notice it, then return to the focus of the meditation.

Divine light.

God's presence.

Session One

Story for Grief and Mourning - selected passages from Luke 23 & 24

Good Friday

It was now about noon, and darkness came over the whole land until three in the afternoon, while the sun's light failed; and the curtain of the temple was torn in two. Then Jesus, crying with a loud voice, said, "Father, into your hands I commend my spirit." Having said this, he breathed his last. When the centurion saw what had taken place, he praised God and said, "Certainly this man was innocent." And when all the crowds who had gathered there for this spectacle saw what had taken place, they returned home, beating their breasts. But all his acquaintances, including the women who had followed him from Galilee, stood at a distance, watching these things.

Holy Saturday

Now there was a good and righteous man named Joseph, who, though a member of the council, had not agreed to their plan and action. He came from the Jewish town of Arimathea, and he was waiting expectantly for the kingdom of God. This man went to Pilate and asked for the body of Jesus. Then he took it down, wrapped it in linen cloth, and laid it in a rock-hewn tomb where no one had ever been laid. It was the day of Preparation, and the sabbath was beginning. The women who had come with him from Galilee followed, and they saw the tomb and how his body was laid. Then they returned, and prepared spices and ointments. On the sabbath they rested according to the commandment.

Easter Sunday

But on the first day of the week, at early dawn, they came to the tomb, taking the spices that they had prepared. They found the stone rolled away from the tomb, but when they went in, they did not find the body. While they were perplexed about this, suddenly two men in dazzling clothes stood beside them. The women were terrified and bowed their faces to the ground, but the men said to them, "Why do you look for the living among the dead? He is not here but has risen. Remember how he told you, while he was still in Galilee, that the Son of Man must be handed over to sinners, and be crucified, and on the third day rise again." Then they remembered his words, and returning from the tomb, they told all this to the eleven and to all the rest. Now it was Mary Magdalene, Joanna, Mary the mother of James, and the other women with them who told this to the apostles. But these words seemed to them an idle tale, and they did not believe them.

Session Four Spiritual Practice - Prayer Stations

You can create a space to just be with the Holy. You can set these stations up in your home or in a sacred space. There are several versions of the same station to use. You walk to each station and work on the requests. Once you have completed all of the stations you may leave or return to the circle for a blessing.

Items you may need: Sticky notes, Markers, Candles & lighter, Prayer book, Bible or Other sacred texts, rocks, special place to house the station.

Station #1 - Burdens

By using sticky notes, hand your burdens over to God and post them on the wooden cross or post them in a designated area, maybe on a mirror.

Version 2 - Using a Sharpie marker write on the smooth rocks, hand your burdens over to the Holy and lay them down in a special place of meaning in your life.

Station #2 - Grief

This station encourages you to remember the life qualities of their loved ones who have died, to soften the grieving process and celebrate their lives.

Who would you like to remember today? Think about each one individually. Ring a bell one time for each person you want to lift up and remember.

Close with prayer:

Remember those who have died and have gone before us marked with the sign of faith, especially those for whom we now pray. May these, and all who rest, find in your presence light, happiness, and peace. Amen. (adapted from the Book of Common Prayer)

Station #3 - Comfort & Hope

Select one of these passages from Isaiah 54:10; 40:11; 61:7; 41:10, 13-14; 41:17-18; 42:16; 43:1-4; 65:25. As you read this passage several times, meditate on the different images presented by Isaiah or other sacred text. Paint the images that are most speaking to your heart right now.

Station #4 - Personal Prayer

Light a candle and lift your special need through prayer and meditate on your most treasured memory of your loved one. Hold that memory in your mind and then close in prayer.

Station #5 - Gratitude Wall

Write thankful graffiti messages to God. Either use the blackboard or stickies on the designated wall.

Session Four

Quote from the Introduction to Sparrow: A Book of Life and Death and Life by Jan Richardson

“The unpredictable and circuitous nature of grief offers a paradoxical, if unsought, freedom and grace. If sorrow gives us no straightforward or prescribed road, no standard manual for its healing, then we are not bound to travel it by a way that does not fit for us.

What we are bound to is love: the love that gives rise to our grief but finally goes deeper than it, the love that undergirds and carries us through every turning. As we learn to navigate our sorrow, love gives us the tools we need - the language, the images, the remedies, the particular forms of solace by which our particular hearts will find repair.”

