

Saint Michael & All Angels Episcopal Church

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“PRAYING OUR GOODBYES”

A BIBLIOGRAPHY

We asked those who have helped coordinate the “Praying our Goodbyes” ministry at Saint Michaels & All Angels for a list of the books and website that they found personally helpful. They are listed below.

Praying Our Goodbyes

By Joyce Rupp, OSM
Paperback
Ivy Books, 1988
New York, NY
\$5.99

“Praying Our Goodbyes should not be kept for special occasions, however, for its poetic wisdom offers the means of enriching every day, of saying hello and goodbye to every precious moment of life.”

(From the back cover)

For Those We Love But See No Longer

Daily Offices for Times of Grief

By The Rev'd. Lisa Belcher Hamilton
Paperback
Paraclete Press, 2001
Brewster MA
\$11.95

“On October 4, 1990, Lisa Hamilton’s husband Scott was diagnosed with a cancer that killed him eight months later at the age of 32. Finding prayer to be the greatest teacher in the midst of her rage, depression, loneliness and overwhelming grief, Hamilton, now an Episcopal priest, has designed a prayer book for those who mourn.”

(From the book jacket.)

A Grief Observed

By C. S. Lewis

Paperback

Harper San Francisco, 1994

\$14.00

Originally published in 1961 after the death from cancer of his wife, Lewis offers, “A Timeless and inspiring affirmation of faith in the face of senseless loss. To survive the ‘midnight moments’ after his wife’s death, Lewis wrote about his agony and near despair. In *A Grief Observed*, his journal of struggle, we are allowed to witness Lewis’ classic trial of faith as he probes the fundamental issues of life and death, and summons those who grieve to honest mourning and hope in the midst of loss.”

(From the book jacket.)

A Sever Mercy

By Sheldon Vanauken

Paperback

Harper San Francisco

Reissued edition 1992

“This celebrated memoir, winner of the National Religious Book Award and the Gold Medallion Award, traces the idyllic marriage of Sheldon and Jean Vanauken, their search for faith and friendship with C. S. Lewis, and the tragedy of untimely death and lost love. It includes eighteen letters by C. S. Lewis.”

(From the back cover.)

Mending the Heart

By John Claypool

Cowley Publications

Cambridge, MA

\$8.95

“Grievance, guilt and grief are all part of our human journey from womb to tomb, and this realization set me on an intensive search for ways that might realistically help with these particular forms of woundedness.

“Years ago, I heard D. T. Niles suggest that the essence of Christian life was ‘one beggar telling other beggars where bread was to be found.’ That is a fitting metaphor to describe what this little book is about and why I have chosen to entitle it *Mending the Heart*. I offer it in the hope that it will change our experiences of woundedness into occasions for growth and enrichment.”

(From the Preface)

*Turn My Mourning Into Dancing
Finding Hope in Hard Times*
By Henri Nouwen
W. Publishing Group
Nashville, TN, 2001
\$16.99

“This deeply comforting, deeply realistic book, gleaned from the unpublished writing of the beloved author, lecturer and pastor Henri Nouwen, focuses not on how we can survive hard times, but how we can live fully in the midst of them and beyond.

“Drawn from the deep well of Nouwen’s experience as a pastor, a teacher and a thinker, it offers solace without platitudes. Ever practical, never pat or simplistic, it gently point the way toward a way of life that is grounded in God’s constancy and rooted in eternal hope –the kind of life that can dance even in the midst of the darkest night.”

(From the book jacket.)

The Inner Voice of Love: A Journey Through Anguish to Freedom
By Henri Nouwen
An image Book, Doubleday
New York, 1996
\$10.95

“This book is to be read and savored...”

(From the book jacket.)

How To Go on Living When Someone you Love Dies
By Therese A. Rando, Ph.D.
Bantam Books
New York, 1991
\$13.95

“Mourning the death of a loved one is a process all of us will go through at one time or another. But whether the death is sudden or anticipated, few of us are prepared for it or for the grief it brings. There is no right or wrong way to grieve; each person’s response to loss will be different. Therese A. Rando, Ph. D., bereavement specialist and author, lead you gently through the painful but necessary process of grieving and helps you find the best way for yourself.”

