**Bereavement Reading/Resources**

Please find below a selection of reading and resources for bereavement along with short summaries of each. Should you wish to find out more or purchase any of these resources, **pressing Ctrl and clicking the mouse on the title will take you directly to the publisher’s website**.

[**Bereavement** *Jean Watson*](https://www.rpbooks.co.uk/bereavement)

For all those going through bereavement, as well as those wanting to support others who are bereaved. Covers questions such as how to grieve and ultimately find comfort.

**[A Celebration of Life when a Loved One Dies](https://www.rpbooks.co.uk/search?search=A+CELEBRATION+OF+LIFE+-WHEN+A+LOVED+ONE++)***[Gerard Maloney C.Ss.R.](https://www.rpbooks.co.uk/search?search=A+CELEBRATION+OF+LIFE+-WHEN+A+LOVED+ONE++)*

Explains the role of the priest and of the funeral director. Takes you through the funeral liturgy, and helps you to plan it. Contains a wide selection of readings and psalms for use during the funeral Mass. Offers reflections on bereavement and how it affects us, including a detailed look at the grieving process.

[**Children and Loss** *Sue McDermott*](https://www.rpbooks.co.uk/search?search=CHILDREN+AND+LOSS+++By+Sue+McDermott+++)

A child's needs are not the same as when an adult faces bereavement. Sue McDermott OBE, Executive Director of Rainbows Bereavement Support GB, is committed to helping children and their families and teachers face, grow through and emerge whole from the life-changing experience of loss and bereavement. She shares her many years of face-to-face experience throughout the pages of this book.

[**May You Find Comfort** *Joyce Rupp*](https://www.rpbooks.co.uk/may-you-find-comfort)

Bereavement ministers, parish nurses, priests, deacons, and other members of pastoral teams will appreciate this simple booklet as a gift for the bereaved. It offers an elegant prayer and meditation in a beautiful layout, expressing the deep care and concern of the faith community.

Joyce Rupp is well known for her best-selling books on spiritual growth, but she is also the author of numerous books on grief and consolation, including Praying Our Goodbyes and her recently published Now That You've Gone Home: Courage and Comfort for Times of Grief, from which this booklet is drawn.

[**I Will Live On** *David Haas*](https://www.rpbooks.co.uk/cdi-will-live-on)

David Haas has created a CD prayer experience that communicates the feelings, the needs and the wishes of those who are journeying through the grief process. I Will Live On weaves evocative music, imaginative prayer, sacred scripture and profound silence into an instrument of healing, an expression of compassion and a means to hope. This CD is an invaluable resource for bereavement ministries and is perfect for use as a service of remembrance. Available resources to assist in planning and preparation include a leader’s edition, assembly edition, music collection, and recording.

[**Letting in the Light** *Kenneth Steven*](https://www.rpbooks.co.uk/letting-in-the-light)

In this intimate new collection, the Christian poet Kenneth Steven reflects on bereavement, marital breakdown, the pain of separation from his beloved young daughter and the search for 'home'. Previously his poetry has focused on the natural world. Now he finds himself struggling to address his harrowing circumstances, and it becomes clear that the words he needs will only be found by journeying inside to a deeply personal place. What emerges through the testing of faith is that most ancient of healing truths: darkness and pain open the way to hope and healing . . . it's when we are broken, we let in the light.

[**Habits of Resilience** *Beryl Schewe*](https://www.rpbooks.co.uk/habits-of-resilience)

When the unthinkable happens, how do we move on? How do we face the next ordinary day in our lives, when it seems nothing will ever be ordinary again? Certified chaplain Beryl Schewe has stood with hundreds of families and individuals at these heartbreaking yet defining moments. Her compassionate and tender stories take us into hushed waiting rooms, peaceful hospices, and hopeful candlelight vigils. We meet those in sorrow, denial, anger, contemplation, and healing. Through their stories, we learn 13 practices of resilience that can move us beyond our grief and toward a full, rich life. “Regardless of our disposition,” says Schewe, “resilience is a skill that can be developed…strengthened and cultivated.”  
  
Written for those who grieve as well as for caregivers and pastoral ministers, this powerfully insightful and practical book includes sections on decision making, speaking to the dying, helping children cope with loss, and the importance of community support. Reflection questions and a gentle, 21-day challenge make this book a sure companion for anyone who seeks healing, and for all who need to remember that love always triumphs over death.

