

# Bereavement In Our Catholic Schools

*"I am the resurrection and the life. The one who  
believes in me will live, even though they die"*  
*John 11:25*



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## **Introduction**

As members of a Catholic School community, we are called to witness our faith in times of joy and sorrow, and to support one another; especially in a time of crisis. When a member of the community dies, it is important that the community respond in an appropriate way. A different response may be necessary depending on whether it be a death of a student, a staff member or any other member of the school community.

A celebration of the life of the deceased is important and there are many possible ways that a school community can gather together to do this. It is important to have some key scripture passages and appropriate hymns to be used in any prayer or liturgical celebration. As already mentioned, much depends on who the person is that has died; a student, a staff member, a parent etc. as does the nature of the death; sudden or prolonged. Prayers are offered not only for the deceased individual but for the members of their family and friends who are suffering from the loss.

During the Bereavement process, it is important to provide opportunities for ritual and liturgy as a means of dealing with the death as well as healthy theological perspectives on life, death and the afterlife.

Moreover, it is important for the Catholic school to provide emotional support for the bereaved members of the school in order to assist with the healing process.

This is the purpose of the pages that follow:

## **What to do the “Day Of” a crisis and beyond**

### **Ideas for how to respond in remembrance: ... what can the students do?**

- Prayers and reflections can be offered over the PA the first morning of the first day, and thereafter as seen appropriate
- An Assembly, *by division*, can be organized on the first day after or in the days immediately following the death, to have a short prayer and ritual - this builds community  
*Note: gathering the entire school may cause a less effective result as younger students may be upset by the grief expressions of older students – later on, the entire school can be part of a prayer service or memorial*
- A prayer box can be made for different students/teachers/parents to contribute to (please edit contents for anything too disturbing or inappropriate if passing the box on to the family of the one that died).
- A prayer book to write messages or sign names may be displayed
- Acknowledgement of the one who died on the classroom prayer table may be comforting – keep it simple, a picture or the person’s name
- A school liturgy can be planned in memory of the person who died. (See guide available from your Religion / Family Life resource teacher.)
- A memorial table can be set up near the office for the first few weeks  
Including: a framed photograph, a bible, and a candle, a flower or plant (this idea is appropriate for a student or teacher who was part of the school community)
- Opportunities should be provided for the students to express their thoughts and feelings. This can be done with verbal and nonverbal expressions such as through art, journaling, poetry or letter writing, writing a prayer, making something for the family, going to the funeral home, funeral or memorial celebration, visiting the burial place, talking about the person and praying for the person and their family.
- Through memory activities like a “Remembering Quilt” or a “Memory Book”, students can continue expressing the relationship they have with the person who died. The students’ responses can be sparked with prompts like “you were special to me/us because...I remember this story

about \_\_\_\_\_... I can draw about my memory. This can later be given to the family who is grieving, if appropriate.

- Later on, a more permanent memorial could be established. For instance – a framed, inscribed picture for the wall, a tree planting, or rose bush in memory of the deceased.

## **Spiritual Dos and Don'ts**

What to say to a student will depend on his/her age and experience as well as the situation. Always be as truthful as possible with age-appropriate language. Where the family has requested details not be given, this must be respected. Being as honest and open as possible will however encourage the student to share their feelings and fears. It is often more supportive and valuable to listen to, rather than to talk to the students. There may be some misconceptions that surface. Approach these with care. The following are some suggestions of what to say and not say to students.

\*Contact the Religious Education Department or Catholic Teachers' Centre with any questions about the theological language pertaining to death and the afterlife.

## **"DO" What to Say to Students about Death:**

(Note simplified language is for use with any grade and for clarity—big words don't work here)

- ◆ The person died of an accident, illness or natural causes.
- ◆ The person's body no longer works. They can no longer feel, see, hear, and think anymore.
- ◆ Tell them only the details they need to know.
- ◆ They are not sleeping; they are no longer alive.
- ◆ Sleeping is good for your body, it is a healthy time.
- ◆ We believe their spirit or soul is alive and with God.
- ◆ They will not become alive on earth again.
- ◆ They are at peace with Jesus and no longer in any pain.
- ◆ When we remember them, they will feel close to us.
- ◆ The love we feel for them will continue to live in our hearts.
- ◆ We can remember times we shared with them.
- ◆ This remembering will make us feel different feelings/emotions.
- ◆ We may also feel happy, loving and peaceful when we remember moments we shared with this person. We should tell someone how we feel.

