

# CareNotes™

A Work of Saint Meinrad Archabbey

2021 BUYER'S GUIDE

Take One—and take heart.  
Give One—and give hope.



SAMPLE  
INSIDE!

## Responding to Life's Challenges that are Out of Your Control

Pharo, SCN

y, in times experienced as unpredictable, we live with the trust and confidence in control of our world, small or large that may be. Most there are those aspects of our life we do have and should be in control of. It is a responsible way to live and should be anticipated when we come face

## Grieving as a Family

by Carol Luebering

"Happy families are not unhappy families is our own way." The words of Tolstói's Anna Karenina are true of grieving families. You share a common experience of grief. Each one has a unique way with the person who has died. A storm of strong feelings around all of you. You cling together but now you may

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## Grief Therapy

written by  
Karen Kafiasz

illustrated by  
R.W. Alley

## Squeezing Prayer Into a Busy Life

by Jim Auer

You've probably been disappointed more than once by letters that go unanswered. "Sorry I haven't written, but this has been awfully busy. Weather kind of crazy but everybody is fine. Hope you are

from Abbey Press

## Prayer for Healing

### I Said a Prayer of Healing

—body, mind, and soul—  
That God would bring you comfort to restore and make you whole. I prayed you'd be surrounded by God's awesome love and healing. Dispelling all anxiety or pain you might be feeling. Finally, I prayed you'd be uplifted by His grace.

## When Bad Things Happen A Coping Guide for Kids

CareNotes.ForKids

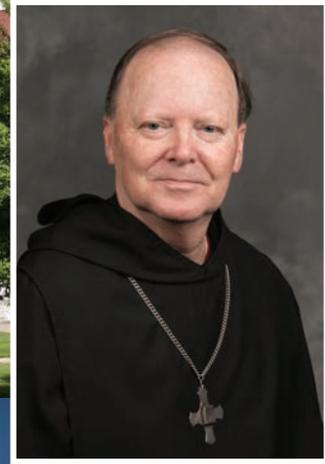
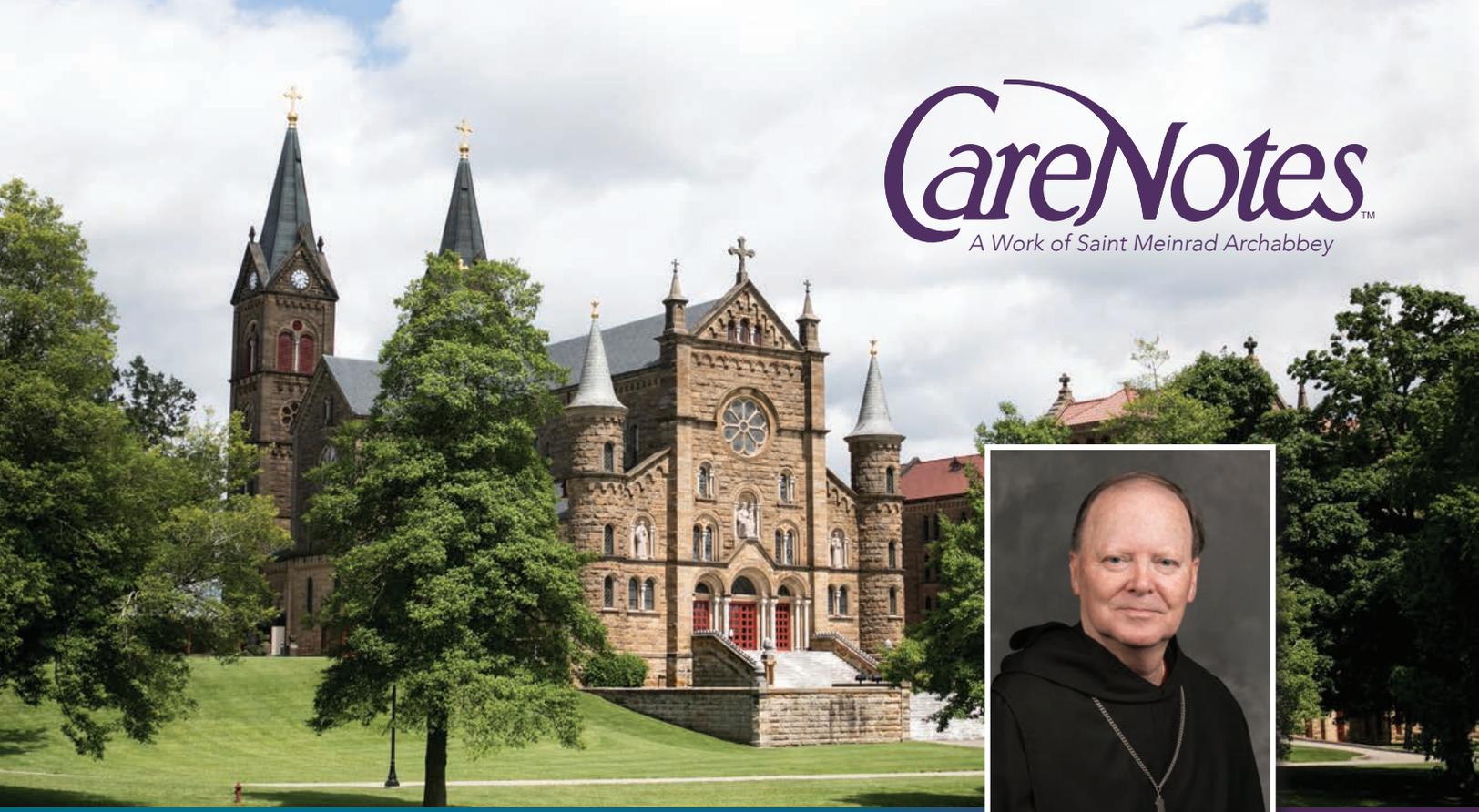
by Ted O'Neal  
Illustrated by R.W. Alley