**[Rivers of Sorrow, Currents of Hope](https://www.rpbooks.co.uk/rivers-of-sorrowcurrents-of-hope)***[Paula D’Arcy](https://www.rpbooks.co.uk/rivers-of-sorrowcurrents-of-hope)*

Using scripture as a guide, bestselling author Paula D'Arcy walks us through our grief and its stages--from sorrow, anger, pain, and fear through acceptance and healing. This tender and compassionate book, written by someone who has experienced devastating loss herself, makes the perfect gift of caring and support for all who grieve.

**[Praying Through Our Losses](https://www.rpbooks.co.uk/praying-through-our-losses)***[Wayne Simsic](https://www.rpbooks.co.uk/praying-through-our-losses)*

This collection of meditations is designed for anyone experiencing loss. Each reflection focuses on a different topic, moving readers from acknowledging pain and loss to healing and new life.

[**Living with Grief** *Bairbre Cahill*](https://www.rpbooks.co.uk/living-with-grief)

Grief often follows a spiral path, bringing us back to a place we have been before but at a different level. In this book the author invites us to walk part of the spiral with her, accompanied by others who have experienced loss and raw grief. In each chapter Bairbre draws on the psalms as an invitation to personal prayer and reflection. There we find anger, despair and frustration – but also peace, hope and joy. Bairbre's belief and experience is that walking the spiral, although painful, can ultimately be life-giving. For by confronting death we deny its power to control and limit our lives – so that we may live.

**[Every Tear will be Wiped Away](https://www.rpbooks.co.uk/every-tear-will-be-wiped-away)***[Gretchen L Schwenker](https://www.rpbooks.co.uk/every-tear-will-be-wiped-away)*

Grief is a long and difficult journey. It is a truly personal recovery, often accompanied by feelings of isolation and loneliness. For these times of grieving, Schwenker provides a spiritual compass. She blends scripture, prayers, and reflections to help you along the way through feelings of despair and hopelessness

[**Stars at Night** *Paula D’Arcy*](https://www.rpbooks.co.uk/stars-at-night)

In this captivating new work, Paula D’Arcy begins with her own personal experience of loss and brings the reader with her, explaining how the enveloping darkness eventually began to lift, how night slowly became day again, and how she came to recognise the experience as a natural part of life.

[**Death is Only an Horizon** *Michael McGrrevy C.Ss.R.*](https://www.rpbooks.co.uk/death-is-only-an-horizonx)

The death of someone close to us can be one of the most painful experiences we will ever suffer. This little book will be a help. This is a small compassionate booklet for which there is need, time and again, in parish life. It is a booklet of comfort and also of hope. A practical booklet, that deals with anger, guilt, grief and healing. At the back of the book there are some useful addresses of groups and agencies you might find useful.

[**The Last Journey** *John L Bell*](https://www.rpbooks.co.uk/last-journey-the)

In The Last Journey, John Bell explores the myriad emotions that accompany loss, offering us a way to grieve, to search through the struggle before us – and perhaps enabling us to find the courage to face the world with a renewed sense of hope.

**FINDING A LOVING GOD IN THE MIDST OF GRIEF** By Susan M ErschenProduct Code: 22226 ISBN No:9781593253462

[**Finding a Loving God in the Midst of Grief** *Susan M Erschen*](https://www.rpbooks.co.uk/finding-a-loving-god-in-the-midst-of-grief)

The loss of a loved one is often devastating. And while each of us experience grief in a unique way, for many of us, finding our way back to a place of wholeness seems impossible. The emptiness, loneliness and darkness seem to never fade. For the many people who face seasons of grief, this book is written to help them not only find comfort, but to also grow closer to God, who often seems far off or even absent, in their journey through grief. The book draws from both personal testimonies and religious texts to give inspiration to the reader. The book also contains practical advice on how to overcome the emotional or practical aspects of grief, and a prayer on each topic. The book ends with help in making decisions about what to pass on and what to keep in order to treasure memories. Grief is a very unique and personal experience. Through this book, readers will be given the confidence to grieve in their own way. Ultimately, they will see grief as a journey that can lead them into a richer spiritual life

**[Surviving Suicide Bereavement](https://www.paulineuk.org/browse/item/surviving-suicide-bereavement/9781910248348)***[Brendan McManus SJ](https://www.paulineuk.org/browse/item/surviving-suicide-bereavement/9781910248348)*

Brendan McManus, SJ lost his brother Donal to suicide in 2005 and has written and spoken extensively about his grief journey. He published an article and a book, Redemption Road, about walking the Camino in honour of his deceased brother. Here, some ten years later, he offers advice on the complex suicide grief process and what he has found to be helpful for survival, adaptation and thriving.

