

## Bereavement Books Bibliography

### Available:

**Where: St. Rose Adult Religious Education Lending Library  
St. Rose Religious Education Building  
38 Church Hill Rd; Newtown, CT  
When: whenever Religious Education office is open**

The St. Rose Adult Religious Education Lending Library Bereavement Books Collection Policy applies to all of these materials. These books do not replace any needed professional care. The children's books in the collection can be shared with children upon parental approval and with the understanding that parents or those closest to the children know each individual child and situation best.

### Adult:

**Barner, Leslie J. Encouragement for Brokenhearted Homes: On the Journey through Grief. Family Life, 2002.**

A source of comfort and encouragement, this compilation of writings guides those who grieve. God's presence and strength are emphasized. Sections include "Finding Hope in God", "The Power of Prayer", and "Experiencing God's Peace".

**Cavins, Jeff, and Matthew Pinto, eds. Amazing Grace for Those Who Suffer: 10 Life-changing Stories of Hope and Healing. Ascension Press, 2002.**

A collection of ten stories written by those who have suffered heart-breaking tragedies, the authors discover God's presence and grace in their pain.

**Chatman, Delle and Rev. William Kenneally. The Death of a Parent. ACTA Publications, 2001.**

Delle Chatman, who has lost both her parents, describes through fictitious stories the feelings and experiences of bereaved children. She stresses the valuable faith shown by her parents and her own faith in God for guidance and protection as she journeys through her life. Valuable meditations by Rev. Kenneally follow each of the eight sections.

**Curley, Terence. Six Steps for Managing Loss: a Catholic Guide through Grief. Alba House, 1997.**

Divided into two parts, this useful booklet first suggests six practices to follow while grieving, and then gives six prayer experiences. The author is a pastor, licensed Mental Health Counselor, and writer of other works on bereavement.

**Davis, Keith Gaddy. Oxalis: a Story of Renewal. Clayton Paige Publishing Company, 1998.**

Hope and healing for those suffering from depression are expressed in this inspirational story illustrated by an oxalis plant which appeared to be dead, but grew again. The importance of receiving help and reaching out for help are stressed.

**Davis, Verdell. Let Me Grieve But Not Forever: a Journey Out of the Darkness of Loss. Thomas Nelson, 1994.**

The author, who lost her husband in an airplane crash, describes her journey through sadness, her basis for hope, and the healing that she eventually reached in this touching book. Each chapter begins with quotes, many from Scripture, and ends with a prayer.

**Dodds, Bill. Your Grieving Child. Our Sunday Visitor. 2001.**

Covering more than 100 questions, this helpful, comforting book provides answers about death for children. The author describes how to make the answers appropriate for an individual child's development and situation.

**Drucker, Margaret. Companion to My Tears: Working through the Process of Bereavement. Alba House, 1995.**

Written by a widow who lost her husband suddenly, this helpful, spiritual booklet will comfort others who grieve. The author discusses six subjects from “Parting” to “End of Mourning”.

**Duquin, Lorene. Grieving with the Help of Your Catholic Faith. Our Sunday Visitor, 2006.**

Useful answers about grief, events, the past, and other subjects provide very helpful information to those who have questions as they grieve. Scripture and quotes of saints and others are included and comfort the reader. The author is the Director of Parish Life at a Catholic church in New York State.

**Felber, Marta. Finding Your Way after Your Spouse Dies. Ave Maria Press, 2000.**

This book, filled with over 50 brief entries of practical suggestions, prayer, and related Scripture, will comfort and guide those who have lost a spouse.

**Finley, Mitch. Whispers of God’s Love: Touching the Lives of Loved Ones after Death. Liguori / Triumph, 2004.**

Over 80 stories describing the presence of deceased loved ones are related in this interesting book that emphasizes that these encounters are loving and healing. The author provides reflective comments after each entry in order to join each story to our earthly lives and enrich our present lives with renewed faith, hope, action, and love.

**Floyd, Gregory. Grief Unveiled: One Father’s Journey through the Death of a Child. Paraclete Press, 1999.**

The author honestly and openly gives a heart-touching report of his emotions, questions, and journey while grieving the death of his son. His Catholic faith supports him as he heals.

