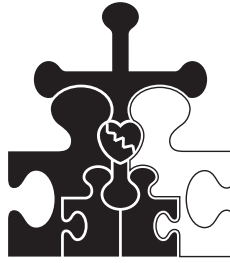


A photograph of a winter landscape. In the foreground, a snow-covered path or road curves to the left. A rope fence with dark wooden posts runs across the path. The trees are bare and covered in snow, with some evergreens in the background. The sky is a pale, overcast grey. The entire image is enclosed in a double-line border, the inner one being a dark red and the outer one a gold.

Understanding Losses and Grief

written by Cheri Rogers



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- *The Grieving Process*
- *Physical Reactions to Grief*
- *Five Stages of Grief*
- *Grief and the Primary Caregiver*
- *Grief as It Relates to:*
 - *Men*
 - *Women*
 - *Children*
 - *Teenagers*
 - *Pets*
- *Resources to Aid in Times of Grief or Loss*

“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.”

2 Corinthians 1:3-4 NIV

Understanding Losses and Grief
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This booklet was written to be informative for those who are dealing with loss and grief. Willowbrook Baptist Church makes no representation to be authoritative on the substantive issues of this publication. The Resource List is provided as a courtesy. The contents of each resource, while deemed to be beneficial for some, do not necessarily represent the views, opinions, or theology of Willowbrook Baptist Church, its leadership, or the Grief Recovery Ministry.

September 2007

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Introduction

When illness or death comes into your family, it may trigger fear and intense emotional pain. The future is uncertain. If you or someone you love is currently grieving the loss of health, please do not assume that the illness will end in death. No one can predict when anyone will die.

When sudden death occurs, the shock can be overwhelming. Whether your crisis is the sudden death of a loved one, the diagnosis of a life threatening disease, or the death of a loved one from a prolonged illness, you may feel like you have entered the darkest period of your life. There is light at the end of this darkness. You will make it through this tunnel – one day at a time. The Grief Recovery Ministry Team of Willowbrook is here to help you through. We cannot take away your pain, but we can certainly walk beside you.

This booklet has been compiled to help you better understand grief and how it may affect you and those you love. The information will enable you to journey through this crisis with more understanding and less fear. Please, read the entire book even though some chapters may not seem to apply to your current loss.

I seem to be falling apart.
My attention span can be
measured in seconds.
My patience in minutes.
I cry at the drop of a hat.
I forget to sign the checks.
Half of everything in
the house is misplaced.
Feelings of anxiety and
restlessness are my
constant companions.
Rainy days seem extra dreary.
Sunny days seem an outrage.
Other people's pain and frustration
seem insignificant.
Laughing, happy people seem
out of place in my world.
It has become routine to
feel half crazy.
I am normal I am told.
I am a newly grieving person.
– Anonymous

Understanding Grief

A grieving mother, whose son had been killed in a freak accident wrote, “I don’t like the world so much, now that he’s left us.” Because of your circumstances, you may not like the world as much either. The world is not bright and sunny for those who are grieving. Some days are better than others, but in general there is a heaviness that engulfs you. Your emotions seem to have a mind of their own, which may cause you to feel completely out of control. It is a time of shocking realization that crashes in upon you, leaving you bewildered and wondering if it will ever end. You may wake up thinking, “Thank God, it was only a nightmare!” and suddenly realize to your horror that it was not a dream; the loss has occurred and you are left to deal with it.

There are many aspects of grief that are strange and may catch you off balance. During grief you may feel powerless over your emotions and circumstances. You may feel vulnerable. Friends and family often offer advice that is not helpful and may even be hurtful. People may blunder in their attempts to make you feel better. It will be easier to forgive them if you recognize that their intentions were good even if the results were not. Until people have experienced deep grief, they are not aware that a hug can be more healing than words.

Hopefully, the information presented here will help you

regain your balance and provide you with a better understanding of the grief process. Each person's grief is unique while sharing similarities with all those who grieve.

Grief Defined

In the simplest terms, *grief* is emotional suffering caused by a loss. There are all kinds of losses in our lives and we suffer to some degree with each of them. Many losses are far reaching and affect our identity, our lifestyles, or our independence for the remainder of our lives. For instance, loss of a job, a pet, your health, or a body part will touch other areas of your life. However, the death of a friend or family member is arguably the most powerful loss.

Your sense of control is lost when things do not go as you had planned. Your dreams are shattered. You may grieve for the initial loss as well as all those areas of your life touched by the loss.

Everything and every person in your life meets some kind of need within you. When that person or thing is no longer present, you experience a loss and you suffer emotionally. The greater your losses the more severe your suffering can be.

Grief is the price you pay for loving. It is essential to work through your grief, or you will never be capable of giving and receiving deep love again because you will subconsciously protect yourself from the incredible pain of grief.

Understanding Grief Past and Present

When associated with death, the grief process seems to be harder to understand today than it was a hundred years ago. Back then, the average lifespan of a man in the United States was forty-six. It was not uncommon for women to die in childbirth, for children to die in infancy, or for disease to rage through a community killing many. Loss and suffering were not welcomed parts of life, but almost everyone experienced them at a young age.

People suffered and died at home because there were few hospitals and no nursing homes. The grief process was worked through with the help of the family and community. All family members took part in the funeral preparation. The women washed and dressed the body while the men built the coffin. Feelings of grief were shared and support was given.

Religious faith centered more on beliefs that were encouraging in times of suffering rather than on Scripture that focused on healing and prosperity. Christians expected hardship, but they also understood that Jesus would walk them through the tribulations of life (Psalm 23; John 16:33; Hebrews 13:5 & 6).

“Why?” was not the screaming question that it is today. We expect medical science to relieve suffering while keeping death far from us. Our high-tech society can make it hard for

us to accept that some things in life remain a mystery and beyond our control.

We are blessed to live in a time of miracle drugs and cures, but we are less prepared to deal with suffering and loss than our ancestors were. In our mobile society, we may find ourselves far from friends and family in our time of greatest need. At Willowbrook Baptist Church, we have caring volunteers who are here to assist you if you find that you need someone who can listen, give support, and understand.

Understanding the Grieving Process

No two people grieve exactly the same way. How you have handled difficult situations in the past may indicate how you will handle grief. Most people find that the grief process is an emotional roller coaster ride where they feel completely out of control. One minute you can talk about your loss, the next minute you are in tears. This is normal but confusing, frustrating, and frightening.

Sometimes the frustration and pain are so great that we are encouraged to take prescription drugs or tempted to use alcohol to ease the pain. Sleeplessness and prolonged excessive stress can cause chemical imbalances in the body. Taking antidepressants, tranquilizers, or sleeping pills for a limited time can be helpful but should only be taken with the supervision of a physician. Even with this chemical assistance, grief is still painful. There are no short cuts through it.

Although prescription drugs tend to help initially, ultimately they slow down and extend the grieving process. Attempting to escape the pain or shorten the process is like attempting to hold a beach ball underwater for the rest of your life. The grief will eventually surface. Medicating your pain, working nonstop, or filling your loneliness with another person is not a longterm solution. People who attempt to escape the pain of grief by denying their emotions deny themselves the

healing that comes with the grieving process.

All drugs have side effects. If depression, sleeplessness, tiredness, or anxiety is a side effect of medication you are now taking, talk to your doctor about a substitute. Grief is difficult enough without taking a medicine that can make it worse.

