



Let your face shine on your servant; save me in your mercy.

Psalm 31:13

A MODEL GRIEF MINISTRY PROGRAM

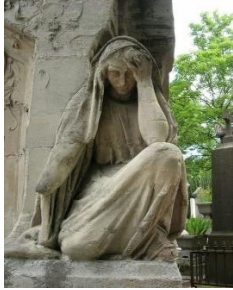
Catholic Archdiocese of Seattle

Our Mission

To assist those grieving throughout the Archdiocese of Seattle by providing spiritual and emotional support

Our Vision

To see the Holy Spirit and the graces of the Sacraments nourishing the bereaved.



Whom else have I in the heavens? None besides you delights me on earth.

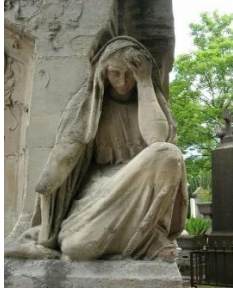
Psalms 73:25

PARISH-LEVEL GRIEF SUPPORT MINISTRY

Parish-level support groups can provide strength and comfort when individuals face difficult circumstances. Although our culture today seems to reward those who maintain an independent and resourceful self-confidence, everyone will encounter challenges at some point that will test their resolve. Frequently, individuals will find they are helpless and discouraged. Often, though, they can turn to groups of other individuals who support one another as they too face a similar struggle.

The Catholic parish is an ideal location to provide support groups for a number of challenges. They can host Alcoholic Anonymous chapters, National Institute of Mental Health groups, immigration advocacy teams, as well as other worthy programs. Perhaps, though, one of the most valuable support programs they can offer is a Grief Support Ministry Program.

The Catholic Archdiocese of Seattle offers the following Parish-Level Grief Support Ministry Program as a model for parishes. Under the leadership of Sharon Rasmussen, St. Stephen the Martyr Catholic Church in Renton has offered a highly successful Grief Support Group since 2003. Sharon has graciously offered to share this grief support program with other parishes in the hope that they will use it to offer support to those in their area that are seeking understanding and hope while suffering the loss of a loved one.



He will destroy death forever. The Lord GOD will wipe away the tears from all faces; the reproach of his people he will remove from the whole earth; for the LORD has spoken. *Isaiah 25:8*

THE PRESENCE OF CHRIST

We are offering this Grief Support program in the light of our Catholic faith. The very core of our faith is the understanding that Jesus is with us at every moment of our existence. Whether we are experiencing happiness, contentment, and peace, or facing discouragement, loss, or illness, we know that Jesus has also encountered these experiences, and He is with us at this moment. Please know that in these very sensitive gatherings, Jesus is very much with you.

CONFIDENTIALITY

Everything that participants share during a meeting is confidential. The monthly Grief Support meetings are a safe forum, and those attending will be vulnerable. When a participant shares what she or he is going through or what a loved one meant to him or her, they trust that those listening will respect their need for these very personal comments to be treated as confidential. They will not want their personal stories to be talked about outside this safe forum.

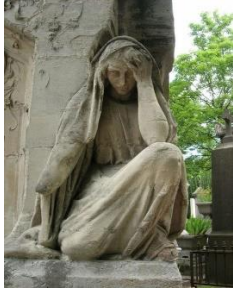
A WORD ABOUT NUMBERS

A parish Grief Support Ministry will have a natural ebb and flow over time. Initially, a new grief ministry at your parish may draw several parishioners who seek comfort and understanding or who want to share their experiences with others. As time passes, some initial participants may stop coming for any number of reasons. As you announce an upcoming topic in your parish bulletin, webpage or Flocknote¹ message, individuals who have not previously participated in the Grief Support program may join you for the evening but not continue. As word of mouth spreads about your new program, some parishioners who initially have not come may join you. This ebb and flow in the number of those who attend your program is quite natural.

¹ Flocknote is an application that allows the user to send out Email messages or text messages to large numbers of recipients

A WORD ABOUT CONSISTENCY

The Grief Support Group at St. Stephen the Martyr parish succeeds because it offers monthly gatherings to explore a series of grieving topics. As with other types of support groups, this program succeeds because those who are suffering grief need an ongoing program to help them regain some normalcy in their lives, and they need to be with others who are having or have had similar experiences. Each individual's grieving process is unique to him or her. Nevertheless, the grieving person will come to appreciate the benefits of meeting with others each month to understand the emotions and reactions they are experiencing.