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## *A letter from the Abbot...*

Dear Friend of Saint Meinrad,

As Benedictine monks here at Saint Meinrad, we are certainly not immune to the many issues the world is facing these days - the COVID-19 pandemic, unrest over social injustice, the rising unemployment rate and economic uncertainty.

In these times - as in all times - we continue to pray daily for healing, peace and God's grace. We are also glad that our CareNotes line offers many helpful booklets with practical advice on dealing with the countless unexpected events that happen to all of us.

We think you'll find these booklets to be inspirational as well as helpful to those you serve, and for yourself. The authors are experts and often have dealt personally with these issues. Most recently, the director of our Student Counseling Center wrote about "Responding to Life's Challenges that are Out of Your Control." I think all of us can take advice on that topic!

We invite you to look through the many topics in this buyer's guide to get a glimpse of the range of helpful guidance offered in CareNotes. Each booklet offers strength, help and healing for those who are hurting. As you work to serve others, we are here to offer you tools of support for the emotional, recovery, health, grief, and eldercare situations that families experience. Take one - and take heart. Give one - and give hope.

Sincerely in Christ,

*+ Kurt Stasiak, OSB*

Archabbot Kurt Stasiak, OSB

*All CareNotes proceeds support the prayer and work of the monks of Saint Meinrad.*

*Learn more about Saint Meinrad Archabbey, the prayer and work of the monks, the Seminary and School of Theology and the spiritual retreats offered at [www.saintmeinrad.org](http://www.saintmeinrad.org).*

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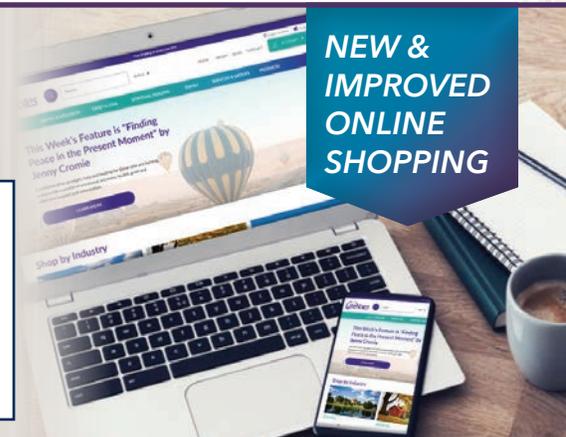
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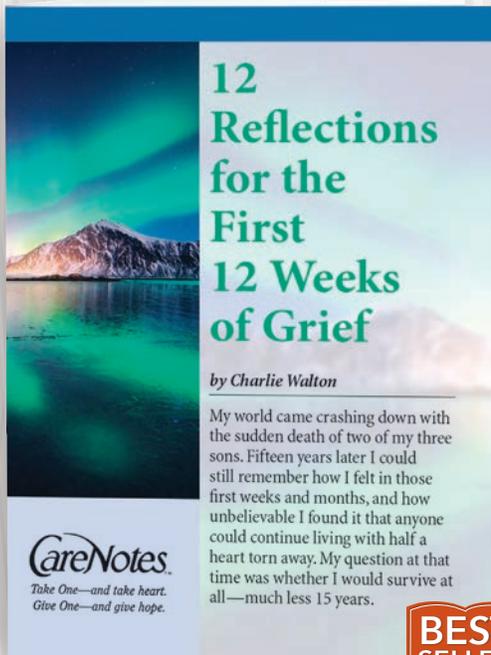
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## 12 Reflections for the First 12 Weeks of Grief

by Charlie Walton

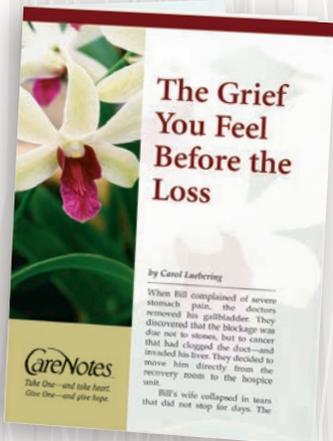
"You are going to live and even be glad you did," writes the compassionate author of this beautiful booklet of help and hope. Charlie Walton himself lost two sons and had "half a heart torn away." Here he reflects on 12 all-important themes and discoveries helpful to healing and coping during the critical first weeks and months. **21434**