- ◆ It is OK to feel like, laughing and smiling when we remember the person who died.
- ◆ It is OK to remember the good moments and funny times and be happy about them.
- ◆ It is OK to show this joy.
- ◆ It is OK to feel like having fun, smiling and laughing about other things too, even in the midst of grieving and feeling sad.
- ◆ It is OK for the family of the one who died to smile and laugh too. They can't show how sad they are all the time even though the sadness doesn't go away for a long time.
- ◆ It is good to do something to show how you are remembering the person who died.

### **"DON'T" – What Not to Say to Students about Death:**

- ◆ The person was so good that God needed him/her as an angel (instills fear of God taking me if I'm good)
- ◆ The person didn't have a quality of life and so it's better not to live (doesn't help student make sense out of or accept suffering as having any value)
- ◆ The person will come back to be around you (children think the spirit is like a ghost)
- ◆ The person is sleeping in heaven (instills fear of going to sleep and of parents sleeping)
- ◆ The person chose to be with God because they were ready to die (may cause resentment and feeling of abandonment)
- ◆ God decided the person was going to die (fosters an image of God that is negative and based on 'bad theology'- sets up student to want to blame or be angry with God and therefore is not able to pray well or find any comfort in God's love)

**Note:** *Don't give more details about the illness or accident than is necessary (some facts can trigger visual images that will traumatize the student)  
Respond to what they are actually asking or acting out (listening to and watching them are powerful tools to guide teacher responses)*

## **Supporting Students who have experienced Death in your School Communities**

### **In the Elementary School**

In the past, people have sometimes underestimated the impact of death upon young children. While it is true that their understanding of death develops over a prolonged period of time, it is clear that young children can suffer deeply as a result of the death of a member of their family. This suffering is more intense when they do not have opportunities to talk or to grieve openly, and do not feel that those close to them recognize their feelings - even though they themselves may not yet have the words to express them.

Reactions to bereavement can include **withdrawal, open distress, tears, panic, aggression, anxiety, fear or other signs of stress**. Bereaved children may act out this stress in unexpected ways, such as nervous giggling, bravery, aggression, becoming the class clown, or total denial - all these are normal grief reactions. They may also become extremely tired, to the point of exhaustion, as so much emotional energy goes into dealing with the loss and the stress of the changes in the family. For some children, there may be additional complications; if the death has been referred to as 'falling asleep' or 'being taken', then it is sometimes the case that children become afraid of going to bed or to sleep. Words like 'loss' or 'lost' can put fear into a young child's mind, too.

### **How the School can help:**

It is essential that **all staff** know about the bereavement, so that they can respond sensitively.

When the report of a death first comes to school, it may be appropriate for the teacher, to talk to the class, to create opportunities for them to ask questions and discuss how they can help their bereaved classmate. On the child's return to school, even close friends may need encouragement to voice difficult feelings, to say, "I'm

sorry your brother died". One of the key 'hurts' which bereaved children recall is the feeling that few people, if any, acknowledged their loss.

Most children welcome the opportunity to talk privately to an adult about their loss. Even if the child cannot verbalize his or her feelings, it is helpful for a trusted teacher to show sympathy (without saying "I know how you feel"), and to use words like sad, lonely, upset, afraid, so that the child realizes the school knows about the death. The family may be so overwhelmed by the trauma that little individual acknowledgement is given to the child's feelings when they are at home.

Some children need a retreat when grief overtakes them, and it helps if the school accepts a pupil's need to express their grief, providing a 'safe place' and a trusted adult to be with them. Once the bereaved child returns to school routine, it is helpful to share concerns with parents so that they know how he or she is coping in school. Most families appreciate some sort of direct communication from the school, especially if the child who has died was a former pupil.