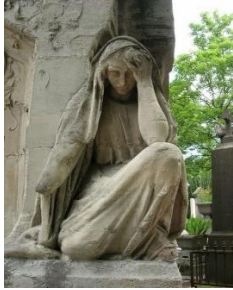
And Jesus wept.

John 11:35

THE BASICS

The following elements in each monthly meeting offer a consistent framework that participants will value as they continue to attend your Grief Support Ministry.

- ✓ Setup
- ✓ Initially Gathering
- ✓ Welcoming and Introductions
- ✓ Candle Lighting and Memory Stones
- ✓ " We Remember"
- ✓ Monthly Topic
- ✓ A Time to Share Stories
- ✓ Closing Prayer and Song
- ✓ Providing Grief Ministry Meetings During COVID-19 Pandemic
- ✓ Some Guiding Rules



This is my comfort in affliction, your promise that gives me life.

Psalms 150:19

SETUP

Select a location at your parish that is comfortable and peaceful. Since your group may range in size from only one or two to as many as eight or nine, large meeting areas such as social halls, church sanctuaries, or school classrooms may not offer the intimacy or closeness that would be conducive for a grief support program. Ideally, a room with easy chairs and a central coffee table would offer a welcoming environment.



The photo shown above was taken at a recent December grief ministry meeting at St. Stephen the Martyr parish. It highlights how a well laid-out central table can provide a pleasant and colorful setting for a grief ministry meeting.

Before guests arrive, a program facilitator should set up the room or area to make it comfortable. This may mean rearranging chairs and the central coffee table, as well as arranging snacks and beverages on a nearby table. If these initial details are not addressed, guests may form the impression that the program will not be rewarding.

The central table's arrangement is vital. A pleasant looking tablecloth can hide table stains and chips or other damage that can be distracting. As an alternative, you can place a long, rectangular piece of cloth on the table. Holy cards or prayer cards from the funeral services of loved ones can be placed on the table. Two items, though, are very important. First, the facilitator should place a candle in the center of the table and have a candle lighter nearby.² Second, the facilitator should have on hand a supply of rounded river rocks available on which attendees can write the names of loved ones. These 'memory' stones should be placed around the candle.

² Please check with your parish to see whether it allows the use of candles in meeting spaces. Some parishes consider candles to be a liability.



When you pass through waters, I will be with you; through rivers, you shall not be swept away. When you walk through fire, you shall not be burned, nor will flames consume you. *Isaiah 43:2*

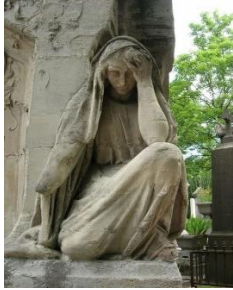
INITIALLY GATHERING

Choose a consistent time and location for each monthly meeting. Participants will need something predictable and normal that they can rely on. The loss of a loved one may have created a great departure from life patterns. Knowing that a Grief Support Program will meet each month on a specific date, at a specific time, and at a specific location will provide a new yet predictable gathering for those who want to meet others who are also grieving.

The Grief Support Group at St. Stephen the Martyr parish meets on the third Sunday of each month at 1 PM. You may find this arrangement to be suitable for your parish as well. On the other hand, you may find that meeting on a weekday evening at 7 PM or on a Saturday morning at 10 AM is a better fit for your parish. The date, time, and location that you select will be what works best for your needs.

When individuals initially gather for a meeting or program, they look for others that they know. If they see another parishioner, they will naturally approach that person to say hello and engage in small talk. If snacks and/or a beverage are available, individuals may move to the table where these are located. An incoming individual may approach the meeting facilitator and introduce himself or herself as a way to become comfortable. Facilitators should be on the lookout for newcomers and make an effort to welcome them and let them know when the grief ministry program will begin. Program attendees who have come previously should also make an effort, if they can, to welcome newcomers.

Some guests will arrive on time, while others will be early or arrive late. This is normal. About 10 minutes after the publicized starting time, the program facilitator should remind participants that the meeting will begin in 5 minutes. This will give attendees a few minutes to finish conversations and/or snacks and find their seats. The facilitator may also find it useful to ring a small bell or chime to remind attendees to take their seats. As participants are moving to seats, the facilitator or a volunteer should be lighting the candle.