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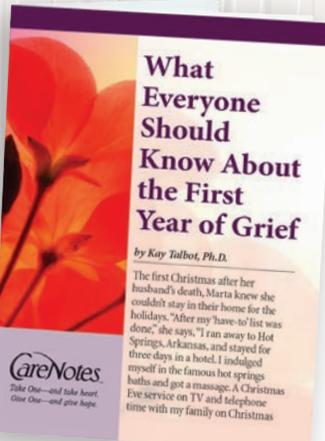
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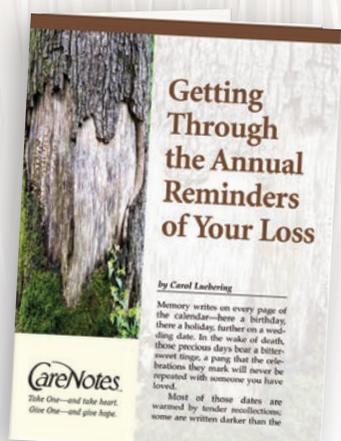
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20671



## On the First Anniversary of Your Loss

by Linus Mundy

My father died on Father's Day, and every Father's Day since has been bittersweet. No doubt your feelings are bittersweet, too, on the anniversary of your loved one's death. It's a hard time and it may have you experiencing as sharply as ever all the sadness of your loss.

To say the least, the first anniversary is not a day or a sea-

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## On the First Anniversary of Your Loss

by Linus Mundy

Grief doesn't follow a calendar, even though you may feel pressure to move on after one year. Mundy writes that the first anniversary of the death of your loved one is a rite of passage, that is, giving yourself a right to pass to a new stage in your grieving and healing. **21333**



## 2-Tier Display Stand

Utilize every small space with the 2-Tier Display Stand to highlight your two favorite CareNotes titles. The stand holds approximately 120 CareNotes booklets and measures 10"H x 5 1/2"W x 4 1/2"D. CareNotes sold separately.

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## After the First Year of Grief: Being Ready for the Challenges

by Karen Katafiasz

Sally and I met at a widows' support group a little more than a year after my husband died. She had lost her husband only weeks before. How was I doing after a year, she asked, hoping for some encouragement that the pain engulfing her would lessen in 12 months' time. "In some ways, it's worse than before," I blurted out.

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23078



## Grieving as a Family

by Carol Luebering

"Happy families are all alike; every unhappy family is unhappy in its own way." The words that open Leo Tolstoy's Anna Karenina are doubly true of grieving families. Although you share a common loss, each of you experiences it differently, for each one has a unique relationship with the person who has died. And a storm of strong feelings constantly rages around all of you.

You cling together at the funeral, but now you may be drifting apart.

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21336



## Grieving as a Woman

by Kass P. Dotterweich

The pain of loss is called grief, and it slices deep into a woman's being. Regardless of the nature of the loss, we feel the pain in all the ways we experience life: emotionally, spiritually, and physically.

"Even my breathing was labored," explains one woman who was working her way through the pain of loss. "My heart felt like a hot clamp was choking out life itself."

As women, we experience life as a tapestry in which all the threads and patterns are woven together. Into each moment, we carry our history from the past of our dreams for the future. All facets of life are connected to one another—when we grieve the loss of

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23105



## Handling Grief as a Man

by Bob Miller

Most every man heard it when he was a boy in grade school, after scraping his knee and running home with tears in his eyes. "Come on, big boys don't cry." Later on, sometime in high school, after a particularly hard fall in gym class or on the football field, came the message, "Keep moving, take it like a man." The messages come through loud and clear to most men in our culture: grieving, expressing pain, showing

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21295



## Grieving in Your Own Way

by Kass Dotterweich

My father's death in 1995 was my first experience of deep grief. Other relatives and friends had endured various kinds of grief other than death. But Dad's death left a vacuum unlike anything I had known.

As I talked about my sadness and grief with others, I received plenty of warmhearted and well-

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21388



## Walking With God Through Grief and Loss

by Joyce Rupp, O.S.A.M.

One of the most pain-filled letters I ever received came from a young mother whose first-born child had died of AIDS. She was overwhelmed with the depth of grief. It was a doubly crushing blow to her since she did not know she was a carrier of the disease until her daughter was born. The letter poured out her anguish and despair. She felt, she said, as if God had abandoned

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20652  
26012 SpanishNote



**CareNotes** Catholic Perspectives

## Looking to Mary in Times of Grief and Loss

by Silas Henderson

In many classic works of literature, the main character is often supported (and even saved) by a faithful companion. Whether it is Sherlock Holmes' Doctor Watson, Tom Sawyer's Huckleberry Finn, or Frodo Baggins' faithful companion Samwise Gamgee, these secondary characters remind us that however brilliant, brave, or downright lucky we might be, we invariably need the care and support of others.