Books, stories, music and art can be very helpful in exploring loss, both with the class and with the bereaved child. There are many excellent books written on bereavement for different ages of children, both in the fact and fiction sections, now available from shops, libraries or the web, and many school libraries have a selection of such recommended publications. **We have included a bibliography of books and DVD's from Joseph's to help you when making your choices of books etc. that will be used.** Sensitivity is needed so that deep grief is not triggered at an inappropriate time.

The grief caused by the death will be long-lasting, and schools need to recognize that anniversaries and celebrations will be difficult - especially the first birthday and Christmas or other religious festivals. It will help if key dates and times are noted and passed on to the next class teacher or next school, along with other records and information. As children mature, the death is felt and questioned at new levels, emotionally and intellectually, often causing renewed grief and distress.

Classmates, especially close friends of the bereaved child, or of the child who has died, will suffer varying grief reactions. Their teachers will probably need the support of colleagues at this time; they might need to be reassured that their ideas for giving comfort to the children are wise, and that they will be of benefit to those in their care. Many younger teachers themselves may not have experienced bereavement, especially of this kind, before.

If the dead child was a pupil at your school, you might feel it appropriate to send a representative to the child's funeral or a Memorial or Thanksgiving service – if the family is in agreement with this idea. Also, in these circumstances, the child's books and work should be kept carefully and returned to the family by a teacher at a suitable time.

## **In the Secondary School**

Much of the above applies equally to older children; however, while being older may make it easier to comprehend the permanence of death, additional burdens affect the adolescent. Family relationships may already be strained by approaching adulthood, and the bereavement may bring older children more responsibilities. School staff need to accept that there are many different ways of grieving; pupils may develop their own support structures and choose not to share these with an adult.

Embarrassment may make it hard for teenagers to acknowledge deep feelings while at school. Much will depend on the quality of the relationship which a class or pastoral tutor has with the pupil. The worst thing that the school can do is to keep silent, failing to acknowledge the loss and the pain. Friends may need encouragement to talk openly about the death, and sometimes boys find it especially hard to express their sympathy in words. Sadly, it is a recognized fact that, especially among teenagers, problems can arise as a result of what they see as unfair attention given to a bereaved member of their school community. Resentment builds up and bullying can replace concern and support. These issues, hopefully, should be less difficult to deal with when the school has a teaching program in tutor group periods, Religious Studies or Personal Health and Social Education that includes regular work on loss, death, emotions and life skills.

### **How the school can help (in addition to the suggestions in the Elementary section)**

Communication is a vital issue. School policies should cover systems for sharing information about personal traumas with all those who have contact with the pupil. It is helpful to have the Chaplaincy Leader available and a key member of staff to take direct responsibility for talking to the pupil (and to their friends), to be available when needed, to make crisis contingency arrangements, and to pass on information to relevant people.



School routines, music and drama, sport and homework may actually offer a feeling of security and normality to a grieving teenager, especially when the family home is in turmoil. However, grief often brings additional problems of both exhaustion and lack of concentration that may affect their work for some time to come.

Communication with the family is still important, though it may be less direct or frequent when children are older. It is necessary to remember the bereavement on occasions such as Open Evening, when progress is discussed. When the bereavement is recent, the taking of exams, or some of them, may need to be postponed until a pupil is better able to cope with the additional stress. Long-term awareness and communication are necessary as the pupil progresses through the school, especially when large numbers of staff are involved.

## **School responses to the death of one or more pupils**

While all the issues raised earlier will apply, a death within the school community raises whole-school issues that need careful thought and consideration. Schools should develop a plan for their community early in the year and it should include phone trees, key contact people, Morning Prayer etc.