Consider it all joy, my brothers, when you encounter various trials, for you know that the testing of your faith produces perseverance. And let perseverance be perfect, so that you may be perfect and complete, lacking in nothing.
James 1:12

WELCOME AND GREETING

The Welcome and Greeting allows the facilitator to formally begin the grief ministry meeting. He or she may want to use the following introductory remarks as an opening:

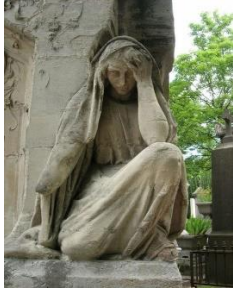
“Welcome to our Grief Support Group here at _____. This is an opportunity for us to share and to support each other on this journey of grief. Each of you found a laminated card on the chair you selected. Please join me at this time in reciting together the prayer *“We Gather.”*”³ Anonymous

Following this opening prayer, invite each individual to briefly introduce himself or herself and state how long it has been since his or her loved one died. Also, please acknowledge those coming for the first time

The opening prayer, ***We Gather***, serves two purposes. First, it helps the group to settle in and become focused. Second, this prayer begins the formal process of bonding together as a group. Although the initial socializing helps with this process, praying together is a powerful way to unite a group.

Asking each individual to state how long it has been since his or her loved one died is also an important tool. It allows each person to explain how recently the death occurred. When an individual states, for example, that a loved one died within the last month to six months, all will know that the wound may still be very fresh. When an individual states that a loved one died several years ago, participants will understand that the loss of a loved one may be a lifetime loss to carry.

³ See Appendix A for copy of ***“We Gather.”***



The LORD is good to those who wait for him, a refuge on the day of distress, taking care of those who look to him for protection. *Nahum 1:7*

CANDLE LIGHTING AND MEMORY STONES

The light of the candle symbolizes the Eternal Flame of God who is always with us as well as the warmth and joy of remembering our loved ones. It is an outward sign that their memory still burns brightly in our hearts.

The flame on a single candle may have a hypnotic effect on an individual who gazes at it. As it gently flickers, the flame symbolizes calm, peacefulness, warmth, and joy. It can encourage a sense of hope and trust, particularly when life is turbulent or unsettled. The flickering candle can allow the participant to feel at peace with his or her memories of loved ones, and it is a very strong symbol that our memory of loved ones continues to burn brightly. A glance at the flame as it burns can help to refocus an individual's attention when a word or memory has distracted that individual's attention during the meeting.

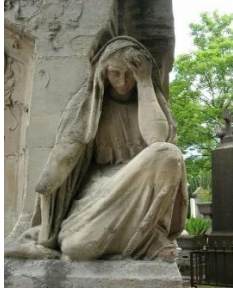
Memory stones are physical objects that represent the loved ones who are gone. These stones, in effect, tell everyone that in some way, there are far more participants at this gathering than the other individuals sitting nearby. All the loved ones are also present. These memory stones serve in some mysterious way as a bridge between the physical world in which we live and the supernatural world where God and all those who have passed before us now reside.



As noted previously, the memory stones will initially be placed around the candle. However, if an individual needs to hold the memory stone of his or her loved one, please allow that person to do so. By God's design, we cling to those we love, so it is quite natural to cling to the memory stone as a physical embodiment of the loved one.

When a guest initially joins the grief ministry program, the facilitator will invite the individual to come forward to select a stone. When the meeting ends, that guest will have an opportunity to inscribe the name of the loved one on the stone, using a marker with indelible ink.

The facilitator will ask each individual to leave the memory stone in the gathering space when the meeting ends. This will allow participants to know that they will always be able to find their unique memory stone each month when they re-gather.



Those who know your name trust in you; you never forsake those who seek you, LORD. Psalm 9:9

REMEMBRANCES

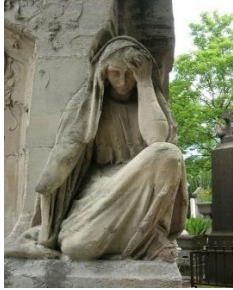
After the initial welcome and greeting, the facilitator next asks participants to share significant dates that will be occurring during the upcoming month. This is an opportunity to remember birthdates, wedding anniversaries, and the anniversaries of the deaths of loved ones. It's also a chance to recognize the birthdays of those attending the meeting.

This segment of the meeting may be one of the most sensitive moments of the gathering. Mentioning these dates may bring forth a flood of memories that each individual may handle differently. Some may be comfortable with these memories. Others may be suppressing the emotions that these dates bring forth, and these individuals may struggle with the losses they are now carrying.

Mentioning these birthdates and anniversaries, however, is another immensely powerful bonding tool. As each date is shared, all individuals will be implicitly allowed to help carry the grief of the individual who is sharing the information. All will sense that shared grief is a balm that God is offering to help us in the healing process. Holding the grief within us may seem necessary but giving our grief away may actually lift some of the burden from our shoulders.

