

Healing and Comfort – September 2023

Books recently added to the collection are marked with an asterisk.

In the section of the library called “Healing and Comfort”, you will find books like the following on dealing with the losses we all encounter in life.

Ashenburg, Katherine – The Mourner’s Dance: What We do when People Die

Moving from her family’s experience of death and coping with the grief aftermath, the author looks at the commonality of responses to death and grieving round the world, finding in it a comfort and affirmation of her experience. This was a *Globe and Mail* Best Book.

Baker, Tim – Broken: Making Sense of Life After Your Parents’ Divorce

In an engagingly frank chatty style, Baker talks about the brokenness that results for children when their parents divorce and how God helps one to work through the layers of broken memories to achieve healing.

Baldwin, Robert – The Healers

Biographical sketches of Catholics through history who have exercised a ministry of healing, growing out the healing ministries of Jesus and the apostles. His goal is to present healing as having a long history in the Church and not just a modern phenomenon of evangelicals.

Beeton, Randy – Everyday Comfort: Readings for the First Month of Grief

A collection of very short thoughts on grieving with accompanying quotation from the psalms and a short prayer appropriate to the emotion of the moment.

Beyond the Innocence of Childhood, volumes 1 and 2

Factors Influencing Children and Adolescents’ Perceptions and Attitudes toward Death

Helping Children and Adolescents Cope with Life-threatening Illness and Dying

Volume 1 - a series of essays by a variety of experts on the need to teach children about death and their participation in the society’s rituals surrounding death.

Volume 2 – a series of essays on helping children to cope with illness, therapeutic play and story, potential adolescent suicides, palliative care. In short, difficult reading psychologically.

Bosco, Antoinette - Pummeled Heart: Finding Peace through Pain

From personal experience, Bosco believes that pain of all kinds can be a “wake-up call” that can shake our complacency and rouse us to action to deal positively with the pain in order to grow stronger through it, rather than developing a passive stance of victimization.

Bosco, Antoinette – Shaken Faith: Hanging in There When God Seems Far Away

Bosco explores the ups and downs common in our faith life, that is, in our relationship with God in times of loss or pain.

Bourke, Dale – Sacred Surprises: When God Turns Your Life Upside Down

This is a quite moving account of the growth in faith of a professional woman who lost a twin baby before birth. Her increase in compassion and understanding of the people she meets thereafter is summed up in her prayer to have an open faithful heart.

Brisson, Barbara – Such is the Way of the World: A Journey through Grief

An examination of the dynamics involved in the process of mourning, which is best allowed to happen over the span of at least a year in order for transformation to happen in the mourner.

Brooks, Anne – The Grieving Time: A Year's Account of Recovery from Loss

An excerpted journal written by Brooks on her first year after the early death of her husband.

Callanan, Maggie and Patricia Kelley – Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying

Based on their experiences as hospice nurses, the authors give us life stories that enable us to respond to others' deaths and our own in a rich positive Christian way.

Canadian Conference of Catholic Bishops – New Hope in Christ: A Pastoral Message on Sickness and Healing

A short document on suffering and healing drawing on the witness of the Bible, a consideration of the history of the Church's mission of healing and lastly on how Christians in Canada might carry on this tradition personally, in their families and in their parishes, and in the larger society.

Canfield, Jack et alia – Chicken Soup for the Grandparent's Soul: Stories to Open the Hearts and Rekindle the Spirits of Grandparents

Short inspirational stories in the common mold of this series.

Canfield, Jack et alia – Chicken Soup for the Soul: 101 Stories to Open the Heart and Rekindle the Spirit

Short inspirational stories in the common mold of this series.

Caplan, Sandi and Gordon Lang – Grief: The Courageous Journey: A Step-by-step Process for Surviving the Death of a Loved One

A workbook for a bereaved person to work through their grief remembering the past, re-defining the present and creating the future, by former staff of the Pastoral Care Dept. of St. Joseph's Health Centre, here in London.