The key issues seem to be:

- The need to tell all pupils and staff what has happened so that rumour is dispelled and everyone is in possession of the facts. Class, year group, or whole-school assembly is usually the most appropriate way to do this.
- Direct communication with parents informing them of the situation and alerting them to the distress their children may be suffering. The Communications department may be of assistance with helping you to prepare this letter for parents.
- Pastoral/emotional support for those most closely affected;
- The need to give thought to the attendance of pupils and staff at the funeral(s);
- The healing effects of a later occasion when the school community can come together to pray and remember, mourn and celebrate the life of the individual(s);
- The setting-up of a permanent memorial such as an award, a tree, or special place helps to acknowledge the event in the future.

## **Education for loss, death and grief**

Schools today place pastoral care high on their agenda. There is concern not only for the academic and intellectual development of children, but also for their social, emotional, physical and their spiritual needs as well. The school that has considered the issues by planning for loss within the community will be better prepared and able to support their pupils if tragedy strikes. When loss and death are part of integrated teaching program, considered in school and class assemblies, and when staff have formulated policies and discussed their own responses to bereavement, when the need to acknowledge feelings and emotions is an accepted part of the school ethos, then the school community will be supportive towards a bereaved child. Bereaved parents (and grandparents) appreciate the thoughtfulness, planning and effort that go into the care of their children, especially at times of great distress for all in their family.

## Prayer Resources

God, we come for comfort in our grief. The absence of [name] creates within our lives an emptiness that hurts. The darkness of grief clouds our vision and hides your light. Come to us. Hold us, heal us and strengthen our weak spirits with sure faith in the Resurrection. Amen

Most merciful God,  
whose wisdom is beyond our understanding, surround the family of N. with your love, that they may not be overwhelmed by their loss, but have confidence in your goodness, and strength to meet the days to come. We ask this through Christ our Lord.  
R. Amen.

Lord of all gentleness,  
surround us with your care  
and comfort us in our sorrow,  
for we grieve at the loss of N.  
As you washed N. in the waters of baptism and welcomed him/her into the life of heaven,  
so call us one day to be united with him/her and share forever the joy of your kingdom.  
We ask this through Christ our Lord.  
R. Amen.

## PRAYERS OF INTERCESSION

### **Response: Lord, Hear our Prayer**

In his great love,  
the God of all consolation gave us  
the gift of life.

May God bless us with faith  
in the resurrection of his Son,  
and with the hope of rising to new  
life.

**All: Lord, hear our prayer.**

To us who are alive  
may God grant forgiveness,  
and to all who have died  
a place of light and peace.

**All: Lord, hear our prayer.**

As you believe that Jesus rose from  
the dead, so may you live with him  
forever in joy.

**All: Lord, hear our prayer.**

May almighty God bless us,  
In the name of the Father, and of  
the Son and of the Holy Spirit.  
Amen

## **PRAYERS OF INTERCESSION**

**Leader:** Lord we have loved N. in this life and will sorely miss him/her. Out of that love we pray that you take him/her to yourself, forgive his/her sins and give him/her eternal joy with you.

*Lord hear us*

**All: Lord, graciously hear us.**

**Leader:** As we grieve we know that at this very time others are grieving great losses too. Teach us to be sensitive to the sufferings and pains of others. Help us to take strength from the community of our brothers and sisters in the faith.

*Lord hear us*

**All: Lord, graciously hear us.**

**Leader:** We pray for those others, whom we may not know, whom XX touched during his/her life. May we all be united one day in the joy of Heaven.

*Lord hear us*

**All: Lord, graciously hear us.**

**Leader:** We pray for anyone whom XX offended against during his/her

life. We pray that you will heal their hurt. Lead us all to the harmony and peace of God's children.

*Lord hear us*

**All: Lord, graciously hear us.**

**Leader:** We pray for the whole people of God. Give us all the grace, in our own neighbourhood and throughout the world to be a light of truth, justice and love.

*Lord hear us*

**All: Lord, graciously hear us.**

**Leader:** Let us pray together in the words that Jesus taught us.

**All:** Our Father...

**All:** Glory be to the Father...

**Leader:** Let us pray:

Lord God, you are compassion and love; Our loved one, N, has been called home to you.