Thoughts

If you're wondering how to continue loving someone who has passed, consider this:

1. Know that our loved ones who've passed want us to carry them gently in our lives as they carried us in theirs - with lightness and warmth.
2. We need not buckle beneath the weight of sorrow. Instead, we can carry them with us with gratitude, completeness, and joy.
3. We learn from them. What are we leaving behind for our own families and friends to carry with them when we are gone?

~Rabbi Steve Leder

Session Five Stories for Grief & Mourning

Buddha & the Angry Man

Once Buddha was in an assembly when a man walked in looking furious. He thought Buddha was doing something wrong. He was drawing a huge crowd and people would just go to him and meditate. He was a restless businessman and he had found that his children were spending their time with Buddha when they could have engaged themselves in business, making more money and ensuring their livelihood. So, the father of that family was very upset, and he said, "I am going to teach this man a lesson!"

With anger in heart, he walked confidently up to Buddha. As soon as he approached Buddha, all his thoughts disappeared but the anger in him did not dissipate. He was shaking and he found himself speechless. Since he was unable to express his emotions in words, he simply spat on Buddha's face. Buddha, in return, simply smiled. His disciples who were sitting with him were furious. They wanted to react, but the Buddha's presence didn't allow them to do so. And this man could not stay longer either. He noticed his action had not drawn any reaction from the people around him. And the Buddha had simply smiled in return. A few minutes later, he thought, "If I stay longer, I will burst out." So, he walked away.

Once he returned, he couldn't erase the image of the smiling Buddha from his mind. For the first time in his life, he had met someone who had such an extraordinary reaction to such a disrespectful act. He could not sleep all night and he was shivering, shaking. He felt as though his world had collapsed. The next day he went and fell at Buddha's feet and said, "Please forgive me. I did not know what I was doing." **To which Buddha replied, "I cannot excuse you!"**

Everyone, including Buddha's disciples, were shocked at this reaction. All his life, Buddha had been so compassionate. He had accepted everyone in his ashram, regardless of their past. And now he was telling this businessman that he could not excuse his behavior.

The Buddha explained, "Why should I excuse you when you have not done anything? What wrong have you done that I should excuse your behavior?" The businessman replied, "Yesterday, I came to this assembly and in my anger, I spat on your face. I'm the same person." Buddha said, "That person is not here anymore. If I ever meet the person on whom you spat, I'll tell him to excuse you. For me, to the person who's right here in this moment, you are wonderful. You have done nothing wrong."

The lesson to be learnt here is: about compassion and forgiveness. When do we truly forgive a person? True forgiveness is when you forgive a person and that person doesn't even know that he is being forgiven. The person shouldn't feel guilty for his deed. This is the right kind of forgiveness. If you forgive a person and keep reminding him about his mistake and make him feel guilty all the time, then you've simply not forgiven him yet. That guilt itself is enough punishment for the person. Let's be more compassionate and forgive people the right way and learn to forgive ourselves in the same way.

Session Seven

Gratitude Journal Prompts

Taking time each day to focus on specific things for which we are grateful can be healing, help lift your spirits when you are feeling low, and change your day. Below are a few ideas for beginning a Gratitude Journal. These are not presented in any order. Don't let the list overwhelm you. Select one at random each day and write about it.

- Name 5 things your loved one taught you about unconditional love.
- Write down one good thing that happened to you today.
- What are five personality traits that you are most thankful for?
- What about your upbringing are you most grateful for?
- Are you happy with how your day turned out? Can you do better tomorrow?
- Name 5 things you are doing well currently.
- Did you have a nice surprise today? Write about it.
- Did you do something nice for someone today? Write about it.
- What family members are you most grateful for? Write about what makes them special.
- What is something nice another person did for you today or this week?
- What is something nice you did for another person today or this week?
- Who or what in your life are you happy to have let go?
- Think of 5 people that irritate you or you have trouble getting along with. What irritates you most about them? Now list 3 positive notes or qualities about each person.
- What were your 3 best days? Write a small paragraph about each day.
- What were your worst three days? Write a small paragraph about each day and think how much better off you are now.
- Write the top 10 things in your life that cause you stress. For each stress factor, write what you can do to change it.
- List something good that has recently caught your attention to make you realize how fortunate you are.
- Think about the qualities of the people you admire. List these qualities and how you can incorporate them in your life.
- What friends are you most grateful for having? List what makes each friend special.

