

## **For Adults**

### **Death of a Spouse**

*Widow to Widow* written by Geneveive Ginsburg

Thoughtful, practical ideas for rebuilding your life: challenges, changes, decisions making and relationships.

*Finding your way after your spouse dies* written by Marta Felber

Practical wisdom, honesty and conversational prayer make this book beneficial for anyone who has lost a spouse.

### **Death of a Child**

*Waiting for Gabriel* written by Amy Kuebelbeck

Written by a woman whose infant son died of a fatal heart condition, this is a story of deep parental love, the blessings of a supportive family and cherishing life.

### **General Grief and Loss**

*Grief, what it is and what you can do* written by Joy and Marv Johnson

An easy to read booklet that addresses feelings, issues, rituals and caring for yourself after a loved one has died.

*Tear Soup* written by Pat Schweibert

A recipe for healing after loss, this book gives a glimpse into Grandy's life as she blends different ingredients into her own grief process. Appropriate for all ages and also available in VHS and DVD.

*How to go on living when someone you love dies* written by Therese A Rando

This resource leads you gently through the necessary process of grieving in this compassionate and comprehensive guide.

*Grievers Ask* by Harold Ivan Smith

Addresses many of the questions that grievors ask about death and loss in an easy to read format.

*Finding your way after your parent dies* Written by Richard Gilbert

Offers practical advice for those struggling after losing a parent.

## **Grief during the holidays**

*How will I get through the Holidays* written by James Miller  
12 ideas for dealing with the holidays for those who have had a loss.

### *Holiday Hope*

Remembering loves during special times of the year including Mother's Day, Father's Day, anniversaries and other significant days of the year.

## **Caregiving Issues**

*Caring for your Aging Parent, a guide for Catholic Families* written by Monica and Bill Dodds

Written in short, easy to read chapters, suggestions are offered for coping with elderly issues, living arrangements, mental and emotional health and spirituality.

### *Comfort and be comforted* written by Pat Samples

Affirming thoughts are written in over 100 reflections for people who are dealing with the complexities of caregiving.

## **End of Life Issues**

*The Four Things that Matter Most* by Ira Byock

Based on 4 simple phrases, this resource addresses the difficult conversations that families may have when a loved one is dying.

### *One you love is Dying, 12 thoughts to guide you on the journey* written by James E Miller

The author has pulled together 12 ideas to help you make the most of the time of caring for another person while you also find ways to care for yourself.

*As I Journey On, meditations for those facing death* written by Sharon Dardis and Cindy Rogers

A collection of stories and reflections for those facing death and the people who care for them. The meditations are educational, insightful and inspiring.

## **Parental Issues- helping a child dealing with the illness of or loss of a loved one**

*Preparing the Children* written by Kathy Nussbaum

This booklet is full of practical information and ideas for families facing the terminal illness or death of a loved one. Includes suggested activities for children and teens.

### *Heaven's not a crying place* written by Joey O'Connor

Written with warmth and understanding, this resource shows how to teach a child how to trust God and celebrate life, deal with grief and have hope in the face of loss.

## **For Teens**

*After you lose someone close* written by Amy, Allie and David Dennison  
Advice and insight from 3 teens that lost their father at a young age, they offer suggestions for anyone who has had a similar loss from a kid's point of view.

*And God Died Too* written by Marc Gellman

Written for teens trying to understand why bad things happen to good people, the message of God's great compassion and our ability to bear even the greatest burdens is offered here with a gentle wisdom.

## **For Children**

*I Miss You* written by Pat Thomas

This reassuring picture book explores the difficult issue of death for younger children, helping them to understand their loss and feelings they may be experiencing.

*The Rainbow feelings of cancer* written by Carrie and Chia Martin

This book gently invites children to share their thoughts, feelings and questions when a life-threatening illness has touched a parent or someone they love.

*What is Heaven like* written by Beverly Lewis

A beautifully illustrated book helps children who are coming to terms with the loss of a loved one or are simply curious. Scripture verses are included throughout the book.