

All Saints Parish

Bereavement Ministry

We are here to help support you during one of the most difficult times in your life.

As you read through this information know that the parishioners of All Saints Parish are here for you and are praying for you. It is the goal of our Bereavement Ministry to help ease the pain and loneliness that comes with this journey.

We all experience grief in our own way but as a group of your Parish Family that has been through this journey, we hope to be able to help you with some of the things we have learned during our journey. We hope you won't feel alone and know that we do understand.

Hopefully we can help you to find your "New Normal" with time and prayer

All Saints Parish
Bereavement Ministry
Parish Office 812-576-4302
Cheryl Wilhelm 812-576-4592

My Fellow Grievers,

I want to reach out to you because I realize that you are probably going through one of the most difficult times in your life right now. I have also experienced the loss of my husband and even though it has been 9 years for me, I don't think I will ever "get over" it. You just learn how to deal with the grief and go on. I started the Grief Ministry to help others work through the loss of a family member because I know how very difficult it is. I feel called by God to reach out to others in their time of need to help you all work through this most difficult time in your life as best I can.

We meet monthly on the 3rd Monday in the Parish Office to offer compassion and support for each other at 7 PM. All are welcome.

All Saints Parish Bereavement Ministry has found an excellent Christian based program called GriefShare to help us deal with our grief. We presented this program this past spring/summer and plan to do it again next spring. It is a 13 week program that meets once a week to hear professionals discuss on DVD topics that we all feel as we grieve followed by discussion. It was well received and attended by many people weekly. Watch your bulletin for our next session to start in March. I will mail you a letter also when it gets closer.

GriefShare also has a program called "Surviving The Holidays" that will be offered by the Bereavement Ministry at All Saints Parish in November. The All Saints Ladies Sodality has purchased the material so the program and material is presented at no cost to you. Thank you so much Ladies! This program also has professionals discussing topics to help us on DVD along with a workbook for each person that attends to help you during the holidays.

Father Meyer will be honoring our lost loved ones at mass in early November near All Souls Day. We will have candles for those who have died in the past year for the family to light at home during the Holidays and other special celebrations in your home to remember those we have lost. Also thanks to the Ladies Sodality.

We will pray for all those who are grieving and that you will let us help you as much as we can. Please feel free to invite any family members that want to attend. I will send out letters again in October when the dates are final for these events and it will also be in the bulletin.

God Bless
Cheryl Wilhelm
Bereavement Ministry Chairperson
812-576-4592 bereavement.asp@gmail.com
Sign up for daily grief support emails at dailyemail@griefshare.org

The Mourner's Bill of Rights

by Alan D. Wolfelt, Ph.D.

As a bereaved person, you have certain rights that others must not take away from you. In fact, it is the very upholding of these rights that makes healing possible.

1. YOU HAVE THE RIGHT TO EXPERIENCE YOUR OWN UNIQUE GRIEF.

No one else will grieve in exactly the same way you do. Don't allow others to tell you what you should or should not be feeling.

2. YOU HAVE THE RIGHT TO TALK ABOUT YOUR GRIEF.

Talking about your grief will help you heal. Seek out others who will allow you to talk as much as you want, as often as you want, about your grief.

3. YOU HAVE THE RIGHT TO FEEL A MULTITUDE OF EMOTIONS.

Confusion, disorientation, fear, guilt, and relief are just a few of the emotions you might feel as part of your grief journey. Know that there is no such thing as a "wrong" emotion. Accept all your feelings and find listeners who will do the same.

4. YOU HAVE THE RIGHT TO BE TOLERANT OF YOUR PHYSICAL AND EMOTIONAL LIMITS.

Your feelings of loss and sadness will probably leave you feeling fatigued. Respect what your body and mind is telling you. Get daily rest. Eat balanced meals. And don't allow other to push you into doing things you don't feel ready to do.

5. YOU HAVE THE RIGHT TO EXPERIENCE GRIEF "OUTBURSTS"

Sometimes, out of nowhere, a powerful surge of grief may overcome you. This can be frightening, but is normal and natural. Find someone who understands and will let you talk it out.

6. YOU HAVE THE RIGHT TO MAKE USE OF RITUAL.

The funeral ritual provides you with the support of caring people. More important, it supportively sees you off on your painful but necessary grief journey. Later rituals, such as lighting a candle for the person who died, can also be healing touchstones. If others tell you that rituals such as these are silly or unnecessary, don't listen.