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20975  
26018 SpanishNote



## Be Gentle With Yourself While Grieving

by Mary Kendrick Moore

"I know the things I am supposed to do to take care of myself during grief," said Susan Bryant, an experienced hospice and healthcare chaplain in Atlanta who has accompanied many people on their journey through grief after a loved one's death. But Susan's knowledge about grief clashed with her experience as she faced the sudden, unexpected death of her son.

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## The Ten Biggest Myths About Grief

by Kay Talbot, Ph.D.

"When are you going to get over it and get on with your life?" It was about a year after my daughter died when I heard those words. It was the first time I realized what impossible and unrealistic expectations our society has for those who experience a major loss. What the words really mean is "your pain is making me uncomfortable; I want the old

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## The Ten Biggest Myths About Grief

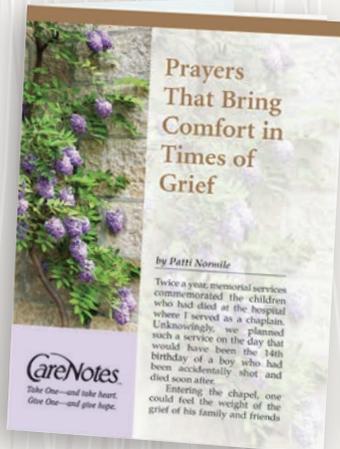
by Kay Talbot, Ph.D.

Here is an expertly presented booklet that helps "set the record straight." We have all heard and come to believe so many impossible and unrealistic expectations about how we should expect to experience a major loss. But what is the truth? If the information one has about grief is faulty or inaccurate, our grief issues will only multiply. Here is deeper understanding and comfort for one and all. **21394**

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## Prayers That Bring Comfort in Times of Grief

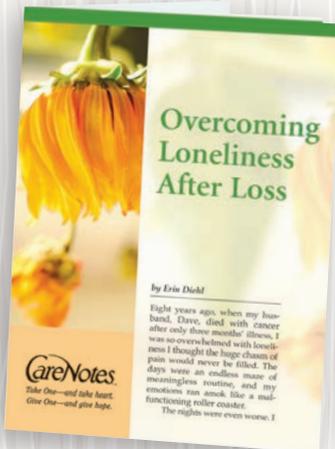
by Patti Norsile

Twice a year, memorial services commemorated the children who had died at the hospital. Unknowingly, we planned such a service on the day that would have been the 14th birthday of a boy who had been accidentally shot and died soon after.

Entering the chapel, one could feel the weight of the grief of his family and friends.

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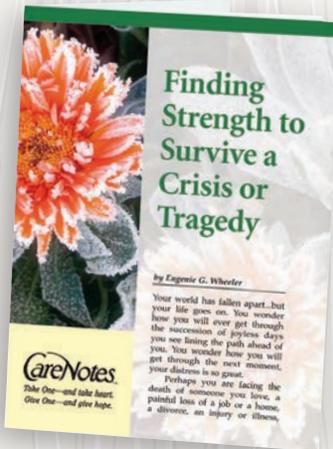
## Overcoming Loneliness After Loss

by Erin Diel

Eight years ago, when my husband, Dave, died with cancer after only three months' illness, I was so overwhelmed with loneliness I thought the huge chasm of pain would never be filled. The days were an endless maze of meaningless routine, and my emotions ran amok like a malfunctioning roller coaster. The nights were even worse. I

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## Finding Strength to Survive a Crisis or Tragedy

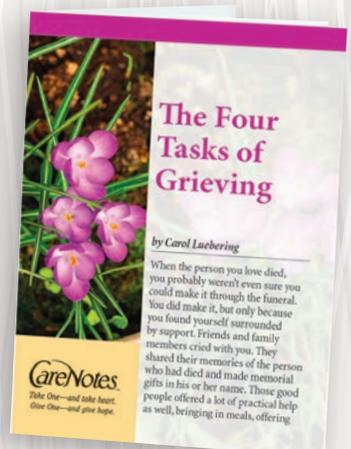
by Eugenie G. Wheeler

Your world has fallen apart...but your life goes on. You wonder how you will ever get through the succession of joyless days you see lining the path ahead of you. You wonder how you will get through the next moment.