Session Seven

More Gratitude Journal Prompts

- List 3 things you could do today to be a kinder person.
- Name 3 things that always put a smile on your face.
- What is the most beautiful place you have been? Relive being there now.
- What are your biggest accomplishments?
- What do you really appreciate about your life?
- Name 3 things that you can start doing today to express your gratitude to others (helping, volunteering, donating etc.). Start in the next few days.
- What has been the highlight of your day today?
- What things do you own that make life easier?
- Name 3 things that have happened to you that have strengthened your character and who you are today (positive or negative events).
- List 2 struggles you experienced in life that you have overcome. What or who have helped you to overcome these trials?
- List 5 things you love about your home.
- What 3 things you love about the town, area or neighborhood you live in?
- What about nature are you grateful for?
- Spend a few minutes focusing on your 5 senses and write down how you can you be more mindful of each.
- What about your career or job are you grateful for?
- What things made you laugh out loud this week?
- Write about something you saw recently that warmed your heart.
- Write about a time someone went out of their way to help you.
- Think about a time that you went out of your way to help someone.
- Think of 3 times that pure luck or grace has saved you. Write a paragraph about each and focus on who and how the events took place.
- Make a list of 20 ways you are fortunate.
- What meals do you most enjoy making or eating?
- What physical characteristics are you most grateful for?
- Name 3 talents or qualities you have that you are grateful for.
- How can you continue being more thankful?

Session Seven

Two Self-Compassion Practices to Rewire Your Brain for Resilience

Try a Self-Compassion Break

This is an exercise in **shifting our awareness** and bringing acceptance to bear on the experience of the moment, in the moment. It helps to practice this when emotional upsets are still reasonably manageable—to **create and strengthen the neural circuits** that can do this shifting and re-conditioning when things get really tough.

Any moment you notice a surge of a difficult emotion - sadness, fear, contempt, remorse, shame - **pause and put your hand on your heart** (*this activates the release of oxytocin, the hormone of safety and trust*). **Empathize with your experience** - recognize the suffering and say to yourself, “this is hard!” or “this is scary!” or “this is painful” or something similar, to acknowledge and care about yourself as the you experience something distressing.

Repeat these phrases to yourself (or some variation of words that work better for you):

May I be kind to myself at this moment.

This breaks the automaticity of our survival responses and negative thought loops.

May I accept this moment exactly as it is.

From William James, considered the founder of American psychology: “Be willing to have it so. Acceptance of what has happened is the first step to overcoming the consequence of any misfortune.”

May I accept myself exactly as I am at this moment.

From humanist psychologist Carl Rogers: “*The curious paradox is that when I accept myself exactly as I am, then I can change.*”

May I give myself all the compassion I need.

Compassion is a resource for resilience, and you are equally as deserving of your own compassion as others are.

- **Continue repeating the phrases** until you can feel the internal shift. The compassion and kindness and care for yourself becomes stronger than the original negative emotion.
- **Pause and reflect on your experience.** Notice if any possibilities of wise action arise.

Explore Self-Compassion as an Ongoing Way of Being

You can practice an expanded variation of the traditional mindful self-compassion phrases:

May I be kind to myself in *this moment*, in *any moment*, in *every moment*.

May I accept *this moment exactly as it is*, *any moment*, *every moment*.

May I accept myself exactly as I am in *this moment*, in *any moment*, in *every moment*.

May I give myself all the compassion *and courageous action* that I need.

This variation, like the traditional self-compassion break, is completely portable and effective anywhere, anytime. And this variation helps deepen the practice of mindful self-compassion into an ongoing way of being.

Session Seven

Self-care Strategies for Resilience

While not a substitute for professional care, there are plenty of simple activities anyone can do to reduce stress, encourage wellness and restore a sense of well-being during difficult times. You know yourself best. Do what works for you and don't be afraid to try something new. Try one of these self-care activities the next time you need to take a step back, breathe, and focus on you.