Grieving the death of a loved one may last from six months to three years or longer. Crying because of, talking about, and working through your loss may be the hardest experience of your life. You will do this one day at a time, the best you can on any particular day. Some days will be better than others. You can and will survive.

Being a Christian or having confidence that your loved one is in Heaven does not deliver or insulate you from grief, but it does enable you to grieve with a sense of hope (1 Thessalonians 4:13). God is the One who gave us emotions. We will feel sorrow when a person precious to us is critically ill or has died, but Jesus said that those who mourn will be comforted (Matthew 5:4). Jesus will never leave you or forsake you (Hebrews 13:5). The Lord walks through the valley of the shadow of death with the caregiver and the critically ill person (Psalm 23). You are not alone. Jesus will strengthen you (Philippians 4:13).

During this time, “Trust God from the bottom of your heart; don’t try to figure out everything on your own. Listen for God’s voice in everything you do, everywhere you go; he’s

the one who will keep you on track” (Proverbs 3:5-6 The Message). The Bible tells us to believe in Jesus and we will be saved (John 3:16, 5:24, 6:47; Romans 10:9, 10:13; 1 John 5:11-13). The *Amplified Bible* expounds upon what believing in Jesus means: it is to adhere to, rely on, depend on, and trust in Jesus. That level of believing in Jesus Christ will not only guarantee your salvation when you die, it will carry you through this difficult time.

Whether your faith is weak or strong it may be challenged by many unanswered questions. We seldom fully understand why God has allowed circumstances to develop as they have. We live in a fallen world where bad things happen to everyone. Jesus told us that in this world we would have tribulation. He also told us He would get us through it (John 16:33; Psalm 37:39). We can run to Him or away from Him into total darkness. It takes no faith to trust God when we have all the answers. When we don't understand His ways, we must trust His heart.

Understanding Physical Reactions to Grief

Being aware of possible physical reactions to grief can prevent undue alarm. Talk to your doctor if you should notice any of these symptoms, but don't be surprised if you are told that it is related to your grief.

- Sleep disturbance
- Confusion
- Lack of concentration
- Indecision
- Aimlessness
- Restlessness
- Sense of emptiness
- Sighing constantly
- Difficulty breathing
- Shortness of breath
- Low energy levels
- Sudden weight loss/gain
- Headaches
- Backaches
- Constant colds
- Dizziness
- Blurred vision
- Chest/throat tightness

Unreleased emotions may cause some of these physical

symptoms. Use whatever has been helpful to you in the past to express your emotions in a positive manner. Many people find talking to a friend, praying, or keeping a journal beneficial.

If you have never kept a journal, you may not be aware that it can be of tremendous value during this distressing time. Should you choose to try it, a year from now you will be so thankful that you did. It will comfort you and enable you to see the progress you have made during this very difficult season. How much, how often, and what you write ultimately depends on you. The suggestions below are from people who have traveled a similar path. Perhaps their suggestions can help you make your journey with a little less pain or in a shorter period of time.

Why keep a journal?

- Writing a journal will help you identify your thoughts and feelings during a very emotional and confusing time.
- You can write what you might not be able to say out loud.
- Writing about them on paper helps to get painful feelings out and will begin the healing process. Don't be afraid to feel whatever you feel. Recording those feelings lessens their power in your heart and mind.
- Your memory is not as sharp when you are grieving. Months from now you will be glad to have your written account to help you recall details that might otherwise

be lost.

- Recording your personal thoughts, feelings, reflections, and beliefs can bless those who love you if you choose to share your journal with others.

Force yourself to begin your journal today. Each day write something. You may look for excuses to delay, but I promise, it will help you. Holding those feelings inside will drain you of precious emotional and physical energy.

You may wonder how to begin writing your journal. Here are some thoughts to get you started:

- Since your death I have felt...
- Some nice things people have said are...
- Some stupid things people have said are...
- I wish I had...
- I wish you had...
- I wish I had asked you...
- Dear God, I am angry that...
- I regret that...
- My best memories are...
- The thing I miss most is...

The list could go on and on, but you get the idea. It's therapy. You're the therapist. Getting those deepdown feelings and thoughts out helps you heal faster.

Please, help heal yourself. As you pray or maintain a journal, honestly pour out your heart to God. He is the only One

who can heal your broken heart (Psalm 147:3). “The Lord is close to the brokenhearted and saves those who are crushed in spirit” (Psalm 34:18 NIV). Ask Him to heal your broken heart and life.

Understanding the Five Stages of Grief

Dr. Elizabeth Kubler-Ross, a noted expert on grief, identifies five commonly recognized stages of grief: *shock and denial, anger, bargaining, depression, and acceptance*. It is helpful to be acquainted with these stages in order to better understand yourself and others who may be in a particular stage. Not everyone progresses through all of these stages. Rarely does anyone progress through the stages in a textbook fashion.

Grieving seems to go in cycles and no two family members seem to be at the same stage on the same day. Differences between family members' grieving cycles can cause discord and misunderstanding. A stage in the cycle may last from hours to months. Some individuals have been known to go back and repeat a stage. It is impossible to estimate how long any individual will grieve or how long he or she will remain in a particular stage of grief. The cause of death can influence the grieving time and stages. Communication and understanding are helped if we learn to recognize the symptoms of each stage.

I. SHOCK AND DENIAL

When in shock, everything seems to be unreal. There is a numbness that allows you to react in automatic or mechanical

ways. Your mind and body may seem disassociated. You may be disorganized and disoriented. Shock is similar to a “trance-like” state.

Denial is the period when dealing with reality is more than the mind can withstand. It is a defense mechanism or escape that may be manifested in many different ways. “It’s a mistake!” is often the initial denial reaction to a sudden death or a terminal diagnosis. With a person who has been recently diagnosed with a life-threatening disease, denial may manifest by the person not taking medication or not going for scheduled treatments.

Asking the patients, “How sick are you?” or asking the caregiver, “How sick is your loved one?” will reveal if denial is operating. A person with lung cancer who is in denial might answer that he “just has a bad cold.” Denial can last for days or weeks if the person who died often traveled for extended periods. Denial can last for years in families when circumstances make it impossible to have a physical burial as can happen in war and violent death.

II. ANGER

Anger is the most difficult stage to understand in ourselves and those we love. “I don’t deserve this!” “Why me?” and “Why my loved one?” are typical expressions of resentment, bitterness, frustration, and rage. These expressions of anger

may be directed at one's self, family members, doctors, nurses, God, or no one in particular. Expressing anger in a nondestructive way can be difficult. Like a wounded animal, people who are in physical pain or who are emotionally wounded often attack those who want to help them.

The following are some suggestions on how to express anger without hurting another person:

- Roll up the windows in your car and scream
- Beat on a pillow or a bed
- Beat on a rock or tree with a plastic bat
- Exercise
- Keep a journal
- Write a letter, etc.

If you are angry with God, be honest and tell Him. It can be healing! One constructive way to express anger toward another person is to say, "When you _____, I feel _____, because _____." For example, "When you tell me what to do, I feel angry, because I feel like you are treating me like a child."

If you are angry, be honest about it. Anger is not a sin, but it is easy to sin while expressing anger. According to Scripture, God gets angry but He does not sin. Paul tells us to put off falsehood, to speak truthfully, and to get over our anger quickly (Ephesians 4:25-26).