Perhaps you are facing the death of someone you love, a painful loss of a job or a home, a divorce, an injury or illness,

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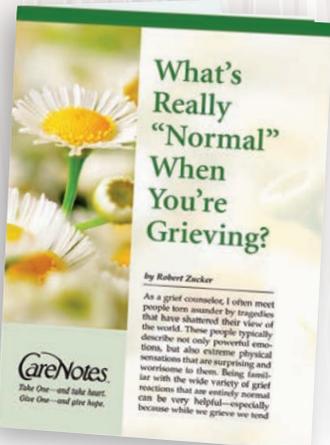
## The Four Tasks of Grieving

by Carol Laebering

When the person you love died, you probably weren't even sure you could make it through the funeral. You did make it, but only because you found yourself surrounded by support. Friends and family members cried with you. They shared their memories of the person who had died and made memorial gifts in his or her name. Those good people offered a lot of practical help as well, bringing in meals, offering

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23005



## What's Really "Normal" When You're Grieving?

by Robert Zucker

As a grief counselor, I often meet people torn asunder by traumas that have shattered their view of the world. These people typically describe not only powerful emotions but also extreme physical sensations that are surprising and far from the wide variety of grief reactions that are entirely normal. It can be very helpful—especially, because while we grieve we tend

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21564



## What to Say to Someone Who Is Grieving

by Joel Schram

A friend or family member is grieving. A co-worker or neighbor has gone through the loss of a loved one. You wonder what you will say at the wake or funeral, at work, when you see them in church or run into them at the supermarket or mall. You want to say the right thing, the comforting thing, not too much or too little.

Responding constructively to another's grief, however,

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## Grief Gift Set

Reach out to those in the early stages of grief

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## Mourning a Miscarriage

by Michaelene and Linus Mundy

Life matters, regardless of how brief. The authors of this CareNote share insightful, caring words to help ease the pain of miscarriage. Although there are no magic answers to any kind of loss, the keyword is forgiveness. **20622**

## Moving Through the Anguish of Perinatal Loss

by Carrie F. Williamson

In this CareNote, Carrie Williamson helps grieving parents begin to heal from their loss, urging couples to communicate openly with one another, to allow each other's individual feelings, and to find a way to move forward without this child that is still very much a part of their family. **23214**

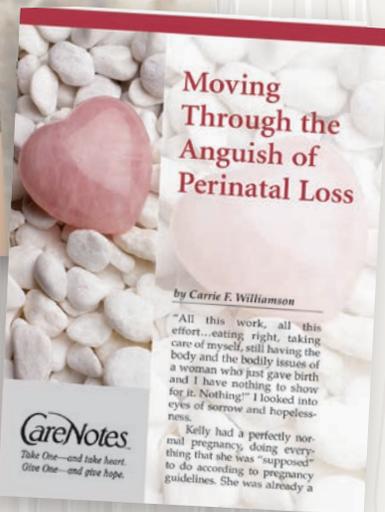


**October is Pregnancy & Infant Loss Awareness Month.** Share Pregnancy & Infant Loss Support is a community for anyone who experiences the tragic loss of a baby. We serve parents, grandparents, siblings, and others in the family, as well as the professionals who care for grieving families. Learn more at [www.nationalshare.org](http://www.nationalshare.org).



### Mourning a Miscarriage

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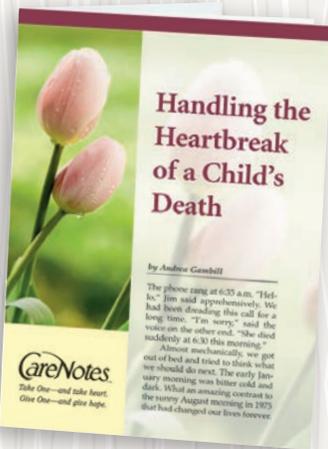
### Moving Through the Anguish of Perinatal Loss

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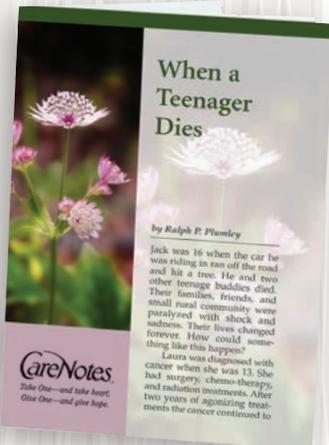
### Handling the Heartbreak When a Baby Dies

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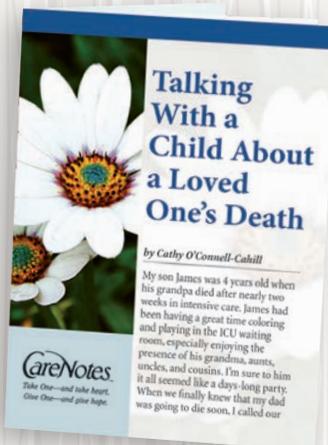
### Handling the Heartbreak of a Child's Death

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### When a Teenager Dies

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### Talking With a Child About a Loved One's Death