Children and Dying: An Exploration and Selective Bibliographies

Short articles on how children react to death and how adults react to the dying or bereaved child.

Chittister, Joan – Scarred by Struggle, Transformed by Hope

In the author's words, this is "an anatomy of struggle and an account of the way hope grows in us, despite our moments of darkness, regardless of our regular bouts of depression. It is an invitation to look again at the struggles of life in order that we might remember how to recognize new life in our souls the next time our hearts turn again to clay."

Cirner, Therese – The Facts about Your Feelings: What Every Christian Woman Should Know

Believing that woman and men operate differently on an emotional level, Cirner sees the emotional stability of women based firstly on Jesus Christ, and on their minds, self-image and physical self. Half of the book deals with negative emotions that need to be stabilized in order to achieve "righteous living."

Clarke, Bill – Enough Room for Joy: Jean Vanier's L'Arche: A Message for Our Time

The story of a Canadian Jesuit's experience of living at Trosly, then the principal L'Arche community, where the emphasis for both helpers and the helped is on basic needs, those for love, creativity and meaning.

Curry, Cathleen – When Your Spouse Dies: A Concise and Practical Source of Help and Advice

With the aim of helping widows move through their loss to a fuller life, Curry deals with a variety of practical matters, like the stages of grief, support networks, good health practices, and financial planning, as well as spiritual aspects.

DeGrandis, Robert – Word of Knowledge: A Charismatic Gift

DeGrandis, a prominent priest in the charismatic movement explores the working of the "Word of knowledge" which he feels is a word or fact given by the Holy Spirit which gives information necessary to heal the deep unconscious roots of physical or mental problems.

DeGrandis, Robert – Healing through the Mass

Looking at parts of the Mass as possible moments for spiritual, mental and physical healing by a charismatic movement Catholic priest.

Donovan, Daniel – A Time of Grace: One Family's Experience with Chronic Care

A detailed account by her son of the last year of a woman's life and the need for our society to look more closely at the way in which we treat the increasing number of elderly requiring care.

Freeman, Laurence – A Short Span of Days: Meditation and Care for the Dying Patient, Family and Care-giver

A transcript of talks given to a conference of persons involved in care of the terminally ill, on the use of the practice of meditation to prepare all parties for death.

Galipeau, Steven – Transforming Body & Soul: Therapeutic Wisdom in the Gospel Healing Stories

The book aims to examine the psychological aspects of the stories of Jesus' healing and the application of those to our lives. The book is not about spiritual healing but emerges from modern experience in psychotherapy and pastoral counseling.

Geromel, Gene – How to Care for Aging Parents

A slender book on one of the most pressing problems in contemporary society – the care of the aged and sometimes infirm elderly, with all the problems involved of family relationships, the differences resulting from physical and mental conditions, and the availability of help with care.

Green, Thomas – Drinking from a Dry Well

A sequel to *When the Well Runs Dry*, this book is written to help those whose prayer life has run into dryness – the “dark night of the soul” – to understand and accept the challenge of living with dryness as a normal goal in a life of prayer. Half of the book is devoted to the experience of mature dryness in prayer and the other half to its effect on one's active life.

Green, Thomas – When the Well Runs Dry

Written for ordinary people who are beyond the beginning stages of a prayer life and who have come to a place of dryness, this is about synthesizing one's own personal experience and values in one's prayer and letting God do what He wants to do in one's inner self.

Greteman, James and Joseph Dunne – When Divorce Happens: A Guide for Family and Friends

Practical advice on how divorce can be converted into a process of growth both for the people involved and their family and friends, through rebuilding lives, discovering new interests and friends to expand the divorced person's truncated world.

Groeschel, Benedict – Arise from Darkness: When Life doesn't make Sense

A wise and helpful book designed for people who are suffering from loss or betrayal by family, friends, the Church, their environment, or their own personality. It does not try to answer the question of why things happen, but rather how one can rise from the darkness. He gives some useful steps including prayers and thought for “dark times.”