Welcome him/her into the love of heaven; console us in our loss and make us truly grateful for all he/she was to us in life.

Fill our home now empty with his/her loss with your love and care.

Through Christ our Lord. **All:** Amen

**SCRIPTURE READINGS: OLD TESTAMENT**

**ECCLESIASTES 3:1-11**

There is a season for everything, a time for every occupation under heaven:

A time for giving birth,  
a time for dying;  
a time for planting,  
a time for uprooting what has been planted.

A time for killing,  
a time for healing;  
a time for knocking down,  
a time for building.

A time for tears,  
a time for laughter;  
a time for mourning,  
a time for dancing.

A time for throwing stones away,  
a time for gathering them;  
a time for embracing,  
a time to refrain from embracing.

A time for searching,  
a time for losing;  
a time for keeping,  
a time for discarding.

A time for tearing,  
a time for sewing;  
a time for keeping silent,  
a time for speaking.

A time for loving,  
a time for hating;  
a time for war,  
a time for peace.

**PSALM 62**

In God alone is my soul at rest;  
my help comes from him.

He alone is my rock, my stronghold, my fortress; I stand firm. In God alone be at rest, my soul; for my hope comes from him. He alone is my rock, my stronghold, my fortress; I stand firm. In God is my safety and glory, the rock of my strength.

Take refuge in God, all you people.  
Trust him at all times.

Pour out your hearts before him  
for God is our refuge.

**PSALM 23: The Lord is my Shepherd**

The Lord is my shepherd; I shall not want.

In verdant pastures he gives me repose; beside restful waters he leads me; he refreshes my soul.

He guides me in right paths for his name's sake.

Even though I walk in the dark valley I fear no evil; for you are at my side with your rod and your staff that give me courage.

You spread the table before me in the sight of my foes;

You anoint my head with oil;  
my cup overflows.

Only goodness and kindness follow me all the days of my life;

And I shall dwell in the house of the Lord for years to come.

### **PSALM 103**

The Lord is compassion and love,  
slow to anger and rich in mercy.  
He does not treat us according to  
our sins nor repay us according to  
our faults. As parents have  
compassion on their children,  
the Lord has pity on those who fear  
him; for he knows of what we are  
made, he remembers that we are  
dust. As for us, our days are like  
grass; we flower like the flower of  
the field; the wind blows and we  
are gone and our place never sees  
us again. But the love of the Lord  
is everlasting upon those who hold  
him in fear; his justice reaches out  
to children's children when they  
keep his covenant in truth.

### **SCRIPTURE READINGS: NEW TESTAMENT**

#### **A Reading from the First Letter of John**

Think of the love that the Father  
has lavished on us,  
by letting us be called God's  
children; and that is what we are.  
Because the world refused to  
acknowledge him, therefore it does  
not acknowledge us. My dear  
people, we are already the children  
of God but what we are to be in the  
future has not yet been revealed;

all we know is, that when it is  
revealed we shall be like him  
because we shall see him as he  
really is.

This is the Word of the Lord.

#### **A Reading from the Holy Gospel According to John**

There are many rooms in my  
Father's house.

Jesus said to his disciples:

"Do not let your hearts be  
troubled.

Trust in God still, and trust in me.

There are many rooms in my  
Father's house; if there were not, I  
should have told you. I am going  
now to prepare a place for you,  
and after I have gone and prepared  
you a place, I shall return to take  
you with me; so that where I am  
you may be too. You know the way  
to the place where I am going."

Thomas said, "Lord, we do not  
know where you are going, so how  
can we know the way?" Jesus said:

"I am the Way, the Truth and the  
Life. No one can come to the  
Father except through me."

This is the Gospel of the Lord.

## **A PRAYER SERVICE**

**BY: JEANNE HUNT**

*(for praying alone or with others who share your loss)*

*Preparation:* Place a candle (unlit), a photo and a few personal mementos of the deceased on a prayer table. Before the wake, ask everyone to write a brief memory of the deceased.