**Fraser, Lyn. Water from the Rock: Finding Grace in Times of Grief. Paulist Press, 1994.**

The author, a bereavement support group facilitator, gives an opportunity to consider different small items and move towards healing in this comforting collection of over 60 brief reflections. Scripture is included at the beginning of each reflection.

**Gallagher, David P. Healing Takes Time. Liturgical Press, 2005.**

Containing sixty short entries to help a grieving person heal, each message includes encouragement from experience, Scripture, the reader’s reaction, useful actions, prayer, and space for journaling. God’s help is stressed in each meditation.

**Gilbert, Richard. Finding Your Way after Your Parent Dies: Hope for Grieving Adults. Ave Maria Press, 1999.**

While grieving the loss of his father, the author, a bereavement counselor and pastor / priest, describes his personal grief journey honestly, sharing feelings and experiences. Each chapter ends with a very helpful section of “Thought”, “Opportunity”, and “Prayer”.

**Groeschel, Benedict J. Heaven in Our Hands. St. Anthony Messenger, 1994.**

This inspirational book explains the Beatitudes so that Christians can use them as a guide in their lives. The Beatitudes are grouped in categories of purification, illumination, and union with God.

**Guntzelman, Joan. God Knows You’re Grieving: Things to Do to Help You Get Through. Sorin Books, 2001.**

The author, who has a Ph. D in counseling psychology, supports grieving people in this helpful resource. Entries include prayers, sacred writings, thought-provoking quotes, and the personal experiences of others.

**Hamma, Robert M. In Times of Grieving. (Prayers of Comfort and Consolation). Ave Maria Press, 2004.**

Organized into ten chapters around peoples' feelings as they grieve, each chapter is filled with prayer, Scripture from the Psalms, and reflections in this very useful, supportive book. Emphasis is placed on the importance of prayer for guidance, and on the awareness of God's presence, love, and care. A collection of everyday prayers precedes the chapters.

**Huntley, Theresa. When Your Child Loses a Loved One. (Hope and Healing Series). Augsburg, 2001.**

The author, a grief counselor, describes children's comprehension of death depending on their age, the ways children mourn, and how to help them through the process.

**Lambin, Helen Reichert. The Death of a Husband: Reflections for a Grieving Wife. ACTA Publications, 1998.**

A grieving wife describes her feelings and journey through the grief process in 40 heart-felt, honest reflections. The comments provide comfort and direction for others who have lost a husband, validating any similar feelings and experiences others may have and helping them heal.

**Leckey, Dolores. Grieving with Grace: a Woman's Perspective. St. Anthony Messenger, 2008.**

The author, who lost her husband unexpectedly, shares her journal entries, reflections, and questions in this inspirational book.

**Lewis, C. S. A Grief Observed. HarperSanFrancisco, 2001.**

Written after the death of his wife, Lewis honestly expresses his pain, doubts, comprehension of love, and other thoughts in this insightful book.

**Lewis, C. S. The Problem of Pain. HarperOne, 2001.**

The great writer, C. S. Lewis, discusses the problem of reconciling the existence of pain and suffering with God who is good and omnipotent.

**Luebering, Carol. Coping with Loss: Praying Your Way to Acceptance. St. Anthony Messenger Press, 2009.**

With compassionate understanding based on her own experience, the author gives reflections, relevant Scripture, and prayer suggestions in short entries related to denial, pain, anger, guilt, depression, and acceptance in this useful book that goes from grief to healing.

**Miller, James. How Will I Get Through the Holidays? 12 Ideas for Those Whose Loved One Has Died. Willowgreen Press. 1996.**

Twelve helpful suggestions for dealing with the holidays are given by the author in this useful book. Relevant quotations from well-known people accompany each suggestion.

**Miller, James E. Winter Grief, Summer Grace: Returning to Life after a Loved One Dies. Augsburg, 1995.**

Written by a grief counselor and pastor, this comforting, hope-filled book explains the feelings that occur after losing a loved one and suggests some helpful activities. Associating the seasons with steps in grieving, illustrated with beautiful nature photographs, and filled with quotes from the Bible and literature, the book emphasizes that God is with you through it all.