III. BARGAINING

This is the stage in which most people examine their spiritual beliefs. Some people accept Jesus during this period while other people who have wandered far from their spiritual roots may begin to seek the God of their youth. They may bargain with God by making all kinds of promises to Him, if only He will meet their needs in this situation.

Many people renew their devotion to God by allowing Jesus to become Lord, not just Savior, of their lives. Confessions are made and forgiveness is received by the truly repentant. It is at this time that a minister or counselor may be most helpful.

For the critically ill, bargaining may take the form of goal setting. The patient may pray or determine to live until a certain date on which a special occasion is to occur, such as a daughter's wedding or graduation.

IV. DEPRESSION

When it looks as though things will not work out the way the grieving person or patient had hoped and that life will never again be the way it once was, depression enters. There is a sense of hopelessness and helplessness. Nothing matters anymore. When these thoughts are dominant, they may be reflected in a change of eating habits, personal grooming, or emotional and physical withdrawal. The depressed person has a feeling of sinking into a pit of depression, you can stop it by

beginning to get the help you need.

- Make a list of all the drugs you are taking. Ask your physician or pharmacist if any of the drugs have a side effect of depression. If so, ask for a substitute.
- Medications that cause you to be sleepy should be taken at night. Drugs that cause sleeplessness should be taken in the morning.
- Talk to your doctor. Antidepressant drugs may be needed.
- Talk to a counselor who is familiar with the grieving process. ***If thoughts of suicide occur, immediate counseling is critical!***
- Talk to yourself. Force yourself to think of the blessings you do have, while facing the reality of the losses. Choose to focus on the positive while counting the blessings that remain (Philippians 4:6-8). “Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and He will come near to you” (James 4:7 & 8 NIV).
- Make yourself exercise at least twenty minutes each day.

After a loved one has died, it is not uncommon for the grieving person to feel lost in familiar places, wander aimlessly in the house, daydream, hear the voice of the deceased, or hear a noise associated with the deceased. These are normal symptoms of grief. You are not going crazy!

V. ACCEPTANCE

When the denial, anger, bargaining, and depression are worked through in relation to a life-threatening illness, there is a peace that indicates acceptance. Some people never experience acceptance; others move rapidly into it. When a terminally ill person is in the stage of acceptance, he or she will most likely:

- sleep more,
- talk less,
- watch very little or no TV,
- lose interest in the outside world,
- desire few visitors,
- begin to withdraw emotionally from this world.

The family usually needs more understanding and support than the patient at this time.

Acceptance for those who have lost a loved one in war, to disease, or in an accident can be long in coming. They may keep trying to make sense out of the suffering and loss. Life may be seen as unfair and cruel. It is easy to forget that birth and death are the first and last pages to every individual life. We honor the loved one who has died when we read all of the pages of his or her life in our memories and celebrate the love we shared.

Acceptance for those who have lost a loved one has been reached when we:

- Realize that our lives must still be lived.
- Begin to live in the present, while releasing the past.
- Allow God to use us to minister to other people who are now walking through the tribulation of illness or grief.

We can encourage and comfort others, as we have been encouraged and comforted by God (2 Corinthians 1:3-4).

Suicide is one of the most difficult types of death to accept. There is so much shock, confusion, betrayal, anger, and guilt for loved ones to process that death by suicide can be overwhelming. Friends and family alike tend to believe that they should have been able to prevent the suicide. If you had seriously believed that your loved one was thinking of hurting himself or herself, you would have taken steps to prevent it. Hindsight is always perfect. Most people are not educated to recognize the symptoms of suicidal thinking. Physicians and health care professionals sometimes miss the warning signs. ***If your grief is related to suicide, seek counseling.*** Because this type of death involves such complex issues, an objective party can facilitate healing more effectively than family or friends.

Death from AIDS, miscarriage, stillbirth, abortion, sudden infant death, or sudden death by accident, heart attack, or murder can all create unique grieving issues for the survivors. Counseling may be necessary in order to accept the loss.

Grieving usually begins for the patient and family with the diagnosis of a life-threatening illness. If the patient's illness has continued for years, you may be more prepared than others to face the impending death, but it is impossible to understand the depth of your loss until your loved one is gone. There may be a sense of relief that he or she is no longer suffering, but you must still grieve.

Whether a death is expected or unexpected, acceptance may come slowly. There is wisdom in seeking help. The help may come from individual counseling, support groups, or medical assistance. Regardless of where you go, please be wise and allow yourself to get the help you need.

TASKS OF GRIEF

J. William Worden

- Recognize and accept the reality of loss.
- Allow yourself to feel the agonizing pain of the grieving process.
- Let go of the past and the way life was before your loss by adjusting to life without the deceased.
- Reinvest in life by enriching existing relationships and developing new relationships.

Make a decision to allow your broken heart to heal. Only God can heal a broken heart, but you must co-operate with the work of God and the grieving process. If you refuse, your ability to receive and give love will be hampered. Those who remain alive deserve to be loved and to give love. This honors God and the deceased. Sinking into an endless, loveless state of existence honors no one.

INDICATIONS THAT GRIEVING IS FINISHED

J. William Worden

1. When the tasks of grieving are accomplished.
2. Thinking of the deceased does not cause wrenching pain that was felt previously.
3. Thinking of the deceased does not prompt intense crying or tightness in the chest.
4. Emotions are reinvested back into life and in the living.

Parents & Grief

During a crisis such as an illness or death of a child, a woman will usually want to express her emotions by talking and/or crying with her husband or a close friend. Most women talk about how they feel. Men generally resist talking about their feelings because they do not believe that talking will change anything or make things better. Unfortunately, when we do not express painful emotions by talking, writing, or crying, the emotional pressure increases rather than diminishes.

Most men talk about people, things, and events; but it is a rare man who freely discusses how he feels. Expression of emotions may seem like a weakness to him. Men have been taught to “be in control” of their lives, families, and emotions. Illness, death, and other major losses are frightening because a man may begin to realize how little control he really has to protect himself and his loved ones. When he feels his emotions rising, it is more likely that he will withdraw in order to gain control, while his wife will want to embrace, cry, and talk. If he does withdraw, his wife may feel abandoned when she needs him the most. She may not recognize his behavior as grief and may see him as irritable, cold, withdrawn, angry, or depressed.

It is easy for men or women who work outside the home

to immerse themselves into a busy work schedule; however, men are more likely to escape into work than women. Avoiding grief by thinking constantly about work leaves the person less time to think about the pain. Working harder and longer may become an attempt to escape grieving.

No one is to blame. Each person is coping with the crisis in the way that has worked for him or her in the past. Both people are in so much pain and each has such deep needs that it is hard to change old habits and reach out to comfort the other. If there is no mutual support, there may be irreparable damage to the relationship. Almost all marriages go through tremendous struggles when couples do not learn to grieve together. A high percentage of these marriages fail. Choosing to work through these difficulties can draw a couple closer than they have ever been before. A qualified counselor may be helpful.