7. YOU HAVE THE RIGHT TO EMBRACE YOUR SPIRITUALITY.

If faith is a part of your life, express it in ways that seem appropriate to you. Allow yourself to be around people who understand and support your religious beliefs. If you feel angry with God, find someone to talk with who won't be critical of your feelings of hurt and abandonment.

8. YOU HAVE THE RIGHT TO SEARCH FOR MEANING.

You may find yourself asking, "Why did he or she die? Why this way? Why now?" Some of your questions may have answers, but some may not. Watch out for the clichéd responses that some people may give you. Comments like, "It was God's will" or "Think of what you have to be thankful for" are not helpful and you do not have to accept them.

9. YOU HAVE THE RIGHT TO TREASURE YOUR MEMORIES.

Memories are one of the best legacies that exist after the death of someone loved. You will always remember. Instead of ignoring your memories, find creative ways to embrace them.

10. YOU HAVE THE RIGHT TO MOVE TOWARD YOUR GRIEF AND HEAL.

Reconciling your grief will not happen quickly. Remember, grief is a process, not an event. Be patient and tolerant with yourself and avoid people who are impatient and intolerant with you. Neither you nor those around you must forget that the death of someone loved changes your life forever.

The stages, popularly known by the acronym **DABDA**, include:^[2]

1. **Denial** — One of the first reactions is Denial, wherein the survivor imagines a false, preferable reality.
 2. **Anger** — When the individual recognizes that denial cannot continue, it becomes frustrated, especially at proximate individuals. Certain psychological responses of a person undergoing this phase would be: "Why me? It's not fair!"; "How can this happen to me?"; "Who is to blame?"; "Why would God let this happen?".
 3. **Bargaining** — The third stage involves the hope that the individual can avoid a cause of grief. Usually, the negotiation for an extended life is made with a higher power in exchange for a reformed lifestyle. Other times, they will use anything valuable against another human agency to extend or prolong the life. People facing less serious trauma can bargain or seek compromise.
 4. **Depression** — "I'm so sad, why bother with anything?"; "I'm going to die soon so what's the point?"; "I miss my loved one, why go on?"
During the fourth stage, the individual becomes saddened by the certainty of death. In this state, the individual may become silent, refuse visitors and spend much of the time mournful and sullen.
- Acceptance** — "It's going to be okay."; "I can't fight it, I may as well prepare for it."

In this last stage, individuals embrace mortality or inevitable future, or that of a loved one, or other tragic event. People dying may precede the survivors in this state, which typically comes with a calm, retrospective view for the individual, and a stable condition of emotions.

Scriptural Grief Support:

Isaiah 54:10

“Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed,” says the LORD, who has compassion on you.

Isaiah 66:12-14

For this is what the LORD says:

“I will extend peace to her like a river,
and the wealth of nations like a flooding stream;
you will nurse and be carried on her arm
and dangled on her knees

As a mother comforts her child,

So will I comfort you;

And you will be comforted over Jerusalem.”

When you see this, your heart will rejoice

And you will flourish like grass;

The hand of the LORD will be made known to his servants,

But his fury will be shown to his foes

Lamentations 3:31-33

For men are not cast off by the Lord forever. Though he brings grief, he will show compassion, so great is his unfailing love. For he does not willingly bring affliction or grief to the children of men.

Hosea 13:14

“I will ransom them from the power of the grave [a] ; I will redeem them from death.
Where, O death, are your plagues? Where, O grave, is your destruction?

Nahum 1:7

The LORD is good, a refuge in times of trouble. He cares for those who trust in him.

Matthew 5:4

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

Matthew 6:19-34

I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? “And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? So do not worry, saying, “What

shall we eat?” or “What shall we drink?” or “What shall we wear?” For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 11:25-30

Come to me, all you who are weary and burdened, 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.

John 6:39-40

And this is the will of him who sent me, that I shall lose none of all that he has given me, but raise them up at the last day. For my Father’s will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise him up at the last day.

John 14: 1-4

Do not let your hearts be troubled. Trust in God[; trust also in me. In my Father’s house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. You know the way to the place where I am going.

John 14:27

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Romans 8:14-15

...because those who are led by the Spirit of God are sons of God. For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, “Abba, Father.”