**Nouwen, Henri. Turn My Mourning into Dancing. Thomas Nelson, 2004.**

Well-known spiritual writer Henri Nouwen provides support and guidance to those who are suffering, reminding the reader that God is constant and present in all our circumstances.

**Poust, Mary. Parenting a Grieving Child: Helping Children Find Faith, Hope, and Healing after the Loss of a Loved One. Loyola Press, 2002.**

Packed with information and activities, this book, described as a “resource for parents, teachers, counselors, neighbors” on the cover, offers suggestions and ideas to help adults speak with children about death.

**Rabey, Lois. Moments for Those Who Have Lost a Loved One. NavPress, 2004.**

In 50 devotionals, the reader follows the author from the great pain of losing her husband in an accident to healing. The author openly and honestly describes her feelings and thoughts as she progresses. Each devotional begins and is based on a Scripture verse. Some “moments” include “When Anxiety Feels Overwhelming”, “The Trouble with Smaller Holidays”, and “God Whispers in the Whirlwind”.

**Schroeder, Robert G. John Paul II and the Meaning of Suffering: Lessons from a Spiritual Master. Our Sunday Visitor, 2008**

The author, who has a masters in theology, has written this useful book with the purpose of providing a “companion to illuminate the Pope’s teaching about the Christian meaning of suffering”. The six lessons in the book discuss themes from John Paul II’s work Salvifici Doloris. The lessons also include Scripture and writings of saints and others.

**Spencer, Glenn. Blessed Are Those Who Mourn: Comforting Catholics in Their Time of Grief. Our Sunday Visitor, 1999.**

Helping the broken-hearted find comfort in the Church, the author discusses aspects of the grief journey. A useful appendix includes prayers for the grieving.

**VanderWyden, P. William. Butterflies: Talking with Children about Death...and Life Eternal. Thomas More, 2001.**

Divided into three sections that cover preparation, different communication methods for different ages, and supportive advice, this helpful resource based on ideas from the experience of others, provides guidance for those speaking with children about loss.

**Vogt, Robert L. The Death of a Wife: Reflections for a Grieving Husband. ACTA Publications, 1997.**

Heart-felt thoughts and poems express a husband’s grief about the loss of his wife, and confirm his trust in God and knowledge that God is with him.

**Westberg, Granger E. Good Grief: a Faith-based Guide to Understanding and Healing. Augsburg, 1997.**

Ten common stages of grief from shock to affirmation of reality are explained in this helpful, hopeful, comforting book that emphasizes the importance of faith. All kinds of losses are covered.

**Wezeman, Phyllis and Kenneth R. Wezeman. Finding Your Way after Your Child Dies. Ave Maria Press, 2001.**

This discussion of 52 themes, including many holidays and everyday events, helps parents grieve the loss of their children. Each section in this sensitively written book includes a reflection, ritual, reading, and response.

**Whitson, Stephanie Grace. How to Help a Grieving Friend: a Candid Guide for Those Who Care. NavPress, 2005.**

A grieving wife gives useful words to say or not say to comfort grieving friends. She describes “How It Feels” and “How to Help” as she goes through three phases of her grief, helping others understand, if only in a small part, what she is going through. In her introduction she emphasizes “Don’t stay away. Don’t stop trying”.

**Woods, Margolyn and Maureen MacLellan. Comfort for the Grieving Heart. SunCreek Books, 2002.**

Over 40 comforting, brief stories by different contributors touch and aid in healing those who grieve. Scripture and a short point follow each inspirational story.

**Wright, H. Norman. Experiencing Grief. B&H Publishing Group, 2004.**

Written with the purpose that “everyone... understand the process and normalcy of grief”, the author, who lost his son, explains grief, the feelings associated with it, and how to progress as the reader walks through the process and reflects on the included Scripture.

**Children’s:**

**Barker, Peggy. What Happened When Grandma Died. Concordia Publishing House, 1984.**

When her grandmother dies, a child is consoled in this hopeful, easy to understand picture book in which a father explains to her that the grandmother has left three things behind on earth, but now has three wonderful new things promised by God.