## **OPENING SONG**

## **OPENING PRAYER**

God, we come for comfort in our grief. The absence of [name] creates within our lives an emptiness that hurts. The darkness of grief clouds our vision and hides your light. Come to us. Hold us, heal us and strengthen our weak spirits with sure faith in the Resurrection.

## **SCRIPTURE**

Matthew 11:28-30

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

## **RITUAL**

*Light the candle and share a brief history of the life of the deceased.  
Remember in silence for a few minutes.*

You are invited to share your memory of [name].

*When sharing has ended, the leader prays:*

May the choirs of angels come to greet you.  
May they speed you to paradise.  
May the Lord enfold you in his mercy.  
May you find eternal life.  
Amen.

<http://www.catholicireland.net/pages/index.php?nd=121&art=155>

# Joseph's

## *Bereavement Resource Books and DVDs*

### Books

- **I Am My Grandpa's Enkelin.** *Wangerin Jr., Walter.* ISBN9781557254689. The original tale is told by a granddaughter (Enkelin, in German), looking back in loving memory at all that her German-American grandpa taught her. A useful book to talk with children in preparation for, or after, they have experienced grief from the death of a grandparent. (\$21.95)
- **If Nathan Were Here.** *Bahr, Mary.* ISBN 0802852351. Named a "Best Children's Book 2000" by the Association of Theological Booksellers, this gentle picture book explores the grief of a young boy whose best friend has died. (\$10.95)
- **The Next Place.** *Hanson, Warren.* ISBN 0931674328. A classic, "The Next Place" brings gentle verse revealing a safe and welcome destination free from earthly hurts and filled with wonder and peace. A comforting message of hope and a gift of compassion for the bereaved.(\$20.00)
- **Badger's Parting Gifts.** *Varley, Susan.* ISBN 0688115187. All the woodland creatures love old Badger and when he dies, they are overwhelmed by their loss. They then begin to remember and through their memories, the animals find the strength to face the future with hope. (\$9.50)
- **Tear Soup: A Recipe for Healing After Loss.** *Schwiebert, Pat; DeKlyen, Chuck.* ISBN 0961519762. In this modern-day fable, a woman who has suffered a terrible loss cooks up a special batch of "tear soup", blending the unique ingredients of her life into the grief process. Along the way she dispenses a recipe of sound advice for people who are in mourning. (\$23.95)
- **The Gift of a Memory: A Keepsake to Commemorate the Loss of a Loved One.** *Richmond, Marianne.* ISBN 097414651X. A one-of-a-kind keepsake, The Gift of a Memory commemorates the loss of a special life. Through a heartfelt poem and beautiful illustrations, the book recounts the emotional journey of loss and offers a wish for comfort and for hope in life again. (\$18.95)
- **The Fall of Freddie the Leaf: A Story of Life for All Ages.** *Buscaglia, Leo.* ISBN 9780943432892. This story is a warm, wonderfully wise and strikingly simple tale about a leaf named Freddie. How Freddie and his companion leaves change with the passing seasons, finally falling to the ground with winter's snow, is an inspiring allegory illustrating the delicate balance between life and death. (\$18.95)