Romans 8:31-39

What, then, shall we say in response to this? If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all—how will he not also, along with him graciously give us all things? Who will bring any charge against those whom God has chosen? It is God who justifies. Who is he that condemns? Christ Jesus, who died –more than that, who was raised to life—is at the right hand of God and is also interceding for us. Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: “For your sake we face death all day long; we are considered as sheep to be slaughtered.” No , in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

1 Corinthians 15:52-57

In a flash, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, the dead will be raised imperishable, and we will be changed. For the perishable must clothe itself with the imperishable, and the mortal with immortality. When the perishable has been clothed with the imperishable, and the mortal with immortality, then the saying that is written will come true: “Death has been swallowed up in victory,” “Where, O death, is your victory? Where, O death, is your sting?” the sting of death is sin, and the power of sin is the law. But thanks be to God! He gives us the victory through our Lord Jesus Christ.

2 Corinthians 1:3-5

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, 4 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. 5 For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows.

2 Corinthians 4:13-16

It is written: “I believed; therefore I have spoken.” With that same spirit of faith we also believe and therefore speak, because we know that the one who raised the Lord Jesus from the dead will also raise us with Jesus and present us with you in his presence. All this is for your benefit, so that the grace that is reaching more and more people may cause thanksgiving to overflow to the glory of God. Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

2 Corinthians 12:9-10

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

1 Thessalonians 4:13

Brothers, we do not want you to be ignorant about those who fall asleep, or to grieve like the rest of men, who have no hope.

Philippians 4:6

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving present your requests to God.

Hebrews 2:14-15

Since the children have flesh and blood, he too shared in their humanity so that by his death he might destroy him who holds the power of death – that is, the devil – and free those who all their lives were held in slavery by their fear of death.

Hebrews 4:14-15

Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace that we may obtain mercy and find grace to help in time of need.

1 Peter 1:3-9

Blessed be the God and Father of our Lord Jesus Christ, who according to His abundant mercy has begotten us again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance incorruptible and undefiled and that does not fade away, reserved in heaven for you, who are kept by the power of God through faith for salvation ready to be revealed in the last time. In this you greatly rejoice, though now for a little while, if need be, you have been grieved by various trials, that the genuineness of your faith, being much more precious than gold that perishes, though it is tested by fire, may be found to praise, honor, and glory at the revelation of Jesus Christ, whom having not seen you love. Though now you do not see Him, yet believing, you rejoice with joy inexpressible and full of glory, receiving the end of your faith the salvation of your souls.

1 Peter 5:6-7

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.

Revelation 7:15-17

And he said, "These are they who have come out of the great tribulation; they have washed their robes and made them white in the blood of the Lamb. Therefore, "they are before the throne of God and serve him day and night in his temple; and he who sits on the throne will spread his tent over them. Never again will they hunger; never again will they thirst. The sun will not beat upon them, nor any scorching heat. For the Lamb at the center of the throne will be their shepherd; he will lead them to springs of living water. And God will wipe away every tear from their eyes."

Revelation 21:4

He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.

There are many Grief Support Programs in our area.

**The Goldstein Family
Hospice of Cincinnati and Fernside
Grief Center
4360 Cooper Rd.
Cincinnati, Oh 45242
www.Fernside.org or 513-246-9140**

This is a non-profit free service for Promoting Healing for Life After Loss.

Fernside: Established in 1986, Fernside is the nation's second oldest children's grief center and a national leader in providing grief support services, outreach and education to the community. An affiliate of Hospice of Cincinnati, Fernside services complement Hospice of Cincinnati's comprehensive bereavement program by addressing the unique needs of children and families. For more information about Fernside, please visit Fernside.org or call 513-246-9140.

Please call the number listed for group registration. Groups may be postponed or cancelled due to low number of registrations.

FOR PARENTS

The compassionate Friends, Cincinnati Chapter

A national mutual assistance, self-help organization offering friendship and understanding to bereaved parents, grandparents and adult siblings

WEST GROUP:

Meets the 2nd Wednesday of the month, 6:30 pm registration, program begins at 7:00PM. Mercy Hospital Western Hills, Mercy Health West Meeting Room, lower level small dining room directly adjacent to the cafeteria; access meeting room through Mercy Healthplex entrance. Corner of Boudinot and Queen City Avenues. Contact: Michael Urbisci 513-205-8291.