After sharing these dates, the group will be asked to recite the poem ***“We Remember Them.”*** St. Stephen the Martyr parish has laminated copies of this poem, and this helps preserve these copies over time.⁴

⁴ See Appendix B for copy of ***“We Remember Them.”***



Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God.
Philippians 4:6

MONTHLY TOPIC

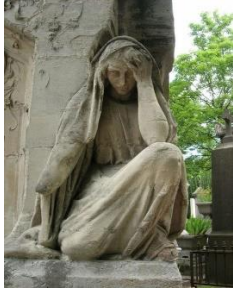
The process described thus far is repeated at each monthly meeting, and this monthly ritual is an important device to promoting stability in the lives of those attending these meetings. Since their lives have been upturned in many ways, knowing that each meeting will follow a common process may help individuals re-anchor their lives in a new ‘normal.’

Having said that, participants also come to monthly meetings to share their stories and obtain information on a wide variety of issues that they face. For example, individuals may want to share their thoughts about guilt, or anger, or helplessness, and they may want to receive information on tools they can use to address these emotions. Spending a portion of each monthly meeting on various topics will provide everyone an opportunity to address the challenges they are encountering.

Many valuable documents on relevant topics for a grief ministry program are now available on the Internet. Appendix C provides a comprehensive list of documents for your review. You may find them to be very useful to provide information during meetings and to serve as a source for discussion. These are public domain documents, which means they do not have copyright restrictions, and you may freely make copies for your grief ministry meetings.

St. Stephen the Martyr parish opted to choose a book, ***A Different Season – A Practical Guide for Growth While Grieving a Death*** by Joseph R Pfeiffer, as well as ***Bereavement Handouts – Reproducible Educational Handouts for Clients*** by Joseph R Pfeiffer and James Kent. These two resources have copyright limitations. However, they allow those who purchase these items to make copies. Appendix D provides a sampling of the discussion topics available in ***A Different Season***.

St. Stephen the Martyr parish begins this program segment with a prayer aligned with the topic for discussion and ends this segment with another prayer. ***A Different Season*** offers such opening and ending prayers.



How long, LORD? Will you utterly forget me? How long will you hide your face from me? Psalm 13:2

A TIME FOR SHARING

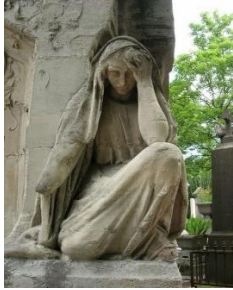
In this next segment, participants have an opportunity to share their stories. This is a particularly important time for those attending the program, since they will have a chance to talk about an individual they deeply loved. Some will readily share their story. However, others may be very uneasy at this time. Your program facilitator should be sensitive to each individual's attentiveness during this segment so he or she can step in if appropriate to move the sharing along.

When you begin this Sharing segment, you might want to begin with the following opening: **“In a few moments, we will be sharing our stories. As we do, let us place ourselves in the loving presence of our compassionate God. Please join me in listening to the following music.”**⁵

When the music concludes, the facilitator should encourage all present to read together **“Healing Prayer for Those in Grief.”** St. Stephen the Martyr parish made this available on the back of the laminated cards that provide **“We Remember.”**

The facilitator then asks participants to briefly review a list of guidelines (See Appendix G) and provides the following information: **“You are free to share or not share. Please do not interrupt the speaker, touch him or her, or do anything that might be a distraction. We are free to share what has helped us, but we do not impose our views on others. In addition, please do not comment on what others have shared.”** Alternatively, the facilitator may simply say: **“I invite you to share something that happened in your life during this past week.”**

⁵ Appendix E provides a list of musical selections for this segment of the program.



My God, my God, why have you abandoned me? Why so far from my call for help, from my cries of anguish?
Psalm 22:24

CLOSING

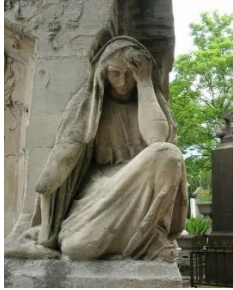
The Sharing segment does not have a time limit. At some meetings, sharing may become so important that no one wants it to end. In such cases, the facilitator needs to use some good judgment about appropriately ending the sharing. On other occasions, sharing may seem strained, and most participants may be relieved when this segment ends. The facilitator, in either case, should make the decision to continue or close this time for sharing.

The concluding segment serves several purposes. At the outset, the facilitator asks participants to retrieve their copies of the **Closing Prayer**.⁶⁶ St. Stephen the Martyr parish provides a laminated blue card to each participant. One side contains the prayer “**We Gather**,” and the reverse side has the “**Closing Prayer**.”