- **Nana Upstairs and Nana Downstairs.** *DePaola, Tomie.* ISBN 0698118367. Four-year-old Tommy loves visiting the home of his grandmother, Nana Downstairs, and his great-grandmother, Nana Upstairs. But one day Tommy's mother tells him Nana Upstairs won't be there anymore, and Tommy must struggle with saying goodbye to someone he loves. (\$7.95)
- **Talking about Death: A Dialogue Between Parent and Child.** *Grollman, Earl.* ISBN 0807023612. This is a classic guide for parents helping their children through the death of a loved one. With a helpful list of do's and don'ts, an illustrated read-along dialogue, and a guide to explaining death. This redesigned and updated edition explains what children at different developmental stages can and can't understand about death; reveals why it's crucial to be honest about death; helps you understand the way children express emotions like denial, grief, crying, anger, and guilt; and discusses children's reactions to different kinds of death, from the death of a parent to the death of a pet. (\$23.95)
- **The Tenth Good Thing about Barney.** *Viorst, Judith.* ISBN 0689712030. In simple phrases narrated by a child whose cat, Barney, has just died, the author succinctly and honestly handles both the emotions stemming from the loss of a beloved pet and the questions about the finality of death which naturally arise in such a situation. (\$7.99)
- **A Grieving Teen: A Guide for Teenagers and Their Friends.** *Fitzgerald, Helen.* ISBN 0684868040. In this wise, compassionate, pragmatic book, the author turns her attention to the special needs and concerns of adolescents face during the grieving process. (\$17.95)
- **Lifetimes.** *Mellonie, Bryan.* ISBN 0553344021. A pet, a friend, or a relative dies and it must be explained to a child. This sensitive book is a useful tool in explaining to children that death is a part of life and that, eventually, all living things reach the end of their own special story. (\$16.95)
- **When a Friend Dies: A Book for Teens about Grieving & Healing** (Revised and Updated). *Gootman, Marilyn.* ISBN 1575421704. This revised edition of Gootman's helpful guide includes new resources and a new section on losing a friend through violence. Recommended for parents and teachers of teens who have experienced a painful loss. (\$11.50)
- **I Wish I Could Hold Your Hand...:A Child's Guide to Grief and Loss.** *Palmer, Pat; Burke, Dianne O'Quinn.* ISBN 0915166828. A best friend has moved away, Dad no longer lives with the family, or a favourite pet has died. This warm, comforting book gently helps grieving children identify their feelings and learn to accept and deal with them. (\$10.95)
- **When Dinosaurs Die: A Guide to Understanding Death** (Dinos Die #1). *Brown, Marc Talon; Little Brown & Company; Krasney, Laurene; Kelly, Chuck.* ISBN 061371802X. For use in schools and libraries only. Explains in simple language the feelings people may have regarding death of a

loved one and the ways to honour the memory of someone who has died. (\$21.00)

- **Someone I Love Died**. *Tangvald, Christine Harder*. ISBN 143470291X. Once a child graphs the concept of death, it becomes one of their greatest fears in life. "Someone I Love Died" provides a positive approach for children to deal with the death of a friend or loved one in a comforting, non-threatening way and points them to Jesus Christ, the ultimate source of comfort and security. (\$14.95)
- **Someday Heaven (Revised)**. *Libby, Larry*. ISBN 0310701058. Explaining the mysteries of Heaven to a child can be a difficult task. But "Someday Heaven" gives simple, comforting answers to difficult questions that children age 4 to 8 often have concerning heaven. 'Excellent for Homeschool Use' (\$14.95)
- **What Does Dead Mean?: A Book For Young Children to Help Explain Death and Dying**. *Jay, Caroline. Thomas, Jenni*. ISBN 1849053553. This is a beautifully illustrated book that guides children gently through 17 of the 'big' questions they often ask about death and dying. (\$18.50)
- **When Mom or Dad Dies: A Book for Comfort for Kids (Elf-Help Books for Kids)**. *Grippio, Daniel*. ISBN 9780870294150. When Mom or Dad dies, children grieve deeply, but we can show our care and love for them by encouraging them to share their feelings of sorrow and loss. (\$8.95)
- **When Your Grandparent Dies: A Child's Guide to Good Grief (Elf-Help Books for Kids)**. *Ryan, Victoria*. ISBN 0870293648. Explaining what happens from a child's-eye view, the elves depict the difficult days before, after, and beyond a grandparent's death. They explore the meaning of death and heaven, as well as how to stay close in spirit with a grandparent who has died. Includes questions for discussion.(\$9.50)
- **When Someone You Love Has Cancer: A Guide to Help Kids Cope (Elf-Help Books for Kids)**. *Lewis, Alaric*. ISBN 9780870293955. This book touches on topics such as cancer, bereavement, religious aspects, Christianity, grief in children, adjustment (psychology), communication in families and more. (\$8.95)
- **Will I See My Pet in Heaven?** *Wintz, Friar Jack*. ISBN 1612610986. Popular writer and friar Wintz offers many reasons why he believes the whole family of creation is included in God's plan of salvation, answering questions about the future, after death, of beloved animals. (\$17.95)
- **Daily Prayer for Times of Grief**. *Hamilton, Lisa B*. ISBN 1612611281. Drawing on her own experience of losing her young husband to cancer, in this poignant offering, Lisa B. Hamilton accommodates the practice of fixed-hour prayer for those who mourn. (\$17.25)