(From the book cover)

Swallowed by a snake
The gift of the Masculine Side of Healing
By Thomas R. Golden, LCSW
Golden Healing Publishing
Kensington, MD, 1996
\$13.95

“*Swallowed by a Snake* is a book for men and women about the masculine side of healing from loss. ...It is meant to me a map and a guide through the experience of loss. It will help you move through the pain of loss and into a place of healing and transformation.”

(From the book cover.)

A Man You Know is Grieving: 12 Ideas for Helping him Heal From Loss and When A Man Faces Grief: 12 Practical Ideas to Help You Heal from Loss
By Thomas R. Golden and James E. Miller
Willowgreen Publishing
Fort Wayne, IN, 1998
\$6.95

Widower: When Men Are Left Alone
By Campbell and Phyllis R. Silverman
Baywood Publishing
Amityville, NY, 1996

“In *Widower*, a journalist and a behavioral scientist explore and analyze the grief process as men experience it. The book illustrates, through first-hand accounts, some different ways in which men have successfully come to grips with this wrenching loss.”

(From the back cover.)

Men & Grief: A Guide for Men Surviving the Death of a Loved One; A Resource for Caregivers and Mental Health Professionals

By Carol Staudacher
New Harbinger Publications, Inc.
Oakland, CA, 1991
\$13.95

“Men’s grief responses are arranged so that they are pieces of a whole, rather than disconnected experiences. This book offers a framework in which I can see my individual experiences as common experiences. I am freed from the sense of isolating uniqueness I often equate with my grief. ...”

--- Rev. Thom Harshman, *Chaplain, Family Recovery Services, St. Joseph Hospital of Orange*
(From the back cover.)

A Time to Grieve: Meditations for Healing After Death of a Loved One

By Carol Staudacher
Harper Collins Publishers
New York, 1992
\$14.00

“This book is for all survivors who are grieving the loss of a loved one, and for those whose loved ones died some time ago but have not given themselves a time to grieve.”

(From the dedication page.)

Beyond Grief: A guide for Recovering from the Death of a Loved One

By Carol Staudacher
New Harbinger Publications, Inc.
Oakland, CA 1987
\$14.95

“Beyond Grief is a ‘how to’ of the best kind: one that provides clearly stated suggestions...that help people cope and find resolution to their struggles ...”

Rev. Gerald Hill, Director of Pastoral Care, Bereavement Support Program, Mt. Diablo Medical Center

In Lieu of Flowers: A Conversation For The Living

By Nancy Cobb
Pantheon Books
New York, 2000
\$19.95

“Nancy Cobb’s mediation on grieving is personal and persuasive – sustenance for the mind and the soul.”

(From the back cover.)

It Must Have Been Moonglow: Reflections on the First Years of Widowhood

By Phyllis Greene
Willard Books, a division of Random House
New York 2001
\$19.95

“In an effort to chart my own road to acceptance (I think it is there, somewhere ahead), I began to keep a journal on December 31, three weeks after my husband’s death. Now as I look back, I wonder if I have walked a mile or one hundred, if I am out in front or lagging way behind, if there a “norm”, and might it help me, and if there are others who may read this who would share my journey as I go? I would welcome the company.”

(From the back cover.)

God Knows You're Grieving
By Joan Guntzelman
Paperback
Sarin Books
Notre Dame, IN, 2001
\$11.95

"In 'God Knows You're Grieving,' Guntzelman offers encouragement for those who are suffering loss and grief. "While nothing can remove the pain of the experience, help is always available," she writes."

(From a review in *Episcopal Life*.)

WEB SITES

Dying Well Dr. Ira Byock's web site. Resources for people facing life-threatening illness, their families and their professional caregivers. www.dyingwell.com

Bereaved Families Online Support Center Provides support for people who have lost an immediate family member – an infant, child, a parent, a brother or a sister, an adult sibling, a grandchild or a spouse. Supports family members helping a child grieve. Supports the unique circumstances faced by survivors of violent death, survivors of completed suicide, and families seeking pregnancy after loss. www.bereavedfamilies.net

Death & Dying—Where Life Surrounds Death Provides comfort, support and education about issues surrounding death at times of apprehension, confusion and sorrow as well as at times of understanding, growth and serenity. www.death-dying.com

Growth House, Inc. A non-profit organization working with grief, bereavement, hospice and end of life issues. www.growthhouse.org