A CASUAL PEER SUPPORT GROUP FOR FAMILIES SUFFERING THE LOSS OF A BABY OR INFANT

Usually meets on the 4th Thursday of the month at St. Ignatius Church, 522 North Bend Rd., Cincinnati, OH 45247 from 7:00-9:00 pm. Contact: Kim Kelley 513-591-9968 Flylittlewing09@gmail.com or www.cincinnatiFacesofHope.org On the website, you can find information about meeting dates and other information.

COMPANIONS ON A JOURNEY GRIEF SUPPORT: BEREAVED PARENTS GROUP

This group is designed for any parent who has suffered the death of a child; no matter what age your child may have been at the time of death. Meets on the 1st and 3rd Wednesdays from 7:00-9:00 pm. For specific time and location call Companions on a Journey Grief Support at 513-870-9108 or Linda Sullivan 513-755-9433.

COMPANIONS ON A JOURNEY GRIEF SUPPORT: PERINATAL/NEONATAL LOSS GROUP

This group is for parents who have lost a child from miscarriage to birth or the first year of life. For specific time and location call Companions on a Journey Grief Support 513-870-9108 or Linda Sullivan 513-755-9433.

GRIEVING PARENTS SUPPORT GROUP

A support group for parents who have lost an infant through miscarriage, stillbirth or early infant death. Meets on the 4th Wednesday of the month, 7:30-9:00 pm at Pleasant Ridge Presbyterian Church, Kemper Room, 5950 Montgomery Rd., Cincinnati, OH 45213. Contact 513-332-8483 and ask for the bereavement coordinator for additional information.

HEARTS: SUPPORT GROUP

Peer-led support group for parents who have lost a child through molar or ectopic pregnancy, miscarriage, premature birth, stillbirth neonatal death, DIDS and birth defects. Meets the 2nd Tuesday of each month from 6:30-8:00 pm at Faith Community United Methodist Church, 4310 Richardson Rd, Independence, KY 41051

LOSS OF AN ADULT CHILD SUPPORT GROUP

Grief support group for parents who have experienced the death of adult children. Meets the 2nd & 4th Wednesday of each month. For locations, please call Hospice of Dayton 937-258-4991.

MADD (MOTHERS AGAINST DRUNK DRIVING)

Materials, support and advocacy for victims of drunk drivers can be obtained by calling the hot-line. Contact Andrea Rehkamp, 513-769-6800

PARENT OF MURDERED CHILDREN, NATION OFFICE

A peer-led self-help support group. Call 513-721-5683 or 1-888-818-7662 for times and locations.

PLUSS: PRAYERFUL, LOVING AND UNDERSTANDING SUPPORT

Provides support meetings for parents who have lost a baby through miscarriage, stillbirth, or newborn/infant death. Meetings are the 4th Wednesday of every month from 7:30-9:00 pm at St. Margaret of York Church, 9483 Columbia Rd., Loveland, OH 45140. Contact: Mary Kuenzig 513-459-9323 or 513-300-1537 or email: mkuenzig@hotmail.com.

REACH OUT TO GRIEVING PARENTS

Peer support led by parents who have lost a child due to miscarriage, stillbirth or newborn death. Meets the 3rd Tuesday of each month, 7:30 pm at Christ Hospital, 2139 Auburn Avenue, Cincinnati, OH 45219. Contact Grace DeGregorio, 513-791-1160 for more information.

SUDDEN INFANT DEATH SYNDROME SUPPORT GROUP (SIDS) AND OTHER SUDDEN DEATHS.

Meets 3rd Tuesday of each month at Pleasant Ridge Presbyterian Church corner of Montgomery & Lester Rd (enter at main entrance which is on Lester Rd) This group is appropriate for those who experienced a sudden or unexpected death of an infant. Please contact Bob or Mary Ann Kirsch 513-941-4490 or the SIDS hotline 513-636-800.

FOR CHILDREN

CHILDREN’S PROGRAM, CANCER FAMILY CARE

Individual and family bereavement counseling available for children and their families who have experienced the death of a loved one from cancer. Various groups provided, as needed. Call 513-731-3346 for additional information about children’s groups and counseling services.