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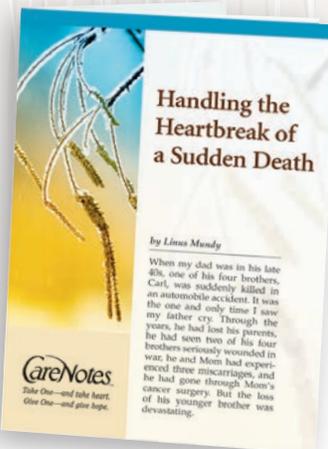
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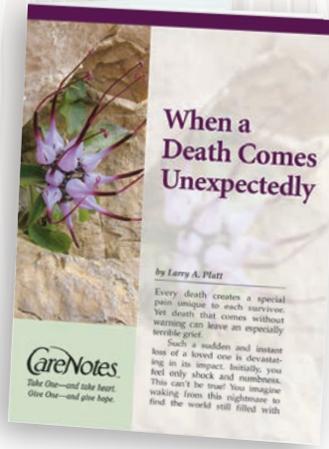
### Feeling Overwhelmed When One Loss Follows Another

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### Handling the Heartbreak of a Sudden Death

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### When a Death Comes Unexpectedly

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### Taking Care of Yourself While Grieving

CareNotes  
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21943

23090

21234

21298

**Losing Your Husband**  
by Karen Katafiasz

The book club mailing, addressed to my late husband, was meant for former members. "What do we do to get you back?" asked the pleading cartoon figure of the front.

I had to smile at the question's sad irony. I wish I knew thought. Even though John had died years before, such words could still trigger strong feelings.

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## Losing Your Husband

by Karen Katafiasz

The loss of a husband can seem like a wound that never heals. Life is not the same and neither are you. In this hopeful, helpful CareNote, the author suggests ways to find comfort to get through this difficult time. **21334**

**Losing Your Wife**  
By Bernie Faenza

Four years after her initial diagnosis of breast cancer, and two days after her 47th birthday, my wife Ellen died. For the next two years, I lived in a fog of loneliness and denial, while I careened through life like a lopsided top. Fortunately, I didn't hurt myself or others too badly as I took my erratic emotional and social journey toward recovery.

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## Losing Your Wife

by Bernie Faenza

The loss of a wife is a unique experience for every man. Yet there are similar expectations all grieving husbands share. Bernie Faenza identifies the expectations in an effort to bring solace and healing to hurting husbands. **21383**

**Losing Someone Close**  
by Dr. Robert DiGirollo

You are never prepared for the death of a loved one, even when that death comes after a long and serious illness. And when the loss is sudden and unexpected, as it was for me, the shock can be overwhelming. No matter the circumstances of loss, there is always sadness, heartache, and emptiness.

As you struggle to go on with life after your loved one has died,

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20600  
26001 SpanishNote

**Grieving the Loss of Your Parent**  
by Judy Ball

My mother, lying in a darkened hospital room, was close to death. But as she reached for my hand and looked at me intently, she was fully aware that her youngest daughter was at her side.

"Judy, is it raining?" she asked. "No, Mom, it's beautiful outside—and it's even more beautiful where you are going." I answered as confidently as I

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21228  
26002 SpanishNote

**Losing Your Dad**  
by Greg Long

"You can have whatever clock you want. It's a Christmas present." Dad said quietly as he looked at me from across the room. He had crafted a simple, family memento. The two-inch square, wooden clock for each thick, clear-marked wood was from a locker-room bench that had been salvaged from the newly remodeled elementary

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21347

**Losing Your Mom**  
by Peggy H. Ekerdt

As I sat at a local swimming pool watching my daughter Gretchen compete in yet another swim meet, Gretchen stepped up on the block to swim the first event, cleared the shallow dive, and began her smooth freestyle stroke. When she turned her head to take her first breath, I realized the force of her dive had shoved her goggles down over her mouth. Panic rose within me as I thought: She can't breathe; if she touches her goggles, she will be disqualified; how can she complete

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21328

**CareNotes For Teens**  
**Grieving When You Lose Someone Close**

When someone you love dies, your world falls apart. Life seems horribly unfair. The emptiness within you seems like it will swallow you up. Once, you took for granted that the people you love would be there forever, that everything would always turn out OK. Now things aren't so certain anymore.

22009

**CareNotes For Teens**  
**When Your Parent Dies**

I was 14. I stood before the grave of my dad, who had died from cancer a few months earlier. The ground was wet from a recent rain, so I pulled a floor mat from the car, placed it at the foot of the grave, and sat down.

As I grew more comfortable being alone in the cemetery, I turned to my thoughts. Before long I was giving Dad an update of my roller-coaster life. Although talking to him felt strange at first, it brought me a lot of comfort. I spent time crying, as I let go of some of the pain. But by the time I got up to leave, I

22055

**CareNotes For Teens**  
**When Your Grandparent Dies**

"I felt totally awkward at my grandmother's wake," said Tim. "Some people were crying. Others were laughing and telling stories. Lots of adults I didn't know came up to me and told me I should be brave. I didn't want to be brave. I wanted my grandma back." I understood how Tim felt. My grandmother died when I was 13. At the wake the crowds, the pats on the head, the smell of the flowers, all got to be too much to handle, so my brother, a couple of my cousins, and I sneaked off to an empty room down the hall. There we told jokes and laughed.