Social conditioning tends to separate rather than unite men and women during grief. Although men and women will not always respond in traditional roles, many will identify with the following contrasting responses:

WOMEN		MEN
Open emotional response, tears	↔	Stoic, unemotional, few if any tears
Verbal expressions of pain by sharing feelings	↔	Silent, private pain
Seek support	↔	Seek isolation

Appear open and natural in sharing feelings and tears	↔	Appear tense, strong, distant, cold or apathetic
Indecisive, labor with planning the funeral	↔	Decisive, task oriented when planning the funeral
Want to be heard and consoled, not “fixed”	↔	Attempt to “fix” by offering solutions
Seek affectionate comfort through touch and nonsexual cuddling	↔	Seek affectionate comfort through sexual intimacy as strongest expression of love
Crying, sad, depressed	↔	Frustrated, irritable, angry

Give yourself permission to grieve so that you can heal. Feel whatever you feel. Crying relieves tension. Set aside time to think, to remember, to feel, and to cry. This is grieving. It must be done to heal. Use a catalyst such as a picture, music, a movie – anything meaningful will do. Repressed grief can affect your physical, spiritual, and psychological health.

If you do not release your emotions, the stress will increase, not lessen. Some people think that if they ever begin to cry, they will never be able to stop; but you will stop crying, and you will feel better. Could there ever be a better reason to cry?

People who have not lost a child will not understand your pain, but Jesus does. Give that pain in your heart to Him. Lift the pain to Him & release it. Other grieving parents will also understand. It can be especially helpful to attend a grief support group with other parents who have lost a child.

Children & Grief

A child whose world is disrupted by serious illness or death will look to the adults in his or her life for answers. Young children seem to instinctively know when something is not as it should be; but since their verbal skills are not fully developed, they may not be able to express their concern. If an adult whom they can trust does not talk to them honestly, they may feel unloved, isolated, and fearful.

It may seem impossible to share with your children during this time, but by talking with them, you may avoid more problems in the future. There are books and films for children listed in the suggested reading list at the end of this booklet that are helpful to parents when discussing death with a child. A child who feels rejected and excluded in the family grieving process may act out his or her feelings in destructive ways. Acting out may be evident by personality changes, nightmares, bed-wetting, clinging, dependency, anger, behavioral problems, drug use, stealing, withdrawal, etc.

Although the stages may overlap, children of different ages understand death differently.

⊙ **From birth to two years**, the child will have no understanding of death. There will be a sense of loss and the baby will react to that. The child will respond to the emotional

atmosphere and the distress of his or her family members. The baby may be quieter, clingy, or irritable. Eating and bowel habits may be disrupted. There may be regression of developmental stages, but this will be temporary. Keep the child's environment as stable and secure as possible. Follow a schedule if at all possible. Speak softly, hold the child, and play with him or her. This will convey security.

⊙ **From three to five years**, verbal skills are developing and communication is easier, but the concept of death as a permanent state is difficult, if not impossible, to comprehend since there is little concept of time in this age group. Children grieve in small units of time. They may cry and ask for the person who has died but begin to play soon after the crying stops. This is normal.

The child may need to ask many questions. Although it may be trying for you, attempt to answer each question honestly and as many times as necessary. Communicate on the child's level by recalling the death of an insect, bird, animal, or pet. Children process the loss by acting out the death in play. This is normal. Babyish ways of eating, talking, or behaving may appear. Assurance of love and security such as touching, cuddling, and holding will usually reassure the child that he or she is safe.

⊙ **From six to eleven years**, children better

understand that death is permanent but will still grieve and play in ways that seem inappropriate to adults. They will appear to forget the loss as they play with their friends. They will approach and then avoid their feelings in an alternating fashion.

Returning to school can be difficult. A lack of focus and inability to concentrate may cause a drop in grades. Classmates may ask questions. Preparing your child to return to school will need to include questions that might be asked and the answers your child is comfortable giving. Contact the teacher before your child returns to class. Most teachers are supportive and understanding. If your child begins to be disruptive in class, express anger or aggression toward classmates, make poor grades, or develop headaches or stomach aches, you may need assistance from a counselor who understands the grief process. Encouraging the child to talk to you about his or her feelings may be all that is needed; but if the behavior persists, consult a professional.

Teenagers & Grief

Teenagers want to fit in with their peer group. Experiencing the death of a loved one sets them apart from teens who have never experienced loss, but they still need to socialize with friends.

Many teens tend to bottle up their feelings, although their emotions of grief can be overwhelming. It is critical for teens to be able to express their intense feelings without fear of criticism or ridicule. It is not babyish to cry over the death of someone you love. Encourage your teen to talk and cry as often as necessary. It is part of the healing process.

Teens have a keen sense of fairness. Death often appears as intensely unfair. Their anger may surface in a violent manner if not directed in a nondestructive way. Help them by addressing the anger and suggesting that physical activities such as running, sporting activities, or hard labor can provide a positive release. Keeping a journal, writing poetry, playing music, or creating artwork will also enable a grieving teen to express strong and deep feelings of sorrow in a non-threatening way.

Respect your teens' privacy while making yourself available to them whenever they do want to talk, even if it is inconvenient for you. Let them know that you also have

deep emotions about the death of your loved one and that it will be healing for all of you to share your feelings with each other. However, make it perfectly clear that your teens are not responsible for your emotional well-being. Grieving is painful, but together you will survive and recover.

Tips for Teens on Coping with Death

1. Cry - lots
2. Talk about what you feel - and talk and talk.
3. Talk about the one who has died and your memories of him or her.
4. Explore other ways to let out your feelings - writing, poetry, art, running, kicking a ball, hitting a punching bag, screaming, etc.
5. Write a letter to your loved one. Say everything that you would have said had you known you would not have seen him/her again. Ask Jesus to tell him/her everything that you wrote in the letter.

Helping Children Grieve

The statement “Death is part of life” seems to be somewhat harsh, but it is a reality that we face when it affects our family. The prospect of discussing death with a child is frightening for parents. Our concern about the effects of attending a funeral service at a young age should not be disregarded, but if briefed about what to expect, children of any age may benefit from attending the funeral. Attempting to protect a child from this reality is not helpful; however, if a child truly does not want to attend the funeral, do not force the issue.

Rituals specifically for a child can enable him or her to obtain closure. A child might:

- write a letter to leave in the casket
- leave a toy or special object in the casket
- create his or her own bouquet to put in or on the casket
- plant a tree or shrub in the person’s memory
- release a helium balloon with a message written on it or tied to it
- make a photo album or scrapbook

Be creative. It will bless everyone involved.

In an attempt to explain the unexplainable, some well-

meaning people tell children that God needed their parent in Heaven or that God needed their sibling to become a little angel. These statements are not productive for the healing process and are not scriptural. God does not need nor does He make children into angels. He does, however, welcome to Heaven those people who have received the gift of eternal life through Jesus (Luke 23:43; John 3:16, 10:28-29; Romans 6:22-23; 1 John 5:11). A child who dies before the age of accountability does go to Heaven but not to become an angel. Human beings, no matter what their age at death, do not become angels.

Although death is sometimes referred to as sleep in Scripture, it is best to not use this reference in dealing with children as they may begin to fear sleep. Most school-age children can understand that our bodies are houses for our spiritual souls (2 Corinthians 4-5:10). When a human body becomes so damaged that it cannot be repaired by medicine or doctors, the spiritual soul leaves the human body and goes to Heaven where the person receives a new heavenly body that will last forever.

Jesus told the thief on the cross that he would be with Him in Paradise that day (Luke 23:43). Paul said that to be absent from the body was to be present with the Lord (Philippians 1:21-24; 2 Corinthians 5:6-8KJ). We rejoice for our loved one, but we grieve for our loss. We know that we will see them again

in Heaven, but we miss our loved one now. Adjusting to the person's absence and learning to live without the individual is the most difficult part of the grief process.