**Bohlmann, Katherine. Grandpa, Is There a Heaven? Concordia Publishing House, 2008.**

A grandfather answers his grandson’s questions about heaven, death, and other sensitive topics in this well-illustrated picture book. Relevant Scripture verses follow each answer.

**Bostrom, Kathleen Long. Papa’s Gift. Zonderkidz, 2002.**

A strong relationship between a girl and her grandfather is illustrated in this touching story of first, happy activities between the two, then the grandfather’s death, and finally the girl’s coming to terms with her loss with an understanding that though “I can’t see you with my eyes anymore...I can see you with my heart”.

**Coleman, William L. When Someone You Love Dies. Augsburg Fortress, 1994.**

Designed for use by children ages 8 to 12 and their parents, this comforting book gives guidance for explaining death, discusses feeling of those grieving, and helps children work through their grief. Over 40 topics that answer common concerns of children are covered in brief chapters.

**DeyMaz, Linda. Mommy, Please Don’t Cry...: There Are No Tears in Heaven. Multnomah, 2003.**

Written by a mother who lost her child, the author expresses her vision of children’s activities in heaven in this beautifully illustrated, comforting book.

**Dokas, Dara. Remembering Mama. Augsburg, 2002.**

Memories of the girl’s mother comfort and help a young girl and her father work through their grief in this sensitive picture book. At the end of the book the author includes a helpful section for parents of useful ideas to assist children in healing.

**Gant, Lea Gillespie. Never Say Goodbye. Thomas Nelson, 2003.**

A simple story of a little bunny and a loved one; this book helps children understand death and have hope in the future.

**Henley, Karyn. Gram’s Song. Tyndale Kids, 2003.**

This hopeful story shows Anthony’s warm relationship with his grandmother, and his grief when she dies. He is comforted by memories of her, especially her song that emphasizes God’s presence in the verses, “God is near, so I never fear, and I walk with His hand in mine”. Very helpful information for parents or teachers is included before this beautiful story.

**Moss, Mary Martha. God Is Here...When Bad Things Happen: Helping Children Cope with Tragedy. Pauline Books & Media, 2002.**

Beginning with a letter to parents containing some basic truths of faith, the author has provided an excellent resource for parents and teachers to discuss suffering. This inspiring book has a fictional story to share with children, questions, and activities, as well as a prayer for parent and child.

**Mundy, Michaelene. Sad Isn't Bad: a Good-Grief Guidebook for Kids Dealing with Loss. (Elf-help Books for Kids). Abbey Press, 1998.**

The author, a school counselor, explains the feelings that come with grieving, and helpful actions for children to do in this practical, comforting children's book.

**O'Neal, Ted. When Bad Things Happen: A Guide to Help Kids Cope. (Elf-help Books for Kids). Abbey Press, 2003.**

In this well-illustrated, useful picture book, the author deals directly with things that hurt children, describes common feelings, provides assurance by trusting in God, and suggests ways for children to deal with their losses. God's consistency, presence, and love are stressed.

**Ryan, Victoria. When Your Grandparent Dies: a Child's Guide to Good Grief. (Elf-help Book for Kids). Abbey Press, 2002.**

Helping adults support children through the grieving process, this picture book contains an explanation of occurrences, a description of common feelings, and some answers to children's possible fears and questions.

**Stickney, Doris. Water Bugs and Dragonflies: Explaining Death to Young Children. Pilgrim Press, 1997.**

Illustrating our belief that death brings transformation, this fable describes a water bug's sudden departure from her pond, and her change into a dragonfly.

**Tangvald, Christine Harder. Someone I Love Died. Chariot Victor, 1988.**

While recognizing children's feelings and fears about death, the author provides comfort based on God's sovereignty. Useful activities for handling grief are included.

**All Ages:**

**Schweibert, Pat. Tear Soup: a Recipe for Healing after Loss. 7<sup>th</sup> ed. Grief Watch, 2007.**

A comforting book that uses the making of "tear" soup by the character "Grandy" to illustrate and explain the grieving process, emphasizing that every person will grieve in their own way. The recipe's ingredients to consider, directions, and suggestions, as well as the illustrations, aid in understanding the process of grieving and healing.