Mind

- Start a gratitude journal
- Take a break
- Set an intention for the day
- Start a creative project
- Try something new
- Acknowledge something you've done well lately
- Read a book
- Express your feelings

Soul

- Ask for help (or a hug)
- Volunteer for a cause
- Tell someone you love them
- Follow social media that makes you feel good (*and filter out the rest*)
- Leave work on time
- Set boundaries for yourself
- Write a poem
- Call a friend

Body

- Go for a walk, run or bike ride
- Drink a cup of tea
- Do some pushups
- Prepare your favorite meal
- Hit the driving range or batting cage
- Get a massage
- Breathe slowly three times
- Take a bath

Scenery

- Get out into nature
- Make an area of your home tidy and comfortable
- Watch a sunset or sunrise
- Drive with the windows down
- Go to the dog park
- Frame a favorite photo
- Watch a sporting event
- Put on your favorite song
- Go to the movies

With thanks and gratitude to American Foundation for Suicide Prevention afsp.org

Session Seven

Weaving Your Loved One's Memory into Your Life

"People sometimes ask me if it gets better. I have wondered this myself. The question always reminds of something my brilliant friend Brenda said one day as we sat in my studio a few months after Gary died. "It's not that the grief goes away," she told me, "but you will learn how to weave Gary's memory into your life in a new way." The truth of her words immediately resonated in my bones, even as I knew that it would take a long time for me to live into those words.

I never think of what I am doing as "making progress" or "moving on." The labyrinth of grief is not so linear as that. Still, I am slowly living into the truth of what Brenda said. Maybe it's not so much that the grief gets better, but that I am getting better at it as I become more adept at listening to the grief and living into the awful and graced invitations it offers. I am weaving - and painting and writing and praying - Gary's memory into a life that I didn't expect to look like this. And I am grateful beyond measure for what abides, what endures."

~Jan Richardson

Session Eight SPIRITUAL PRACTICE OBJECT PRAYER

- Select an object that you will find comfort in holding and that may help prompt your prayers.
- Hold the object for several minutes and come “in touch” with the meaning it brings to you.
- Center and form a breath prayer with words from an old gospel hymn:
 Inhale: God, touch my heart.
 Exhale: Heal and make me whole again.
- Continue holding the object and in trust and confidence tell God your struggles.
- When you have finished your breath prayer, allow for a time of silence.
- Gaze at your object and hold it so that you may begin praying to be blessed by the promised hope and gifts that come in struggle.
- At the end of your prayer time, record your experience. Consider how it felt to hold a sacred object as you prayed. What ways did holding the object enrich or diminish your prayers? How might you incorporate this “touch” prayer in your future prayers?
- At the end of your prayer time record your experience on the next page.

Write about your experience with Object Prayer.

RESOURCES ON GRIEVING

BOOKS

We list multiple books in each category because not everyone will find the same books helpful. If the approach taken by a particular book doesn't feel right to you, try another book. See our website at www.faithandgrief.org for a more comprehensive booklist and join the Faith & Grief Book Club, faithandgrief.org/bookclub

Early on in your grieving, you may find it difficult to read – if this is the case, you may want to try the books of meditations and quotes. Note that while the books in each category are listed first, they are in fact listed alphabetically by author.

GRIEVING IN GENERAL

Transcending Loss – Understanding the Lifelong Impact of Grief and How to Make It Meaningful by Ashley Davis Bush

Scarred by Struggle, Transformed by Hope by Joan D. Chittister

Good Mourning: Getting Through Your Grief by Dr. Allan Cole

Living When a Loved One Has Died by Earl A. Grollman

Grieving with Hope: Finding Comfort as Your Journey Through Loss

by Samuel J. Hodges IV & Kathy Leonard

Refined By Fire by Mary Potter Kenyon

Living with Loss: One Day at a Time by Rachel Blythe Kodanaz

Grieving Mindfully: A Compassionate and Spiritual Guide to Coping With Loss

by Sameet Kumar

Seven Choices: Finding Daylight After Loss Shatters Your World

by Elizabeth Harper Neeld

Tear Soup, A Recipe for Healing After Loss by Pat Schwiebert

Healing Your Grieving Heart: 100 Practical Ideas by Alan Wolfelt

Note: Alan Wolfelt has a full series of books on grief, many based on the “100 practical ideas” approach, including books for most of the categories listed here.