Guntzelman Joan – Blessed Grieving: Reflections on Life's Losses

Believing that loss in life can be an opportunity for growth, the author defines in story format the kinds of losses we typically face, the stages of working through the emotions raised by the losses, and the possibilities for new growth.

Guntzelman, Joan and Lou Guntzelman – Come, Healing God: Prayer during Illness

Suggestions for prayers when oppressed by illness or pain, or when low with a need to know God's closeness.

Harnan, Nicholas – The Heart's Journey Home: A Quest for Wisdom

Based on the need to know and love ourselves in order to love our neighbour, The author leads the reader on a journey into the heart to realize God's dream for us, reusing the old ways of wisdom and tradition.

Heidish, Marcy – Who Cares? Simple Ways You Can Reach Out

An exploration of the basic tools that enable a person to allow the inner caring self to emerge in order to effectively reach out to others in need, effecting a personal transformation in both the one reaching out and the one in need.

Hutchison, Joyce and Joyce Rupp – May I Walk You Home? Courage and Comfort for Caregivers of the Very Ill

With stories from Hutchison's experience as a nurse of the dying, and prayers and meditations composed by Rupp, this is a book intended to give caregivers and family members of the very ill, as "midwives of the dying," a level of comfort dealing with the dying and encouragement on their journey with them.

Kaufmann, Larry et alia – Why do You Weep? Finding Consolation and Peace in Times of Grief

The authors offer reflections and prayers to bring the griever into contact with the compassion of Jesus, whatever the nature of the loss. The stages of grief are recognized as normal effects of the loss and the griever is gently encouraged to live through them and beyond them.

Klich, Barbara – In My Thoughts: A Handbook for Families who have Lost a Child in Death

Written by a Canadian author, this book takes one through the process of dealing with grief over the death of a child, based on Klich's own experience. Though not written from a specifically Christian perspective, this book offers some possible comfort to those finding themselves in a similar position.

Kubler-Ross, Elisabeth – On Death and Dying

Now a classic on those dying and those caring for them, describing the psychological stages undergone by the dying in reference to their dying and death.

Kubler-Ross, Elisabeth – Questions and Answers on Death and Dying

A sequel to *On Death and Dying*, this book gives the questions most frequently asked by attendees at Kubler-Ross' workshops and answers she has given.

Lange, Joseph and Anthony Cushing – Freedom and Healing

Looking at freedom which comes from acceptance of Jesus as our Savior and acceptance of His Spirit, a freedom from guilt, fear, the world, the flesh and the devil, a freedom to love, to be at peace, and to be ourselves.

Laz, Medard – Helps for the Separated and Divorced: Learning to Trust Again

A small book covering such issues as working through grief and guilt, deepening one's relationship with God and the Church, dealing with children's responses, and new relationships.

Lift Up Your Hearts to the Lord: A Book of Prayers for the Sick and for Those who Care for Them

A small book of prayers as described in the title.

Linn, Dennis and Matthew Linn – Healing Life's Hurts: Healing Memories through the Five Stages of Forgiveness

With Christ's help, we can heal scarring memories by going through the stages that dying people encounter – denial, anger, bargaining and depression - not in saying that it is okay but rather in saying forgiveness for the hurt that actually has produced growth and for which one is ultimately thankful.

Lomuscio, Joe – While Walking on Water...I Sank: How to Cope with Less than Perfect Performance

Turning away from the measures of success commonly found in the world today, the author suggests that God's measure of success is different and that "failures" are often chances to grow into fullness of life as human beings in solidarity with others.

Martin, Patrick – Speaking God's Love to a Broken World

A trilogy of Martin's books on suffering: *Fantastic! He Loves me*, *A Log in a Stream*, and *Now I Think I Could Almost Fly*.

Miller, James – How Can I Help? 12 Things to do When Someone You Know Suffers a Loss

The second part of the book is What Will Help Me? 12 Things to Remember when You have Suffered a Loss

Short practical suggestions for surviving and thriving through loss.