22049

**CareNotes For Teens**  
**When Your Brother or Sister Dies**

Nick was 14 when his brother, Matt, died. Matt was beginning his senior year but was more excited about driving that old car he bought. He got in an accident coming home from everybody says so." Nick wondered, "What's the point in being good if you are just going to die?" who is 16, resents all the sacrifices she and her family made so Julie could see that particular specialist and difference did it make, she died anyway?" Her family still does not go on vacations, eat out, or go to the movies like her friends because there are too many medical bills.

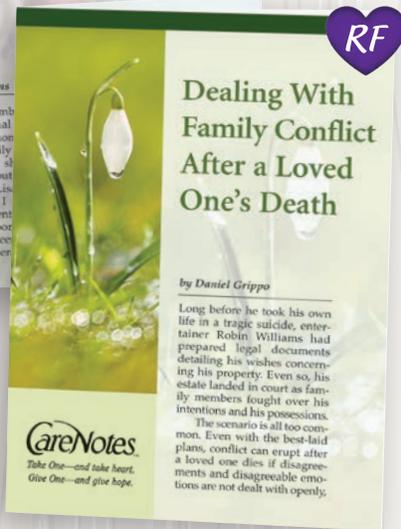
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## Grieving the Loss of Your Grandparent

by Christine A. Adams

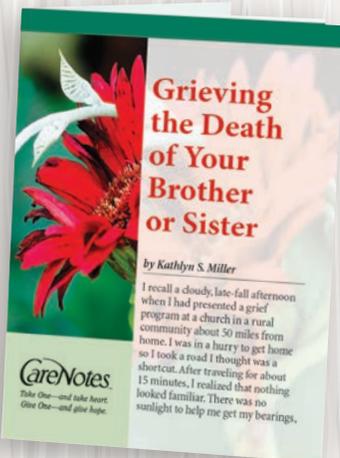
This CareNote offers valuable guidance, reminding the reader that grief and loss know no age limit – and that he or she is now responsible for honoring and carrying on the legacy left by a beloved grandparent. **21311**



## Dealing With Family Conflict After a Loved One's Death

by Daniel Grippo

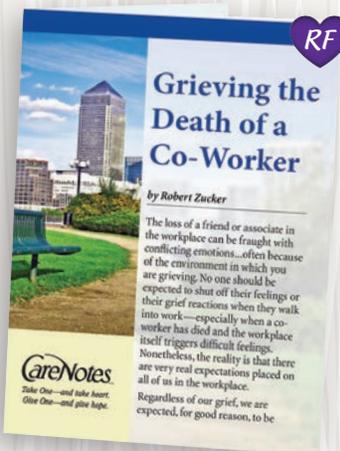
The weeks and months surrounding a loved one's passing are a delicate time. Family members are dealing with intense emotions, ones that can lead normally even-tempered individuals to clash. This CareNote, a returning favorite, presents steps that can be taken before and after a loved one's death to lessen, or even avoid, unnecessary conflicts. **23185**



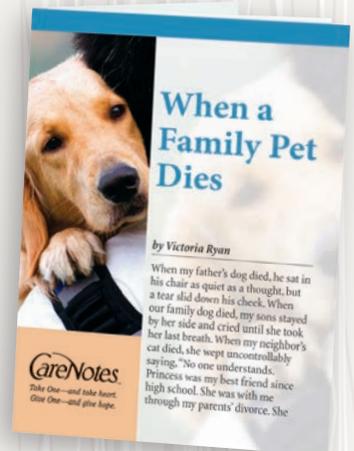
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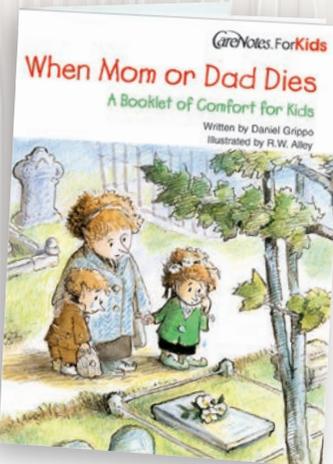
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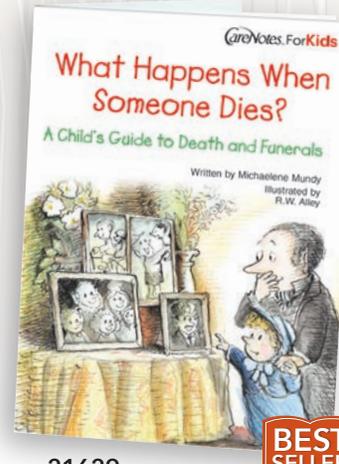
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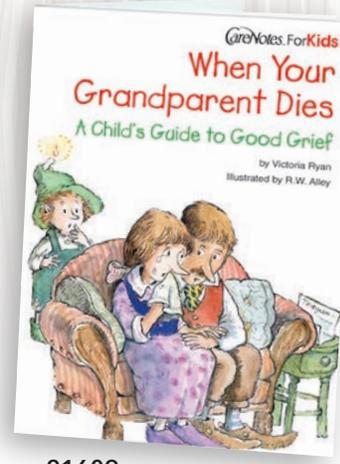
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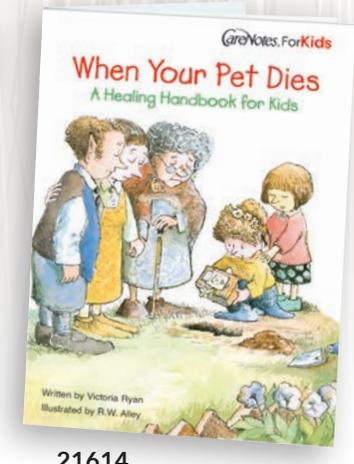
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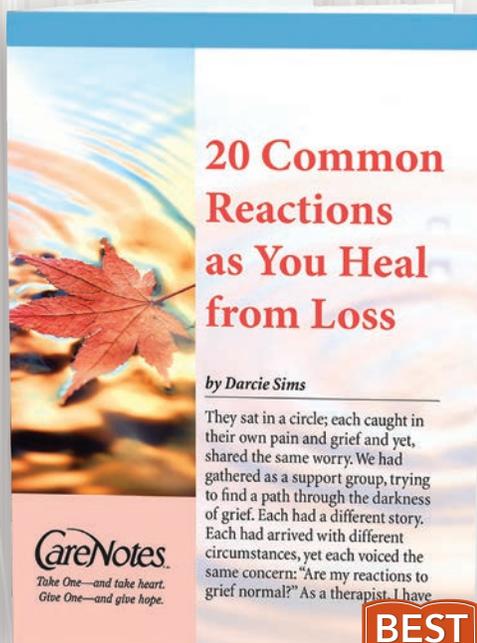
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21614