Traveling Through Grief: Learning to Live Again After the Death of a Loved One by

Susan Zonnebelt-Smeenge and Robert De Vries

SUDDEN DEATH

Transforming Traumatic Grief: Six Steps to Move from Grief to Peace After the Sudden or Violent Death of a Loved One by Courtney Armstrong

I Wasn't Ready To Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One by Brooke Noel & Pamela Blair

A Grief Like No Other: Surviving the Violent Death of Someone You Love
by Kathleen O'Hara

SUICIDE

After a Suicide Death: An Activity Book for Grieving Kids by The Doughy Center

No Time to Say Goodbye: Surviving the Suicide of a Loved One by Carla Fine

Touched by Suicide: Hope and Healing After Loss by Michael F. Myers & Carla Fine

Grieving a Suicide: A Loved One's Search for Comfort, Answers & Hope by Albert Y. Hsu

Silent Grief: Living in the Wake of Suicide by Christopher Lukas

After a Parent's Suicide: Helping Children Heal by Margo Requarth

But I Didn't Get to Say Goodbye: Helping Children and Families after a Suicide by Barbara Rubel

DEATH OF SPOUSE

Companion Through Darkness: Inner Dialogues on Grief by Stephanie Ericsson

I'm Grieving As Fast As I Can: How Young Widows and Widowers Can Cope and Heal
by Linda Feinberg

Finding Your Way After Your Spouse Dies by Marta Felber

Widow to Widow: Thoughtful, Practical Ideas for Rebuilding Your Life by Genevieve Ginsburg

Getting to the Other Side of Grief: Overcoming the Loss of a Spouse by Susan Zonnebelt-Smeenge & Robert De Vries

DEATH OF PARENT

Midlife Orphan: Facing Life's Changes Now that Your Parents are Gone by Jane Brooks

Losing a Parent: Passage to a New Way of Living by Alexandra Kennedy

The Orphaned Adult: Understanding and Coping with Grief and Change after the Death of Our Parents by Alexander Levy

Losing a Parent: Practical Help for You and Other Family Members by Fiona Marshall

Grieving the Death of a Mother and On Grieving the Death of a Father by Harold Ivan Smith

DEATH OF CHILD

When the Bough Breaks: Forever After the Death of a Son or Daughter

by Judith R. Bernstein

Empty Cradle, Broken Heart: Surviving the Death of Your Baby by Deborah L. Davis

Grief Diaries: Loss of a Child by Lynda Cheldelin Fell

After the Death of a Child: Living with Loss through the Years by Ann Finkbeiner

Farther Along: The Writing Journey of Thirteen Bereaved Mothers

by Carol Henderson

Beyond Tears: Living After Losing a Child by Ellen Mitchell

The Death of a Child: Reflections for Grieving Parents by Elaine Stillwell

Gone but Not Lost: Grieving the Death of a Child by David Wiersbe

DEATH OF SIBLING

The Empty Room – Understanding Sibling Loss by Elizabeth DeVita-Raeburn

Sibling Grief: Healing After the Death of A Sister or Brother by P. Gill White

Surviving the Death of a Sibling – Living Through Grief When an Adult Brother or

Sister Dies by T.J. Wray

FOR MEN SPECIFICALLY

Swallowed by a Snake: The Gift of the Masculine Side of Healing by Thomas Golden

When a Man Faces Grief/A Man You Know is Grieving by Thomas Golden

When Men Grieve: Why Men Grieve Differently and How You Can Help

by Elizabeth Levang

Griefquest: Men Coping with Loss by Robert Miller

Men & Grief: A Guide for Men Surviving the Death of a Loved One by Carol

Staudacher

ABOUT GRIEVING CHILDREN AND TEENS

Guiding Your Child Through Grief by Mary Ann Emswiler and James Emswiler

Talking About Death – A Dialogue Between Parent and Child by Earl A. Grollman

A Parent's Guide to Raising Grieving Children by Phyllis Silverman & Madelyn Kelly

The Mister Rogers Parenting Book: Helping to Understand Your Young Child

by Fred Rogers

Mr. Rogers Talks with Parents by Fred Rogers

When a Child You Love is Grieving by Harold Ivan Smith

FOR GRIEVING TEENS

Grief Skills for Life: A Personal Journal for Adolescents About Loss by Judy Davidson

