

Resources on Dealing with Grief and Loss

Note: The following resources are not officially endorsed by St. James. It is impossible to review and monitor all online and published content, but these resources appear to offer helpful information for the bereaved. More can be found by looking at the “Links” or “Resources” available through many of the following websites.

Organizations/Websites

Catholic Charities, Diocese of Arlington: Personal grief counseling. Support can come from a number of different sources: Talking with a psychotherapist, therapist, or grief counselor at Catholic Charities may be a good idea if the intensity of your grief doesn't diminish over time – that is, months go by and you still have physical symptoms, such as trouble with eating or sleeping or your emotional state impairs your ability to go about your daily routine. <https://bit.ly/2B646lV>

Catholic Charities, Archdiocese of Washington: Anchor Counseling Services provides in-person grief counseling located in Washington, DC, part of Catholic Charities' free-standing mental health clinic provides professional counseling and supportive guidance for reflection, exploration, and self-improvement. You can schedule your one-on-one appointment with our licensed professionals when it works best for you. <https://bit.ly/2MfNi11>

National Hospice and Palliative Care Organization: Is committed to improving end-of-life care and expanding access to hospice care with the goal of profoundly enhancing quality of life for people dying in America and their loved ones. <https://bit.ly/2MHnTJP>

The Moyer Foundation: Provides many resources for the comfort, hope and healing of children and families affected by grief and addiction. <https://bit.ly/2OxpDWF>

AARP Grief and Loss Page: Offers articles on bereavement as well as information on finances, paperwork, and other practical issues. <https://bit.ly/2nxG4H1>

The Compassionate Friends: Provides highly personal comfort, hope, and support to families experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family. There are online support groups and resources as well as a local Arlington chapter. <https://bit.ly/1ErF4oN>

“Blessed are they who mourn, for they will be comforted.” Matthew 5:4

Publications

A Catholic Funeral, by Patricia Rice. Excellent booklet with each part of the funeral preparations and funeral itself explained, with explanation of what roles family members and friends can perform, with good worksheets in the back to help plan each part of the services

A Grief Observed by C.S. Lewis. Classical biographical account of this famous Christian author's personal grief journey after his beloved wife Joy died of cancer.

An Empty Cradle, A Full Heart: Reflections for Mothers and Fathers after Miscarriage, Stillbirth, or Infant Death by Christine O'Keefe Lafser. A beautiful little book offering individual small reflections and scripture passages for and from both mothers and fathers on the experience of the loss of a baby.

Grieving with the Help of Your Catholic Faith by Lorene Hanley Duquin.

Salvifici Doloris (On the Christian Meaning of Human Suffering), Apostolic Letter of John Paul II, 1984

Surviving Depression: A Catholic Approach by Kathryn J. Hermes, FSP. Excellent book that proposes aspects of the Catholic tradition as a support for surviving depression, as well as giving good psychological, medical, spiritual, and practical self-care suggestions.

Each of these publications is available through Amazon.com, or through other booksellers.

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