Miller, Roger – What Can I Say? How to Talk to People in Grief

Based on his personal and pastoral experience, Miller explores our modern reluctance to face death and the consequent “wrong” things we say to the bereaved. Strategies for dealing with the grief are suggested.

Morris, Jonathan – The Promise: God’s Purpose and Plan for when Life Hurts

The aim of the book is to help the reader understand why, in catastrophes, God seems not to care, and to help the reader suffer less by helping him/her to suffer better with meaning and purpose and thus be free to experience peace and happiness.

Mosteller, Sue – Light through the Crack: Life after Loss

Inspired by Leonard Cohen’s quotation “There is a crack in everything. That’s how the light gets in,” and by stories told her of various kinds of loss, brokenness, and weakness which become the means of deeper spiritual growth for the tellers and the author, Mosteller gives us a moving book of hope and understanding.

Mueller, Joan – Forgiveness: Three Minute Reflections on Redeeming Life’s Most Difficult Moments

The material is organized under four major headings: God heals our wounds, Asking God to Forgive, Prayerfully discerning God’s way, and Love. The book is aimed at those with significant wounds who can’t find their way to healing, and also for Christians not dealing with a specific issue but who wish to make forgiveness an essential part of their daily life.

Nelson, Mary – Grace for Each Hour

120 devotions that speak God’s word to a woman living through the diagnosis of cancer, treatment and recovery.

Nitka, Margaret – Voices of Grief: A Journey into Healing from the Loss of a Loved One

Guided journaling with Scripture quotations, a personal story, and God’s response.

Nouwen, Henri – The Inner Voice of Love: A Journey through Anguish to Freedom

These are jottings from a daily journal kept when Nouwen was undergoing a period of intense depression and feeling of abandonment. We follow the author through this negative period to a resounding understanding of how much we are all loved by God and thereby welcome in the world.

Nouwen, Henri – A Sorrow Shared

This is a combined edition of the classics *In Memoriam* and *A Letter of Consolation* exploring the author’s grief on the death of his mother and his father’s bereavement.

O'Callaghan, Maurice – A Magic Way of Going: “Touching Hearts, Changing Lives”

A selection of thoughts united by an emphasis on positive thinking in order to achieve success and self-actualization.

O'Shea, Donagh – I Remember Your Name in the Night: Thinking about Death

The first half of the book deals with leave-taking and death as commonly understood. The second half deals with the daily dying we need to do, dying to the ego and to any false concepts of ourselves, in order to be properly ready for actual death.

Padovani, Martin – Healing Wounded Emotions: Overcoming Life's Hurts

This book is written to create a deeper understanding and appreciation of the need for our psychological/emotional side to be fully integrated with our spiritual side.

Parachin, Victor – The Lord is My Shepherd: A Psalm for the Grieving

A line-by-line exploration of the Twenty-third psalm, designed as a meditative solace for those grieving recent losses.

Parent, Remi – Life to the Limits: From Everyday Losses to New Possibilities

Parent suggests that, in dealing with the everyday losses that all experience, we exercise good choices, accept limitations, and live with faith and trust so that we live the new possibilities and rebirth that the losses offer.

Pathways: Through Loss & Transition

A small pamphlet from the Parkwood palliative care program in London on dealing with grief.

Powell, John – Why am I Afraid to Love?

A quick easy read on the necessity of love and on factors in our upbringing and experience which make love and peace within oneself difficult.

Ripple, Paula – Growing Strong in Broken Places

Believing pain and suffering to be both unique to a person and universal to all humans, Ripple suggests that the mystery of suffering lacks meaning until we reflect on how pain can lead us beyond ourselves to a deeper reality within us.

Saynor, John – Genesis: A Personal Guide through Grief

A pamphlet on understanding the grieving process in order to move through what may feel like a hopeless situation. Designed to be used in conversation with other grieving people.

Scanlan, Michael – The Truth about Trouble: How trials, temptations, aggravations, afflictions, insults, irritations, and everyday exasperations can draw you closer to God

A book on embracing simultaneously whatever trouble is present in one's life and the peace Christ promised in Him. The acceptance of everyday problems can lead to a greater maturity and intimacy with God, producing greater discernment of God's will, discovering unshakeable peace, recognizing values, and enabling change.