The facilitator next thanks all participants for attending this program and announces that “**The next meeting will be on _____, and the topic will be _____**.” The facilitator will also ask new attendees to complete an information survey. Appendix H provides a copy of this survey.

As a final activity, the facilitator asks those present to join in singing the **Closing Song**.

⁶⁶Appendix F provides the **Closing Prayer**.



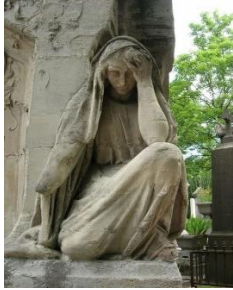
May our Lord Jesus Christ himself and God our Father, who has loved us and given us everlasting encouragement and good hope through his grace, encourage your hearts and strengthen them in every good deed and word.
2 Thessalonians 2:16-17

PROVIDING GRIEF MINISTRY MEETINGS DURING COVID-19 PANDEMIC

During normal times, a parish Grief Support Ministry will offer its program in one of the parish's meeting areas. The program segments described above are based on this working arrangement. However, since the novel coronavirus epidemic has emerged, times are no longer normal. Individuals and organizations, churches, businesses, professional sports groups, educational systems, and other entities are looking at new ways of performing activities. Offering a parish Grief Support Ministry is no different.

If a parish has sufficient space, it can provide monthly Grief Ministry meetings indoors. Since these meetings are clearly a religious activity, during Washington State's Phase 2 protocols, a parish can host up to 50 individuals at one time. Few if any Grief Ministry meetings will have that many participants. However, the requirements still hold that participants wear masks, sit at least six feet apart, using hand sanitizer, and indicate beforehand that they have not demonstrated any of the coronavirus symptom. Before each monthly meeting takes place, the facilitator and/or volunteers who have been properly trained must assure that all hard surfaces have been appropriately sanitized. After each meeting, the facilitator and/or volunteers must again sanitize all hard surfaces such as door handles, table surfaces, chair arms and backs. Finally, participants will not be allowed to use laminated cards.

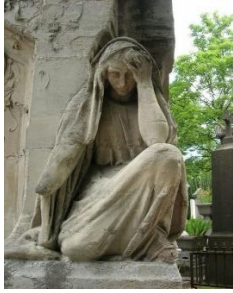
Zoom, a new videoconferencing application, may offer a viable alternative to in-person meetings. This application is easy to set up, and the individual or parish that enrolls in **Zoom** can use it cost-free for up to 40 minutes. If the user has not completed a meeting when this initial 40 minute time limit is reached, he or she can quickly begin a second cost-free 40 minute **Zoom** meeting. Participants should be comfortable with using a personal computer, laptop computer or smart phone. The facilitator simply sends out an Email message providing the time for the **Zoom** meeting, and participants respond to a set of prompts to join the meeting. If a participant's computer or phone has a camera, his or her photo will appear on the Zoom screen. Zoom also allows the facilitator to show handouts, such as prayers, or a photo of the table with candle and memory stones.



He will wipe every tear from their eyes, and there shall be no more death or mourning, wailing or pain, [for] the old order has passed away. *Rev 21:4*

SOME GUIDING RULES

A Grief Support Ministry facilitator should provide participants a set of guiding rules that will promote the healing process during monthly meetings. Appendix G offers a set of Dos and Don'ts.



We Gather

Anonymous

**We gather together today
To be with one another on our journey
Through grief and our climb to hope.**

**We come together knowing
That we are not alone in our struggles and
We believe we will not be left empty
In our search for renewed life.**

**We gather today with questions still
In our hearts, with mysteries still in our souls.**

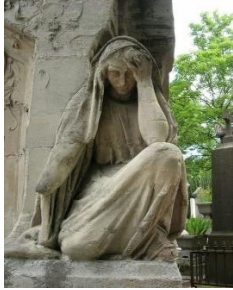
**Wherever our journey began
We continue as pilgrims after the truth,
Wherever it will lead us.**

**We join in this hour, preparing to find strength
For the living of all our days.**

**We come believing that in letting go
We can somehow gain, in sharing our weakness
We can somehow grow stronger.**

**In remembering our past we can find our way
Into our future, and in sharing our love
We can be confident it will never end.**

APPENDIX A



We Remember Them

Gates of Prayer (Reform Jewish Prayerbook)