COMPANIONS ON A JOURNEY GRIEF SUPPORT: MENDING HEARTS PROGRAM FOR GRIEVING CHILDREN, TEENS AND FAMILIES is a faith based “ongoing” grief support program offering a safe and nurturing environment for all children ages 4-18 and their families who have experienced a death. This group meets on the 2nd & 4th Thursdays of the month from 6:30-8:10 pm at Cincinnati Children’s Hospital Medical Center Liberty Campus 7777 Yankee Road, Liberty Township, OH 45044. For more information call Companions on a Journey Grief Support 513-870-9108.

STARS FOR KIDS: A support group for any school age child and their caregiver who has experienced the death of a loved one. Offered as a semester series during the school year on Tuesday evenings. Series begin in September and January, 6:30-8:00 pm at Gloria Dei Lutheran Church, Crestview Hills, Ky. For information please call James Ellis 859-301-4611 or james.ellis@stelizabeth.com

FERNSIDE, CENTER FOR GRIEVING CHILDREN

A place of comfort and support for children and teens, ages 3-18, and their families who have had a significant death in the family. Fernside offers a variety of support groups for children, parents and guardians:

Parent/Significant Adult Loss Group
2nd & 4th Mondays
2nd & 4th Tuesdays
Blue Ash

Parent/Significant Adult Loss Group
2nd & 4th Mondays
Liberty Township

Parent/Significant Adult Loss Group
2nd & 4th Wednesdays
Bridgetown

Parent/Significant Adult Loss Group
2nd & 4th Tuesdays
Anderson Township

Sibling/Cousin/Friend Loss Group
1st & 3rd Tuesdays
Blue Ash

Children/Parent/Significant Adults
1st & 3rd Wednesdays
Downtown

Call for starting times and specific locations. Call 513-246-9140.

GENERAL GRIEF GROUPS

ADULT DAUGHTERS SUPPORT GROUP

This is a St. Elizabeth Hospice support group for adult daughters who have experienced the death of a parent. Meets for 8 wks on Wednesday evenings throughout the year at Gloria Dei Lutheran Church, Crestview Hills, Ky. Contact Vivien Finnigan at 859-301-4612 or vivien.finnigan@stelizabeth.com for times and starting dates.

ALS SURVIVORS GROUP DINNER & SOCIAL

The group meets triennially at a local restaurant. The group is for those who have experienced the death of a loved one to ALS and enjoy the informal support and companionship of others who have experienced a similar loss. Contact Yvonne Dressman 859-781-8555 for the date and time of the next gathering.

A NEW DAY

A grief support group that meets once a month on the 3rd Wednesday at Noon at Dearborn County Hospital, Lawrenceburg, IN. Sponsored by Hospice of Dearborn Co. Hospital. Please R.S.V.P if you plan to attend. Call: Tim Heller, LCSW, 800-676-5428.

BEREAVEMENT SUPPORT GROUP

Support for bereaved persons. Meets on the 3rd Tuesday of each month, 7:00-8:30 pm. Mercy Hospital, 3000 Mack Rd., Fairfield, OH 45014. Please call 513-870-7129 for additional information.

FOR THOSE EXPERIENCING THE LOSS OF A LOVED ONE

A support group for those who have lost a loved one. Meets the 1st Sunday of the month, 1:00-3:00pm at Neidhard-Minges Funeral Home, 3155 Harrison Ave., Cincinnati, OH 45211. Contact Janet McGrath or Eileen Disbennett, 513-661-3022.

GOOD GRIEF

A bereavement support group open to the public. Sponsored by Dearborn Co. Hospital Hospice. Meets for eight sessions in Lawrenceburg, IN. The group is facilitated by a professional staff member and a Hospice Grief Volunteer, both our spousal loss survivors. New groups start every April and September. April group meets in the evening. September group meets during the day. Call for the date and time of the next group, Tim Heller, LCSW, 800-676-5428 or email; deacon500@gmail.com,

GRIEF SUPPORT FOR ADULTS WITH DISABILITIES

Support group for those who are grieving the death of a family member or friend. 8 wk group sessions are offered at a different times and locations during the year. Contact Fernside at 513-246-9140 for more information.

PEACE: PEOPLE ENDURING ADDICTION CONSEQUENCES EVERYDAY SUPPORT GROUP

Meets the 1st Tuesday of each month from 7:00-8:30 pm at the Transitions Gratefull Life Center 305 Pleasure Isle Drive, Erlanger, Ky 41017. For information, please contact Connie DeMarrero 859-635-0187 or Charlotte Wetherton, 859-356-3285.