The Grieving Teen – A Guide for Teenagers and Their Friends by Helen Fitzgerald

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

by Marilyn Gootman

Teenagers Face to Face with Bereavement by Karen Gravelle

Straight Talk about Death with Teenagers: How to Cope with Losing Someone You

Love by Earl A. Grollman

Grieving for the Sibling You Lost: A Teen’s Guide to Coping with Grief and Finding Meaning After Loss by Erica Goldblatt Hyatt & Kenneth Doka

FOR GRIEVING CHILDREN

The Fall of Freddie the Leaf: A Story of Life for All Ages by Leo Buscaglia; ages 4 – 8

Missing Mommy: A Book About Bereavement by Rebecca Cobb

Where Did My Sweet Grandma Go? A Preschooler’s Guide to Losing a Loved One by Lauren Flake; for preschoolers

The Next Place by Warren Hanson

The Invisible String by Patrice Karst

How it Feels When a Parent Dies by Jill Krementz; ages 9 – 12

Sad Isn’t Bad: A Good-Grief Guidebook for Kids Dealing with Loss by Michaelene Mundy; 4 – 8

Where Are You? A Child’s Book About Loss by Laura Olivieri; ages 4 – 8

Voyage to the Star Kingdom by Anne Riley

Cry, Heart, But Never Break by Glenn Ringtved; ages 4 – 8

When a Pet Dies by Fred Rogers

Michael Rosen’s Sad Book by Michael Rosen; for ages 9 and up

When Your Grandparent Dies: A Child’s Guide to Good Grief (Elf-Help Books for Kids) by Victoria Ryan

Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies by Janis Silverman

I Miss You: A First Look at Death by Pat Thomas & Leslie Harker; ages 4 – 8

Badger’s Parting Gifts by Susan Varley

ESSAYS

When Bad Things Happen to Good People by Harold S. Kushner

A Grief Observed by C.S. Lewis

In Memoriam by Henri J. M. Nouwen

Lament for a Son by Nicholas Wolterstorff

MEDITATIONS; QUOTES; POETRY

Hope & Healing for Transcending Loss: Daily Meditations for Those Who Are Grieving by Ashley Davis Bush

Healing After Loss: Daily Meditations for Working Through Grief by Martha Whitmore Hickman

Seasons of Grief and Healing: A Guide for Those Who Mourn by James Miller

Poems on Grief by Mary Oliver

A Time to Grieve – Meditations for Healing after the Death of a Loved One by Carol Staudacher

The Art of Losing: Poems of Grief and Healing by Kevin Young

JOURNALING AND WORKBOOKS

Angel Catcher: A Journal of Loss and Remembrance by Kathy Eldon & Amy Eldon Turteltaub

Healing After Loss: A Daily Journal for Working Through Grief by Martha Whitmore Hickman

Processing Through Grief: Guided Exercises to Understand Your Emotions and Recover from Loss by Stephanie Jose

Forever in My Heart: A Grief Journal by Tanya Carroll Richardson

COPING WITH THE HOLIDAYS

Hope and Healing During the Holidays after the Loss of a Loved One by Jayne Flaagan

Surviving the Holidays Without You: Navigating Grief During Special Seasons by Gary Roe

A Decembered Grief: Living With Loss While Others Are Celebrating by Harold Ivan Smith

The Empty Chair: Handling Grief on Holidays and Special Occasions by Susan Zonnebelt-Smeenge & Robert De Vries

ADDITIONAL RESOURCES ON GRIEVING

No Winter Lasts Forever: Loving Bob and Loathing Alzheimer's by Fran Shelton

Resilient Grieving: Finding Strength and Embracing Life After a Loss That Changes Everything by Lucy Hone, PhD

Mysterious Moments: Thoughts that Transform Grief by Dr. Jane Williams

Healing through the Dark Emotions: The Wisdom of Grief, Fear and Despair
by Miriam Greenspan

Permission to Mourn: A New Way to Do Grief by Tom Zuba

The Jewish Book of Grief & Healing: A Spiritual Companion for Mourning
Edited by Stuart M. Matlins and Editors at Jewish Lights

Pilgrimage through Loss: Twelve Pathways to Strength and Renewal after the Death of a child by Linda Lawrence Hunt

And check out our list of Faith & Grief Book Club Books at

faithandgrief.org/book-club

A Symbol of Hope

A butterfly lights beside us like a sunbeam
And for a brief moment its glory
and beauty belong to our world
But then it flies again
And though we wish it could have stayed...
We feel lucky to have seen it.

-Unknown