Schell, David – Forgiveness Therapy

35 axioms to get one through times when the desire for vengeance overshadows the power of love, and allows you to rely on God-given strength to avoid life-killing bitterness and arrive at forgiveness.

Seaward, Brian – Stand like Mountain Flow like Water: Reflections on Stress and Human Spirituality

A book written about balance. That balance comes from recognizing the bases of our stress level and the relationship they have with what we understand about our relationship with the spiritual underpinnings of our existence.

Simsic, Wayne – Cries of the Heart: Praying Our Losses

A book of prayers for those currently grieving and for those confronting past losses. Tips are given on how to practically deal with grieving over the long term, and, for different kinds of grief, there is offered a pattern of opening prayer, a psalm, reflection, hymn and closing prayer.

Smedes, Lewis – Shame and Grace: Healing the Shame We don't Deserve

Smedes looks at shame in general, the varieties of shame, the sources of shame, and how Grace can heal the inappropriate shame and release us to a life of joy and lightness.

Smoke, Jim – Growing through Divorce

A down-to-earth manual from a divorce recovery speaker for dealing with divorce and the aftermath so that one is not irrevocably shattered by it.

Stevenson, Sheila – Hope for Survivors of Childhood Abuse: A Healing Journey Towards a Fulfilling Life

The author's own story of abuse, its effects and her growth through therapy to a life as a survivor, not as a victim.

Stories for the Heart: Over 100 Stories to Encourage Your Soul

Heart-warming short stories on various themes, including compassion, encouragement, motivation, love family, and virtues.

Sullender, Scott – Losses in Later Life: A New Way of Walking with God

A discussion of the many kinds of losses that are frequent in the second half of life and which present challenges to let go of our resistance to the idea of aging and the changes it presents so that we can augment our emotional and spiritual health.

Svoboda, Melanie – With The Dawn Rejoicing: a Christian Perspective on Pain and Suffering

Everybody gets to feel pain, be it physical, psychological or spiritual. This small book with many actual examples is about learning from one's pain to be more loving.

Thomas, Leo and Jan Alkire – Healing as a Parish Ministry: Mending Body, Mind, and Spirit

Feeling that healing has been neglected in the Catholic Church, the authors suggest a model using laity to become effective channels of Christ's healing, particularly in the growing shortage of priests.

Tobin, Eamon – How to Forgive Yourself and Others: Steps to Reconciliation

Tobin defines forgiveness and the need for it to happen and suggests ways to forgive the living, the dead, oneself, God, the Church and a continuing hurt.

Tyrrell, Bernard – Christotherapy: Healing through Enlightenment

Christotherapy II: A New Horizon for Counselors, Spiritual Directors and Seekers of Healing and Growth in Christ

Written for practitioners who facilitate spiritual and psychological growth and healing with a holistic approach uniting both counselling and spiritual direction using key methods from both disciplines.

Van Bommel, Harry – Caring for Loved Ones at Home: An Illustrated Easy-to-follow Guide to Short or Long-term Care

A useful short guide for people who need extra health care support at home and for those who provide that care.

Vawter, John, editor – Hit by a Ton of Bricks: You're Not Alone When Your Child's on Drugs

19 stories illustrating such areas as living with the pain of having an addicted child, keeping your marriage healthy, denial of problems, and listening to the recovering addict.

Wicks, Robert – Living a Gentle, Passionate Life

The author sees integration of the spiritual and the psychological as key to developing a gentle vital life if we are open to the change and challenges it presents us. Illustrative stories from his practice as a therapist and reflective questions help to guide the reader.

Zonnebelt- Smeenge, Susan and Robert De Vries – Getting to the Other Side of Grief: Overcoming the Loss of a Spouse

Written particularly for younger widows and widowers who face additional problems beyond those faced by people who are retired, this book reflects the differing backgrounds of the authors in psychology and ministry and their different genders.