WIDOWS/WIDOWERS

SPOUSE LOSS GROUP

Support group for those who have experienced the loss of a spouse. The group will explore the full scope and dimension of loss, the physiological and psychological symptoms of grief, and changes in personal relationships with family and friends. Call for dates and times. Hospice of the Bluegrass, Northern Kentucky, 7388 Turfway Rd, Florence, Ky 41042. Call 859-441-6332.

SUICIDE

COMPANIONS ON A JOURNEY GRIEF SUPPORT: SURVIVING AFTER THE DEATH OF SUCIDE

For adults who have lost a loved one to suicide. Meets on the 1st Tuesday of the month, 7:00-9:00 pm at St. Maximilian Kilbe Parish, Hospitality Room, 5720 Hamilton-Mason Rd., Hamilton, OH 45011. Contact Companions on a Journey Grief Support, Sheila Munafo-Kanoza, 513-870-9108.

COMPANIONS ON A JOURNEY: SOS FOR TEENS

This group has been created by the American Foundation for Suicide Prevention (AFSP), Andrews Suicide Awareness and Protection (A.S.A.P) and Companions on a Journey Grief Support (COJ). This grup is designed to help teens and their parents/guardian to find hope, strength and healing following a death by suicide. This group meets at Epiphany Church 6635 Loveland, Oh 45140. This group meets on a monthly basis. Please call for registration and for specific time. Call Deb Clancy, American Foundation of Suicide Prevention 513-383-7679 or Sheila Munafo-Kanoza, Companions on a Journey Grief Support 513-870-9108.

SURVIVORS OF SUICIDE

A peer-led support group for people who have lost a loved one to suicide. Meets the 3rd Monday of each month at 7:00 pm at Franciscan Terrace, 100 Compton Road, Cincinnati, OH 45215. For more information, call Betty Scholle, 513-385-6110.

We have a library of books that have been donated to All Saints Parish on various topics to help with grief. Please feel free to borrow any of the books available in the Parish Office.

Title	Author	Target Population	Publisher	website
Books				
How to Go On Living When Someone You Love Dies	Terese A. Rando, Ph.D	Adults		
SIDS & Infant Death Survival Guide	Joani Nelson Horchler & Robin Rice	Parents		
I'll Hold you in Heaven	Jack Hayford	Parents/mothers	Regal	www.regalbooks.com
When it Seems All Hope is Gone	Richard roberts	Anyone	Harrison House	www.harrisonhouse.com
Mommy Please Don't Cry....There Are No Tears in Heaven	Linda DeYmaz	Mom's	Multnomah Gifts	
When Someone Very Special Dies	Marge Heegaard	Children	Woodland Press	
Tear Soup	Pat Schwiebert & Chuck DeKlyen	Adults Young and Old	Grief Watch	www.griefwatch.com
Pamphlets				
Just For Kids in Grief	Yvonne Williams, M.S.	Kids	Bereavement Publications, Inc.	www.livingwithloss.com
Fathers Grieve, Too	Joy &Dr. S.M. Johnson, Rev Terry Morgan, Chaplain James Cunningham, Dr. Ray Goldstein, Earl Katz	Fathers	Centering Corporation	www.centering.org
Helping Men in Grief	Alan D. Wolfelt, Ph.D	Men	Bereavement Publications, Inc	www.livingwithloss.com
When A Baby Dies	Marha Jo Church, Helene Chazin, Faith Ewald	Parents	The Compassionate Friends	www.compassionatefriends.org
Lean On Me, Helping the Gently Grieving Child	Doug Manning	Parents	In-Sight Books, Inc	www.insightbooks.com
The Death of a Child	Sue Holtkamp, Ph.D	Parents	Bereavement Publications, Inc	www.livingwithloss.com
Children Die, Too	Joy &Dr. S.M. Johnson	Parents	Centering Corporation	www.centering.org
Turning to God to Get Through Grief	Edited by Linus Mundy	All	One Caring Place, Abby Press	www.abeypresspublications.com

Websites for extra support are available

Sign up for daily grief support emails at dailyemail@griefshare.org

Carenote support booklets are available from Abby Press.

We have booklets available in the back of each church campus for you to take. You can call to order from Abby Press at 1-800-325-2511 or order on line at www.carenotes.com or email them at customercare@abbypress.com