**In the rising of the sun and in its going down,
We remember them.**

**In the blowing of the wind and in the chill of winter,
We remember them.**

**In the opening of buds and in the rebirth of spring,
We remember them.**

**In the blueness of the sky and in the warmth of summer,
We remember them.**

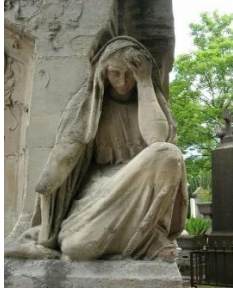
**In the rustling of leaves and in the beauty of autumn,
We remember them.**

**In the beginning of the year and when it ends,
We remember them.**

**When we are weary and in need of strength,
We remember them.**

**When we are lost and sick at heart,
We remember them**

**When we have joys we yearn to share, we remember them.
So long as we live, they too shall live
For they are now a part of us,
As we remember them.**



A COMPREHENSIVE LIST OF DOCUMENTS FOR EACH MONTHLY MEETING

“Life on Hold/ Returning to Normal”

<u>Life on Hold – The Weight of Death</u>	Edward Mills
Life On Hold	Bonnie Buxton
Dealing With Those Darn Grief Triggers	Harriet Hodgson

“Returning to a New and Different Normal”

When You’re Older and Coping With Loss	
The Three Most Important Questions You Can Ask Yourself When Mourning	Lou LaGrand
How to Reinvest in Life After the Death of a Loved One	Lou LaGrand
Why It’s A New Life After Your Loved One Dies	Lou LaGrand
It’s Also Okay Not to Grieve	Rob Anderson
<u>Your Own Best Friend</u> Adapted from <u>Life After Loss</u>	Bob Deits
Treatment For Grief and Depression	
<u>Heeding the Call of Life</u>	Fr. Arnaldo Pangrazzi
How to Use Linking Objects as You Mourn and Continue with Life	Lou LaGrand
How to Reinvest in Life After the Death of a Loved One	Lou LaGrand
Why It’s A New Life After Your Loved One Dies	Lou LaGrand
Moving Through Grief – What’s Normal	Lou LaGrand
How Your Life Can Have Meaning After the Death of a Loved One	Lou LaGrand
How Do I Know I’m Getting Better ? (Summary of a Workshop Presented by Dr. Bob Baugher)	
I’ll Sure As Heck Know I’m Better When	

“Family and Friends Grieve Too

Grieving As A Family	Victoria Hospice – Victoria, BC
How Families Mourn Together	Glenn Brynes, Ph.D., M.D. Carol Watkins, M.D.
I Sent You a <i>Kiss</i> Today	Darcie D. Sims, Ph.D.
Waiting for the Wake-Up Call	Darcie Sims – Bereavement Magazine Mar/Apr 1995
How Does It Feel? What’s It Like?	Sr. Stella Kelly
How Grief Changes Relationships	FAMILY & FRIENDS PATHways Center
Will I ever Get Over This?	Teenshealth
A Family Grieves	Janet H. Barton
Someday	Steven L. Channing
Don’t’ Take My Grief Away From Me	Doug Manning
Why You Are Never Alone, Especially When Mourning	Lou LaGrand
Kinship Praying Our Goodbyes	New Melodies Break Forth From the Heart

“Pain, Pain Go Away”

“Who Has the Worst Pain?”	Andrea Gambill
Pain, Pain, Go Away	Linda Davis
It Helps to Have Friends Who Will Listen	Author Unknown
There’s A Hole In Me	Johnie Maxwell
No Vacation	Kathy Boyette
Grief Hurts	
Grief Pain Seems Unbearable	
Surprising Moments of Springtime	Joseph Robert Pfeiffer
How Gratitude Will Reduce the Pain of Grief	Lou LaGrand
How to Lessen the Pain of Doing Your Grief Work	Lou LaGrand
How to Cope With Unavoidable Suffering	Lou LaGrand
Honor the Difference Between Necessary and Unnecessary Suffering	Lou LaGrand
Know How The Flowers Felt	Praying Our Goodbyes

“The Meaning of Healing/The Paradox of Acceptance”

Healing After Loss	Constance Clancy, Ed.D.
The Truth About Grief and Loss	Maud Purcell, LCSW, CEAP