Pets & Grief

Anyone who has experienced the death of a pet knows that humans grieve when a pet dies, but you may not be aware that some pets appear to grieve when a caregiver dies. Kathy Gaughan, veterinarian and clinical instructor in the College of Veterinary Medicine at Kansas State University, says that animals may exhibit signs of depression after the death of another pet or their caregiver.

After a caregiver's death, a pet may:

- seek more attention.
- stop eating.
- lose weight.
- sit or sleep in the deceased's chair or bed.
- attempt to sleep in the bed with you.
- look for the deceased to come home.
- hear the deceased's car and run to the window or door as if expecting the deceased.
- be lethargic.
- appear sad, droopy, or depressed.
- have tears.

You can help your pet by:

- keeping its routine as normal as possible.
- refraining from changing the diet in an effort to get the pet to eat.

- taking the pet to the vet if it stops eating.
- giving attention to the pet, but don't overdo it or it may create anxiety in the pet.

A veterinarian can diagnose if the pet is in need of treatment or just lots of tender love and care.

Primary Caregiver

Take care of yourself! You are just as important as your loved one who has so many needs due to failing health. Your health will be affected if you do not eat balanced meals, get enough sleep, and exercise. Ask your doctor about the benefit of taking vitamin supplements. Continue to participate weekly in at least one activity that is important to you. This will give you a break from the hospital or caregiving routine. Hire a sitter or ask someone to come in if the patient needs constant care. There are people within the fellowship of Willowbrook who are willing to assist you if you will make the need known. You must be kind to yourself! Do something you enjoy and **DO NOT FEEL GUILTY** – eat out, go to a movie, go bowling, do arts and crafts, exercise, laugh, etc.

It is difficult for most of us to ask for help. Unless your friends and family can read your mind, they may not know what they can do to be most helpful to you. You may need to tell them. Be specific.

Caregiving is especially stressful if you are caring for a person with any type of dementia. The degree of frustration, anger, guilt, and hopelessness can be overwhelming. Recognize your limits. You will repeat the grieving cycle each time your loved one declines to a lower level of functioning.

Since appropriate care and affordable cost can vary widely, it is wise to investigate nursing home options before you need them. Your family physician can suggest homes that are more suited for the care needed.

As a caregiver, adjusting yourself to obtain nursing-home care for a dementia patient is a painful process but one that usually becomes necessary.

You will make it through this difficult time with a little less stress if you take care of yourself. Seek professional help if necessary.

UTILIZING RESOURCES

Time alone will not heal your pain, but how you utilize your time can help bring about healing. Take advantage of every grief recovery resource available to you. There are many books about grief in public libraries, hospitals, and in secular and religious bookstores. An asterisk (*) by a resource on the list at the end of this booklet indicates that the resource can be found in our Willowbrook Baptist Church library or through the Grief Recovery Ministry.

There are grief support groups offered in most cities through mental health centers, hospices, and churches. The locations and times are usually listed in the local newspaper. To obtain counseling or information on the Willowbrook Grief

Recovery groups, call 883-0907. If you are a person who likes to be as informed as possible, take advantage of these resources because this booklet has only scratched the surface of the grieving process.

Grief is curable – no matter how bad the tragedy. Grief is not a terminal disease. It can be like walking through a long, dark tunnel. For months you may not see any light, but keep walking. Let those who have already taken a journey through the tunnel encourage you. You will make it through. You will heal a little each day. You will have good days and bad days. You are nearing the end of your journey through this tunnel when the good days far out number the bad days. Whether you do the grief work necessary to reach healing and recovery is your choice.

Family of Faith

There is no one on earth who truly understands the depth of your pain when you lose someone who is significant in your life. Yet, there are people who have experienced losses similar to yours and have dealt with similar pains. When loss occurs, it is important to surround yourself with people who have a genuine concern for you and desire to help you deal with the myriad of issues you will face. The family of faith at Willowbrook is a caring congregation that desires to minister to families who have experienced loss and are dealing with grief.

The door to minister to families or individuals who have experienced loss and are dealing with grief must be opened by the family or individual. Our desire is to be sensitive to the need. However, it is impossible to be available to minister if we are unaware of the need or are shut out of the process. Dealing with grief and loss must at times be very private, and we respect that. Our objective is not to intrude but to be involved at the level at which you are comfortable. We have ministerial staff, counselors, and other members who have been trained to assist in times of need. All have experienced significant loss and grief in their lives.

We are called a “family of faith” because we are a family.

While we may not be related by blood on this earth, we are spiritually related because of commitment to our heavenly Father. Families should pull together in times of loss and grief, and our church family desires to do the same. Please be open to accepting the ministry of your family of faith at Willowbrook.

What About Heaven?

CAN YOU KNOW FOR SURE THAT YOU WILL GO TO HEAVEN?

Whether you are the patient, the caregiver, a family member, or a friend, you can know for sure that you will be in Heaven when you die (1 John 5:13). We are assured in the Gospel of John that God has given us eternal life in Jesus Christ His Son if we believe in Jesus (John 3; 1 John 5:11-13). That belief is not that Jesus was a good man or a historical figure. It is believing in Jesus that involves your total personality and faith by “depending on, relying on, adhering to, trusting in, and cleaving to” (Amp.) Jesus Christ as your only hope of salvation (John 14:6; Acts 4:12, 16:31).

You cannot be good enough or do enough good deeds to save yourself (Romans 10:3-13; Ephesians 2:8-9; Titus 3:4-7; Philippians 3:3-9); however, Jesus did it all (Romans 3:21-31, 6:23; Colossians 1:13-23, 2:6-7). Being good and doing good deeds flows from our love and appreciation of Jesus and the price He paid for our sins (1 John 1:7). Our part is to believe in Him and accept the free gift of salvation that He offers (John 6:40; Romans 6:23). He also offers to heal your broken heart (Psalm 34:18; Isaiah 61:1-3; Luke 4:16-21).

Jesus wants to help you, but you must give yourself and your broken heart to Him (Matthew 11:28; Matthew 6:25-34;

Philippians 4:6; 1 Peter 5:7; 1 Thessalonians 5:16-17). He will not force Himself into your heart. In fact, He says in Revelation 3:20 TLB, “Look! I have been standing at the door and I am constantly knocking. If anyone hears me calling him and opens the door, I will come in and fellowship with him and he with me.” I pray that you will open the door and receive Him now.

In your own words, invite Him into your heart. Ask Him to forgive any sins (*sin* is “missing the mark of *perfection*”) and give Him permission to not only be your Savior, but Lord of your life (Luke 12: 8 & 9; Romans 10: 9 & 10; 1 John 1:8-10; Revelation 3:20). The Holy Spirit will give you the assurance that He is within you, that you are His, and that your eternal home is with Him in Heaven (John 3; Romans 8:16-24; John 14:1-4; Luke 23:39-43).

Set aside time each day to read the Bible and talk to Him. Begin by reading the books of John and Romans in a translation that is easy to understand. During this time, let go of all the heartache and pain associated with your grief. Continuously lift the pain in your heart to Jesus until you feel it fade away. The more you do this, the more you will learn to trust Him with all your burdens.

If you would like to talk to one of our ministers, call the church office (256-883-0907). Your peace of heart and mind is most important to us.