[**First Steps Through Bereavement** *Sue Mayfield*](https://www.paulineuk.org/browse/item/first-steps-through-bereavement/9780745955353)

Being bereaved can leave you with a whole range of emotions. You may feel paralyzed; you may feel angry; you will almost certainly feel sad. However it affects you it will be difficult, and you will need help, which is precisely what this book offers: simple, compassionate help. From the shock of discovering death to the practicalities of life afterwards, First Steps through Bereavement is an indispensable guide through the process of mourning a loved one. With useful sections on funerals, continuing to function, staying healthy, dealing with emotions, how to remember your love one, and more, it will help you negotiate your way through grief. It also includes invaluable advice for close friends and relatives supporting others, including children who have been bereaved.

[**Resolving Bereavement** (for ages 6-12) - *Fiona McAulsan*](https://www.paulineuk.org/browse/item/resolving-bereavement/9781847302540)

Death is something we must all experience as a part of life, even children, and this book helps them to deal with the acute loss and strong emotions that result from the death of a loved one. It is aimed at children (aged six to twelve), their parents/guardians, teachers and professionals who support children during times of bereavement.

The story focuses on how loss affects Joe and Lisa in different ways, but how they both find support and learn how to talk about their feelings. They begin to regain confidence and learn how to be happy again. The story will help children understand and deal with grief and all the emotions that come with it, such as isolation, anger, depression, guilt, fear and insecurity. The book also has a very useful toolbox section, with tips, games and information to help children put into practice what they have learned from the book. It is also supported by a website, which has additional material available for download for both children and parents.

**The Gift of Grief: One Son's Story Following the Death of His Father - Andrew Stringfellow**

[**The Gift of Grief: One Son’s Story Following the Death of His Father** *Andrew Stringfellow*](https://www.paulineuk.org/browse/item/the-gift-of-grief-one-sons-story-following-the-death-of-his-father/9780852314357)

This book courageously faces the real shock and horror of the dying and death of a loved one. It pulls no punches, bringing the reader into the inmost experience of loss. Without neat answers or short cuts, the author attempts to help others see the gifts that lie at the heart of profound loss. This book is ideal for people involved in pastoral ministry or bereavement counselling; anyone who has experienced bereavement, particularly of a parent, as an adult.

[**A John Henry Newman Prayer Book** *St Paul’s*](https://www.paulineuk.org/browse/item/a-john-henry-newman-prayer-book/9780854397945)

The words of his prayers and devotional writings are simple and direct. They are in some ways the best way into his heart, for they are very often his own words for his own needs. This makes them very powerful for us too. Whatever circumstances we are in, however long or difficult our lives, we are likely to find in the prayers of John Henry Newman an echo of the thoughts of our own hearts. In these prayers the words of his cardinal's motto really are true: 'Heart speaks to heart'.

**[Our Last Awakening: Poems in the Face of Death](https://www.paulineuk.org/browse/item/our-last-awakening-poems-in-the-face-of-death/9780281073542)** *[Janet Morley](https://www.paulineuk.org/browse/item/our-last-awakening-poems-in-the-face-of-death/9780281073542)*

Rather than being morbid, it is realistic to face the fact that our time on earth is limited, and that we will all need to deal with bereavement. Most of us discover that we achieve an important new perspective on the whole of life when someone dies, and that accompanying the dying can be inspiring as well as exhausting*. Our Last Awakening* encourages us to retain this heightened awareness and insight, even when we find ourselves, once again, absorbed in the pressures of everyday life.

[**What Really Happens After We Die** *James Papandrea*](https://www.paulineuk.org/browse/item/what-really-happens-after-we-die-there-will-be-hugs-in-heaven/9781622826384)

This book offers comfort for those struggling with grief and bereavement and those afraid of death. Drawing on the riches of Scripture and Roman Catholic tradition, church history professor Dr. James Papandrea warmly presents Christian teachings on the afterlife. Theologically robust, yet easy to read, *What Really Happens After We Die* will fill readers with hope and joy for life beyond the grave.