Healing Grief vs. Closure	Emily Long
The Magic of Acceptance	L. Michael Hall Ph.D.
A Commitment to Life	Author Unknown
Helping Yourself Heal When Someone Dies	Alan D. Wolfelt, Ph.D.
The Forgotten Factor in Coping with the Death of Your Loved One	Lou LaGrand
Healer, Heal Me	Fr. Augustine Vallooran, Glen & Teresa La'Rive
<i>“How Long Will This Grief Last?”</i>	
When Will This All Stop? The End of Grieving	
How Long Will My Grief Last?	
How Long Does This Grief Journey Last?	
How Long (According to The Media) Should Greif Last?	Robert Baugher
How Long Should Greif Last?	Dr. Linda E. Jordan
Don't Grieve Too Long	Author Unknown
Accept Me	Marilyn Henderson
How Long Does Grief Last?	GriefJourney.com
A Test of Endurance Life After Loss Takes Time	Bob Deits
What To Do When The Sting of Grief Won't Subside	Sherry Russell
Why Crying is Coping and Why You Should Cry If You Can	Lou LaGrand
Getting Through Grief Takes Longer Than Most People Think	Lou LaGrand
You Need to Know Why Grief and Mourning Are Very, Very Different	Lou LaGrand
Does the Work of Greif Ever Really End?	Lou LaGrand
Grief Quiz	
<i>“Fears”</i>	
Find Courage In Your Fears	Nan Zastrow
Fear	
Grief and Fear	Emily
Living Between the Fear of Grief	Anna Farmery
Overcoming Fear	
Grief and Loss: Ways to Share Your Fears	Lou LaGrand
Fears	

Understanding Grief	The Compassionate Friends
Grieving Mindfully A Compassioante and Spirital Guide to Coping with Loss	
	Sameet M. Kumar, Ph.D.
<i>“New Beginnings/The Promise of Hope”</i>	
New Beginnings	Maralene Strom
Managing New Beginnings	
Getting Back on Your Feet Recovering Your Balance	Bob Deits
Survivors after Suicide A Program of Did Hirsch CMHC	Suicide Prevention Center
Beyond Grief – 7 Steps Toward New Beginnings	Jonathan Huie
Endings Give Way to New Beginnings living Abundantly From the Inside Out	
	Kate Mrgudic, M.A.
Trick or Treat	
Facing the Unknown After the Death of a Loved One	Lou LaGrand
Never Let Go How to Hang On to Hope When Mourning	Lou LaGrand
How to Use Memories to Establish a New Relationship with a Loved One	Lou LaGrand
Building a New Identity After the Death of a Loved One	Lou LaGrand
Understand and Move Toward the Seven Goals of Mourning	Lou LaGrand
Ten Keys to Improving Your Relationships as Mourning Begins to Ebb	Lou LaGrand
<i>“Pathways Through The Holiday Season”</i>	
Thanksgiving	John Curnutt
Coping With the Holidays During a Time of Loss	
I’m Not Ready, Yet ...	Darcie D. Sims GriefNet.org
The Blessings That Remain	Anne Johnson Flint
Survival Strategies for the Holiday Season	Judy Tatelbaum
Suggestions for Handling the Holidays and Special Days	
How to Cope with the Anniversaries of Tragic Losses	Lou LaGrand
10 Ways to Manage Your Grief at Holiday Time	Lou LaGrand
My Holiday Plan	
How to Help Yourself Through The Holidays When Mourning	Lou LaGrand

“Depression/Getting the Help You Need”

Grief and Depression	Nancy Schimelpfening	About.com
Depression and Grief		NetDoctor.co.uk
Types of Depression		Depression.com
Depression Questionnaire		
Depression During the Grieving Process		
Major Depression and Complicated Grief		American Cancer Society
Are You Depressed?		Depression.com
Signs That May Indicate Depression or “Feeling Bad”		
My First Christmas in Heaven		
Christmas Memories		Arden Lansing
Natural Depression Cures		
Depression in Men		
How to Deal with Depression When Mourning the Death of a Loved One		Lou LaGrand
Depression/Getting the Help You Need	Praying Our Goodbyes	Joyce Rupp

Other Handouts

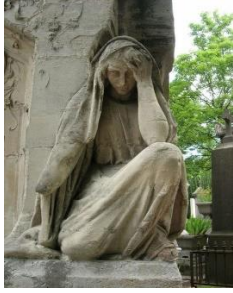
Helping Yourself Heal When Your Spouse Dies		Alan D. Wolfelt, Ph.D.
Mourning the Death of a Spouse		
Coping With the Death of Your Spouse	Rebuilding Your Life	
		Sheri & Bob Stritof About.com Guide
After My Husband Died		Mary Ellen Berry and Carmen Renee Berry
Suggested Reading for Widows		
Grief: The Price We Pay for Love		Darcie D. Sims Ph.D., CHT, CT, GMS Grief Inc.
A Few Simple Steps Towards Healing		
How To Help		
For This I Am Thankful		
Hints for Mourners		
The Hardest Work You Will Ever Do		Mary Cook
Myths and Truths		
Gone From My Sight		Anonymous

The Weaver

Kristone

Dealing With Caregiver Burnout

APPENDIX C



A Sampling of Discussion Topics Available In “*A Different Season*”

Life “On Hold”

Families and Friends Grieve, Too

The Meaning of Healing

How Long will This Grief Last?