Special Days & Holiday Suggestions for Those Who are Grieving

Special days and holidays can be stressful even when things are going well, but when you are grieving they can be especially difficult. Grief issues can resurface. What should be a joyful time can be a time of deep sadness. Perhaps the below suggestions will help you get through this time with less pain.

1. Focus on the reason for the day or the season! Christmas is the birthday of Jesus. Meditate on His birth, Mary's journey to Bethlehem and the birth in a manger. That could not have been easy for either Joseph or Mary, yet God sent the help they needed. On Thanksgiving Day, your anniversary, or your loved one's birthday count your blessings for the good years you celebrated together.
2. Acknowledge your feelings. The first few years after a loss, it is normal to feel more sadness and grief during the holiday season. Just the contrast of the season and your feelings of grief will call attention to your situation.
3. Have a plan for times that you know will be difficult. Don't hesitate to do something different and new. Change can be good. Making new traditions and memories can also be helpful. If the celebration was always at your house,

you might suggest that someone else host the event this year.

4. Spend time with people who are uplifting and supportive.
5. Do not allow yourself to go into a month-long “woe is me” pity party. No one comes to those parties but Satan and his demons.
6. Praise God for everything you can possibly think of: health, sight, hearing, family, friends, etc. God is near as we praise Him – so are His angels (Psalm 22:3).
7. Attend functions that have been meaningful to you in the past. Focus on the good memories you and your loved one shared during this function.
8. Attend a function that you have wanted to attend, but your loved one was never interested in attending.
9. Do something for someone else. Giving to others will warm your heart. Organizations that minister to children allow you to choose gifts for babies and children who are in need. Donate the gift or money in your loved one’s memory.
10. During Christmas bake goodies for others who may not have the time that you have during the holiday season.
11. Volunteer to serve meals at a local shelter.
12. Take care of yourself. Set aside time daily with your Heavenly Father. He will restore your soul.
13. Realize that all members of your family will also be missing your loved one. They cannot know your pain unless you

share your feelings with them. Tell them that you know that they cannot fix you or take away your pain, but their listening does help. Tell them to share their memories of that special person with you. You may cry, but that's okay. Listening to them will bless you as you are blessed when they listen to you.

14. If you are overwhelmed, call the church office 256-883-0907, afterhours 256-518-3181 (emergency pager) or Cheri Rogers 256-882-9914.

“What Can I Do To Help?”

1. Visiting the ill or grieving can be very stressful for you if you feel pressured to say or do the right thing. This feeling comes from your need to “fix” or help your hurting friend or relative. Your presence or phone call will express your love and concern. You cannot heal their hurt. After a death, a hug while saying how sorry you are for their loss is comforting to most people. Let them direct the conversation. Don’t let silence unnerve you. Chitchat, trivia, and jokes are in poor taste and irritating to those in deep grief or pain. Do not attempt to make conversation or lessen their pain by telling them your problems. Do not change the subject if they begin talking about subjects uncomfortable to you. Listen, listen, and listen some more. If you shed tears it will usually bless them because the tears express how deeply you do care.
2. Keep your visit short unless you are asked to stay longer. Family members and the closest friends will usually be expected to stay longer, but be sensitive to their needs.
3. During an illness or death, if you take food, put it in a container that is disposable or has your name on it. Sharpie Permanent Markers can be used on the bottom of a container and will not come off during washing. If you want the container back, call in a few days and offer to pick it up. Unless the patient, the spouse, or a child of the deceased is on a special diet,

do not prepare low-fat, sugar-free, or vegetarian dishes. You can call and ask if they have been receiving an overabundance of certain foods or if there is a food or drink that would be appreciated. If you know the person's favorite "comfort food", buy it or make it.

4. Many get well and sympathy cards have touching words, but no card is perfect enough to sign your name without some personal expression of your sorrow. Anything is better than nothing. We love you, we are praying for you, or I am so sorry all add a personal touch. Writing clearly and including a return address is helpful. If there is any doubt that the patient or grieving person will be unable to identify who you are, tell them what your connection to them or the deceased has been. A note expressing a kind word about the patient, the deceased, or the person receiving the card is extra special.

E-mail instead of, or in addition to, a card can be especially meaningful.

5. Some nontraditional ways of helping during an illness or the first week after a death might be to: pay for mowing or to mow the yard, take the family car to the carwash, pick up relatives from the airport, offer an extra bedroom for out of town family or friends, baby-sit or pay for a sitter, offer to clean bathrooms, change sheets, dust, or vacuum. After a house full of guests for a week, a maid to do bathrooms, floors, and

beds might be a real blessing.

6. Gift certificates during an illness or after a death can be especially thoughtful. A manicure, a massage, a dinner out, a round of golf, or a day without the kids can be relaxing and much appreciated.
7. If your offer to help or bless is turned down, do not be offended. Offer a rain check. During an illness or grieving there are good days and unpredictable terrible days. What sounds like a good idea on Monday may be torture on Friday. Allowing flexibility in planning will be much appreciated. If you are repeatedly rebuffed, suggest that they call you anytime they feel like taking you up on your offer. Illnesses and grief can last many months or years. Don't put an expiration date on your offer.
8. Pray for the ill person, the caregiver, and the family members. Pray that those who grieve will grieve as those who have hope in Jesus Christ (1 Corinthians 15; 2 Corinthians 4 & 5; Philippians 3).

If You Could See Me Now

– words and music by Kim Noblitt

*Our prayers have all been answered,
I finally arrived.*

*The healing that had been delayed,
has now been realized.*

*No one's in a hurry,
there's no schedule to keep.
We're all enjoying Jesus,
just, sitting at His feet.*

Chorus

*If you could see me now,
I'm walking streets of gold.*

*If you could see me now,
I'm standing tall and whole.*

*If you could see me now,
you'd know I've seen His face.*

*If you could see me now,
you'd know the pain's erased.*

*You wouldn't want me
to ever leave this place, –
If you could only see me now.*

*Our light and temporary trials,
have work out for my good.*

*To know it brought Him glory,
When I misunderstood.*

*Though we've had our sorrows,
they can never compare.*

*What Jesus has in store for us,
no language can share.*

Grief Recovery Prayer

Lord Jesus, You said that You were the fulfillment of Isaiah 61:1-3; therefore, I ask You to preach to me the Good News, bind up my broken heart, proclaim freedom where I am captive, release me from darkness where I am prisoner, proclaim the year of the Lord's favor for me, and the day of vengeance of my God. Comfort me and all who mourn, provide for me and all those who grieve – bestow on us that mourn a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair. I pray that You will so complete your good work in me that I will be called an oak of righteousness, a planting of the Lord for the display of Your splendor (Isaiah 61:1-3).

It says in Your Word that “there is a time for everything. A time to be born and a time to die. A time to cry and a time to laugh. A time to grieve and a time to dance. A time to keep and a time to throw away” (Ecclesiastes 3:1a, 2, 4, 6 NLT). Lord Jesus, I put all this in Your hands, and I ask You to nudge me in all the timing of my grief.

Jesus, when You heard of John the Baptist's death, You withdrew to a solitary place. Nudge me to do this when I need to, but do not allow me to isolate myself from You or those You can use to help me heal (Matthew 14:13).

You cried at Lazarus' tomb knowing that You were about to resurrect him (John 11:35; Luke 19:41). Nudge me and enable me to cry when, where, and how much I need to cry for complete healing, but I do not want to cry one more tear than is necessary.