- **I Feel Sad.** *Gross, Cathy; McKeever, Sharron; Debly, Mary Ann Takacs.* ISBN 9782895078300. This compassionate, user-friendly resource offers information and helpful suggestions for guiding primary and junior students through a range of losses, from death of someone important to changing schools, from bullying to parents' divorce, from the loss of a pet to not being chosen for a team. (\$9.95)
- **Praying Our Goodbyes: A Spiritual Companion Through Life's Losses and Sorrows (Revised).** *Rupp, Joyce.* A compassionate, spiritual work about soothing the sting of any kind of loss--a job change, the end of a friendship or of youth, or the death of a loved one. This thoughtful work focuses on the "spirituality of change". Sister Joyce Rupp offers topics for reflection and discussion, as well as specific prayers, to heal the hurts of everyday life and death. (\$18.75)

### DVDs

- **Journey Through the Shadows: Hope for healing after someone you love has died by suicide.** [50 mins.] Suicide deeply affects the lives of those who are left behind by the one who has died. (\$68.00)
- **Helping Children Grieve.** [55 mins.] This profound new resource offers helpful information to adults (parents, caregivers, professionals) on how to help children of all ages grieve with hope and heart. You will meet two experts: Khris Ford and Paula D'Arcy, whose personal experiences with death give them intimate knowledge and compassion. (\$68.00)
- **Helping Parents Grieve: Finding New Life After the Death of a Child.** [60 mins.] Khris Ford and Paula D'Arcy have built this new resource creating tremendous support for helping parents and family members grieving the death of a child. (\$68.00)
- **When A Loved One Dies: Walking Through Grief As A Teenager.** Grief is always difficult, but never more than when you are a teenager. This is a compassionate and practical primer for teens and adults who live and/or work with youth. (\$45.95)
- **A Cry for Help: How to Help A Friend Who Is Depressed or Suicidal.** [20 mins.] In the wake of a suicide, family members and friends wonder what they could have done to help, how they could have prevented this tragedy. Made for a teen audience, A Cry for Help educates young people to recognize the signs of depression and suicide in their peers. Featuring Sue Eastgard, President of The American Association of Suicidology, and groups of teens, this video talks about how to intervene and get help when a friend is contemplating suicide. A Cry for Help prepares young people to listen and care in one of the most challenging situations they might ever face:

stopping a friend from taking his or her own life. (\$52.00)

- **We Will Miss You: Support for Grieving the Death of a Pet**. For the first time, a video of support for those who grieve the loss of a beloved animal companion. (\$45.00)
- **A Place Prepared: Helping Children Understand Death and Heaven**. This resource helps adults answer children's questions about death, funerals, and heaven as it lovingly prepares them for the inevitable losses they will experience. The viewer hears from professionals and children, ages 3-14. (\$35.00)
- **Caring for a Loved One with Alzheimer's: An Emotional Journey**. This dynamic video offers insight, hope, and understanding for anyone who cares for a loved one. (\$68.00)
- **Bullying: What Every Adult Needs to Know** [30 mins.] As long as there have been schools, there have been bullies teasing, threatening, punching, and kicking their peers. But we know today that bullying has serious consequences for both the victims and the bullies, ranging from low self-esteem to suicide. Young people need guidance from the adults in their lives to deal with bullying in a healthy way. Bullying: What Every Adult Needs to Know gives adults the tools they need to prevent and stop bullying among young people. (\$45.00)

**“Blessed are those who mourn, for they will be comforted.”**

Matthew 5.4

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