Unfinished Business

Guilt

The Anger Within

New Beginnings

Remembering the Good Times

Getting the Help You Need

Returning to Normal

Pain, Pain Go Away

The Paradox of Acceptance

Fears

Looking at Your Expectations

If Only

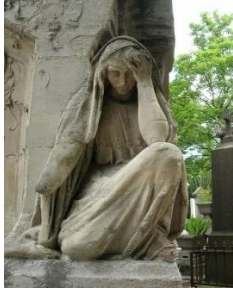
Give Yourself Permission to Grieve

The Promise of Hope

Depression

The Feeling of Falling Apart

APPENDIX D



Musical Suggestions

Catholic Classics - African American Sacred Songs Volume VII

“Lead Me, Guide Me”

“We’ve Come This Far by Faith”

Turn My Heart – A Sacred Journey from Brokenness to Healing – Marty Haugen

“Turn My Heart”

“Healer of Our Every Ill “ – Litany

A New Day – Steve Angrisano

“Daylight’s Ending”

Praise and Worship – Glen & Teresa La’Rive (Divine Retreat Center – Chalakudy, Kerala, India

“Healer Heal Me”

“They Know Not”

Josh Groban

“Be Not Afraid”

“Lean on Me”

“You Raise Me Up”

“Smile”

Josh Groban and Charlotte Church

“Let This Be Our Prayer”

Vince Gill

“Let There Be Peace on Earth”

Tammy Winette

“I Believe”

The Priests

“You’ll Never Walk Alone”

Joni Eareckson Tada

“Alone, Yet Not Alone”

Michael W. Smith

“Friends are Friends Forever”

APPENDIX E



A CLOSING PRAYER

Author Unknown

I choose to live and expect the best that life has to offer.

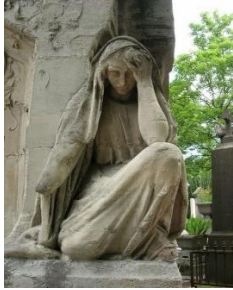
While death is a reality, I will remember that

Neither death nor life shall separate us

From the love of God. I am not alone.

I make my commitment to live life to the fullest,

With God's help.



HELPING OTHERS GRIEVE: DO'S AND DON'TS

Grieving is a very personal and sensitive experience. Each individual lives through grief differently. Nevertheless, the following suggestions will help those providing a Grief Support Program to avoid exacerbating the pain that individuals are experiencing.

Do: Give Them Permission

Allow the grieving person to cry, be sad or angry. It is OK to feel whatever she is feeling. Grief is a process and it takes time to work through all the feelings. Let her know that it is OK to cry, be angry, sad. Let them know that you are there, no matter what.

Do: Offer Your Support

You cannot understand his grief but you can relate to it by your own experiences. "I don't know how you feel but I know how I felt when I lost my... I know how hard this must be for you."

Do: Tell Stories

Talk about the person who died and use his or her name. Grieving people often state that "no one refers to him anymore."

Do: Reach Out

Be specific in your offers to help rather than "call me if I can do anything." Grief is hard work and people may not be able to ask for help but would gladly accept offers of assistance. "I'm going to the store on Friday; would you like to go with me?" "I'll take the kids to practice and bring them home." "I like to do yard work and I would like to help you with yours." "Let's plan on lunch next Wednesday."

Do Not: Use Clichés

While clichés may seem helpful, they often offend those who are grieving. And chances are they have heard them already. Just be present, and if you can't think of anything to say, ask an open-ended question. Allow her to share whatever she is feeling.

Do Not: Try to Take their Pain Away

No two people grieve the same way. Pain is part of the grieving process. You cannot carry his burden of grief for him. Don't tell him how to feel, allow him to tell you how he feels. It's not about you and your grief, it's about him and his grief!

Do Not: Minimize Grief

Since no two people grieve the same way, you do not know how she feels. Your grief was uniquely yours and her grief is uniquely hers. Allow her to experience her own grief. Avoid such things as "You must be strong," "They wouldn't want you to feel this way," "You shouldn't cry," "They had a long life."

APPENDIX G