Help me to grieve as those who have hope in You for eternal life. I do not want to grieve as those who have no hope (1 Thessalonians 4:13).

O God, comfort me in all my tribulations, that I may be able to comfort those who are in any trouble, with the comfort that You have comforted me (2 Corinthians 1:4).

I pray that I will be blessed when I mourn, for You will comfort me (Matthew 5:4).

Help me to cast all my cares upon You, O God, for You care for me (1 Peter 5:7; Psalm 55:22).

I pray that I shall obtain joy and gladness and that sorrow and sighing shall flee away (Isaiah 51:11). My heart is broken and my spirit is crushed. Draw near to me, O God, and heal me (Isaiah 41:1-4; Psalm 34:18; Psalm 51:17b).

RESOURCE LIST

BOOKS & VIDEOS

(Organized by Topic)

Books or videos with an asterisk can be found in the Willowbrook Baptist Church library or the Grief Recovery Ministry.

This resource list is provided as a courtesy. The contents of each resource, while deemed to be beneficial for some, do not necessarily represent the views, opinions, or theology of Willowbrook Baptist Church or its leadership.

GENERAL

A Time to Grieve – Bertha Simon
Beyond Death's Door – video*
Beyond Grief – Eric Lindemann
Deeper than Tears: Promises of Comfort and Hope – Terri Gibbs*
Embracing Brokenness – Alan E. Nelson*
God Can Heal Your Heart – Marie Shopshire*
Good Grief – Granger E. Westberg*
Grief: What It Is and What You Can Do – Joy and Marvin Johnson
Grieving the Death of a Pet – Betty J. Carmack*
Grieving the Loss of a Loved One – Kathe Wunnenberg*
Grieving Our Path Back to Peace – James R. White*
Grief Share – audio tape series*
Healing Grief – Amy Hillyard Jensen - pamphlet*
Jesus Wept: Trusting the Good Shepherd When You Lose a Loved One – Leroy Brownlow*
Life after Grief – Mel Lawrenz and Daniel Green*
Life after Loss – Bob Deits*
Living through Personal Crisis – Ann Kaiser Stearns
Living when a Loved One Has Died – Earl Grollman*
Living with Grief: When Illness is Prolonged – Hospice Foundation book
On Death and Dying – Elizabeth Kubler-Ross*
Peace of Mind – Joshua Liebman
Recovering from the Losses of Life – H. Norman Wright*
Restore My Soul: A Grief Companion – Lorraine Peterson*
Sickness and Death in the Christian Family – Peter Jeffery*
Silent Grief – Clara Hinton
Stewardship of Sorrow – Douglass Scarborough McDaniel*
The Empty Chair: Handling Grief on Holidays & Special Occasions – Susan J. Zonnebelt-Smeenge & Robert C. DeVries*
Understanding Grief – Edgar N. Jackson*
What Helped Me When My Loved One Died – Earl A. Grollman*
What to Do When You Don't Know What To Say – Mary Ann Froehlich & Peggy Sue Wells*
When Life Is Changed Forever – Rick Taylor*
When Will I Stop Hurting – June Cerza Kolf*
When You Are Terminally Ill – Robert V. Dodd*
When You Don't Know What to Say – Harold Ivan Smith*
When You Lose Someone You Love – Richard Exley*
Will I Ever Stop Hurting – Sandra P. Aldrich*
Will My Life Ever Be The Same? – H. Norman Wright*
Women in Mourning – Jean Clayton*
You Can Overcome Grief – Bill Flat*

GRIEF RECOVERY DEVOTIONALS, JOURNALS OR WORKBOOKS

A Journey with God Beyond Grief – Dr. Criswell Freeman, Psy.D.
Everyday Comfort: Readings for the First Month of Grief – Randy Becton*
Grief Recovery Workbook – “Chaplain Ray” Giunta*
Grieving the Loss of Someone You Love: Daily Meditations to Help You through the Grieving
Process – Raymond R. Mitsch & Lynn Brookside*
How to Recover from Grief – Richard Lewis Detrich & Nichole J. Steele*
The Grief Adjustment Guide – Charlotte Greeson & Mary Hollingsworth*

GRIEF OF A SPOUSE

A Grace Disguised – Gerald Sittser*

A Grief Observed – C. S. Lewis*
A Path through Suffering – Elizabeth Elliot*
A Severe Mercy – Stelton Vanauken
Coping with Life after Your Mate Dies – Donald & Rita Cushenbery*
Don't Take My Grief Away – Doug Manning*
Facing the Death of Someone You Love – Elizabeth Elliot*
Keepsakes for the Heart – Becky Smith-Greer
Let Me Grieve but Not Forever – Verdell Davis*
Mourning and Dancing: A Memoir of Grief and Recovery –Sally Downham Miller, Ph.D.*
On Being Alone: Guide for Widowed Persons – AARP pamphlet*
Recovery Process of the Newly Widowed – Jeanne Peterson Holland*
Survivors Handbook for Widows – Ruth Jean Loewinsohn*
The Nevertheless Principle – Marion Bond West
The Path of Loneliness – Elizabeth Elliot*
To Live Again – Catherine Marshall*
When Your Spouse Dies – Mildred Tenghom
Widowed: Beginning Again, Personally and Financially – Sharon Trusty & Barry M. Corkern, CFP*

GRIEF OF PARENTS

A Grace Disguised – Gerald Sittser*
Confessions of a Grieving Christian – Zig Ziglar*
Gone but Not Lost – David Wiersbe*
Harsh Grief, Gentle Hope – Mary White
Healing A Father's Grief – William Schatz (pamphlet)*
Newborn Death: A Book for Parents Experiencing the Death of a Very Small Infant – Joy Johnson*
Roses in December – Marilyn Heavilin*
Splashes of Joy in the Cesspools of Life – Barbara Johnson*
Stick a Geranium in Your Hat and Be Happy – Barbara Johnson*
When Life Isn't Fair – Dwight Carlson*
When Your Spouse Dies – Mildred Tengham

STILLBIRTH, MISCARRIAGES & INFANT DEATHS

A Time to Be Born – Julie Martin*
At a Loss for Words: How to Help Those You Care for in a Miscarriage, Stillbirth or Newborn Death – video*
Empty Arms: Coping after Miscarriage, Stillbirth and Infant Death – Sherokee Ilse*
Footprints on Our Hearts: How to Cope after a Miscarriage, Stillbirth or Newborn Death – video*
Grieving the Child I Never Knew – Kathe Wunnenberg*
I'll Hold You in Heaven – Jack Hayford
Newborn Death – video*
In a Heartbeat – Dawn Siegrist Waltman*
Silent Grief – Clara Hinton*
When Your Baby Dies Through Miscarriages or Stillbirth – Louis A. Gamino & Ann Taylor Cooney

ABORTION

Beyond Regret: Entering into Healing and Wholeness after an Abortion – video*

GRIEF OF CHILDREN

A Cry for Help: How to Help a Friend Who Is Depressed or Suicidal – video*
A Place Prepared: Helping Children Understand Death and Heaven – video*
Children Grieve, Too – Joy and Dr. Marvin Johnson (pamphlet and video)*

Children's Grief – Patricia L. Papenbrock and Robert F. Voss*
Common Threads of Teenage Grief – Janet N. Tyson*
Coping with Childhood Cancer: Where Do We Go from Here? – David W. Adams*
Death of a Loved One – Josh McDowell & Ed Stewart*
Facing Change – Donna O'Toole*
For Those Who Love: Helping Children Cope with the Death of a Brother or Sister
Helping Children Cope with Separation and Loss – Claudia L. Jewett*
Helping Children Grieve When Someone They Love Dies – Theresa Huntley*
Helping Children with the Mystery of Death – Elizabeth L. Reed
How Do We Tell the Children – Dan Schaefer
I Want to Grow Hair, I Want to Grow Up, I Want to Go to Boise, Children Surviving Cancer
– Erma Bombeck*
Learning to Say Good-bye: When a Parent Dies – Edna LeShan*
Love Comes Softly – Jenette Oke*
Love's Enduring Promise – Jenette Oke*
My Book for Kids with Kansur: A Child's Autobiography of Hope – Jason Gates
My Grandma's Angels – Leah Beck*
On Children and Death – Elizabeth Kubler-Ross
Recovering from the Loss of a Parent – Katherine Fair Donnelly
Someday We'll Play in Heaven – Shawn Alyne Strannigan
Someone I Love Died – Christine Harder Tangvald*
Sibling Grief – Marcia G. Scherago*
Straight Talk about Death for Teenagers – Earl A. Grollman*
Telling a Child about Death – Edgar N. Jackson*
The Private Worlds of Dying Children – Myra Bluebond-Lagner*
Thoughts of Suicide – Josh McDowell & Ed Stewart*
What Happened When Grandma Died – Peggy Barker*
When My Dad Died – Janice Hammond*
When My Mom Died – Janice Hammond*

GRIEF OF ADULT CHILDREN

A Grace Disguised – Gerald Sittser*
Mourning Song – Joyce Landorf*
Silent September – Joyce Landorf*
The Help, Hope, and Cope Book for People with Aging Parents – Patricia H. Rushford*
When Your Parent Dies – Ron Klug*

CAREGIVING

At Death's Door – video*
Caregiving for Your Loved Ones – Mary Armstrong
Comfort and Care for the Critically Ill – June Cerza Kolf*
Facing Alzheimer's: Family Caregivers Speak – Patricia B. Coughlin
No Man's Land - A Caregiver's Survival Guide – Susan G. Meiler
The 36-Hour Day (Alzheimer's Disease) – Nancy L. Mace, M.A. and Peter V. Rabins, M.D.
The Help, Hope, and Cope Book for People with Aging Parents – Patricia H. Rushford
The Helper – Catherine Marshall*
Unplanned Journey: Reflections of a Caregiver – Susan G. Miller*
When Someone You Love is Dying – Ruth Kopp, M.D.*
When Your Parents Need You – video*

THE PATIENT

A Path through Suffering – Elizabeth Elliot*
Broken Things: Why We Suffer – M. R. DeHaan, M.D.*
Burden of a Secret (AIDS) – Jimmy Allen*
Cancer and Hope: Charting a Survival Course – Judith Garritt Garrison & Scott Shepherd

Coping with Chemotherapy – Nancy Burning*
Disappointment with God – Phillip Keller*
Facing Death and the Life After – Billy Graham*
Fear No Evil – David Watson*
Healing for Life's Hurts – Virginia Dailey*
Healing Life's Hurts: Healing Memories Through Five Stages of Forgiveness
– Matthew Linn and Dennis Linn*
Heaven: Your Real Home – Joni Eareckson Tada*
Looking Beyond: A Christian View of Suffering and Death – Jeffery A. Watson
One Minute After You Die – Dr. Ervin Lutzer*
The Helper – Catherine Marshall*
The Sword of Suffering – Stephen F. Olford*
When God Weeps – Joni Eareckson Tada*
When You Are Terminally Ill – Robert V. Dodd*
Where Is God When I Hurt? – Phillip Yancy*
You and Leukemia: One Day at a Time – Baker*

FAITH

A Grace Disguised: How the Soul Grows Through Loss – Jerry Sitter
A Path through Suffering – Elizabeth Elliot*
Answers – Pat Robertson*
As Silver Refined – Kay Arthur
Beyond Death's Door – Dr. Maurice Rawling*
Beyond Ourselves – Catherine Marshall*
Facing the Death of Someone You Love – Elizabeth Elliot*
Faith for Troubled Times – Thomas Elkins, M.D. & Douglas E. Brown, Jr.*
Guilt, Anger, and God – C. S. Allison
Happiness Is a Choice – Frank Minirth, Paul Meier*
He Cares, He Comforts – Corrie ten Boom*
Healing Life's Hurts: Healing Memories Through Five Stages of Forgiveness
– Martha Linn and Dennis Linn*
Hearing God – Peter Lord*
Heaven – Bill & Gloria Gaither*
Heaven: Your Real Home – Joni Eareckson Tada*
*Holy Bible**
In Pursuit of the Prize – Jim Grassi
Jesus Stood by Us – Helen Reagan Smith*
Keep Believing – Ray Pritchard
Lord, Where Are You When Bad Things Happen? – Kay Arthur*
Mourning Song – Joyce Landorf*
No Pat Answers – Eugenia Price*
Resilience – H. Norman Wright*
What Good Is God? – Doug Herman*
When Bad Things Happen – Kay Arthur
When God Weeps – Joni Eareckson Tada*
When Life Falls Apart – Warren W. Wiersbe
Why Us? When Bad Things Happen to God's People – Warren W. Wiersbe*
You and Your Problems – Charles Swindoll*

GRIEF MINISTRY

A Cry for Help: How to Help a Friend Who Is Depressed or Suicidal – video*
Comfort and Care for the Critically Ill – June Cerza Kolf*
Comforting the Bereaved – W. Wiersbe & D. Wiersbe*
Death and the Caring Community – Larry Richards and Paul Johnson*

Understanding Losses and Grief

Death in the Midst of Life: Perspective on Death from Christianity and Depth Psychology

– Lucy Bregman

Finding the Right Words: Offering Care & Comfort When You Don't Know What to Say

– Wilfred Bockelman*

Helping People through Grief – Delores Kuenning*

I Never Know What To Say: How to Help Your Family and Friends Cope with Tragedy

– Nina Herrman

“Is There Anything I Can Do To Help?” Suggestions for the Friends & Relatives of the Grieving Survivor – Amy Hillyard Jensen (pamphlet)*

Journey through the Shadows: Hope for Healing after Someone

You Love Has Committed Suicide – video*

Near Life's End: What Family and Friends Can Do – Ron Del Bene*

Not By Accident – Isabel Fleece*

Pastoral Care Emergencies: Ministering to People in Crisis – David K. Switzer*

Warning Signs: How to Help Someone Who Is Suicidal – video*

What to Do When You Don't Know What to Say – Mary Ann ...Froehlich & Peggy Sue Wells

When They All Go Home – Robert Dodd*

When You Don't Know What to Say: How to Help Your Grieving Friends – Harold Ivan Smith

Why God Allows Christians to Suffer – Research Paper*

NOTES

NOTES

Grief Support at Willowbrook

If you have suffered the death of a loved one and would be interested in joining **The Grief Recovery Class** at Willowbrook, please, complete this form and return it to the church office or call 883-LIFE.

Please, print.

Name _____

Address _____

City _____ Zip _____

Home Number _____ Work Number _____

Relationship to Deceased _____

Date of Death _____

Cause of Death _____