## 20 Common Reactions as You Heal from Loss

by Darcie Sims

We all have complete ownership over our grief – it is uniquely ours. Yet, how grief manifests itself and how it's experienced share a surprising number of commonalities among those enduring it. A bereaved parent as well as a grief management specialist, Darcie Sims outlines just some of the ways people can respond to grief. She ends with the helpful acknowledgement: You are NOT wrong in your grief reactions. You are creating a "new normal" for yourself with every step you take. **23040**

by Darcie Sims

They sat in a circle; each caught in their own pain and grief and yet, shared the same worry. We had gathered as a support group, trying to find a path through the darkness of grief. Each had a different story. Each had arrived with different circumstances, yet each voiced the same concern: "Are my reactions to grief normal?" As a therapist, I have

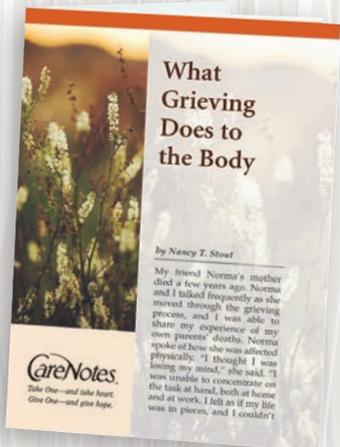
**CareNotes**  
Take One—and take heart.  
Give One—and give hope.

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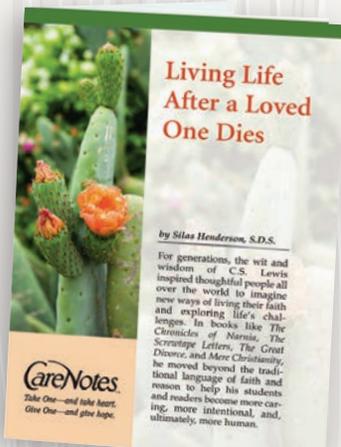


**Pro Tip!**

Developing an after care program is an important way to extend relationships to the community that you serve. Our grief and loss titles or **AfterWords, a grief support kit**, (pages 54-55) make it easy for you to reach out to your families in need.



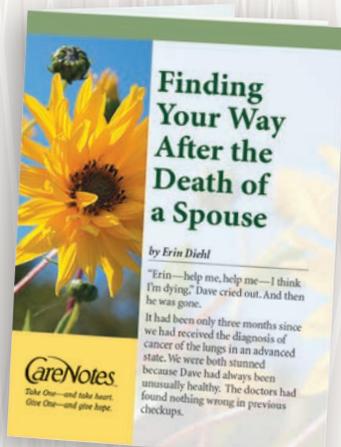
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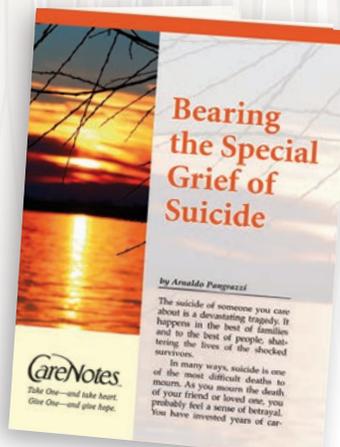
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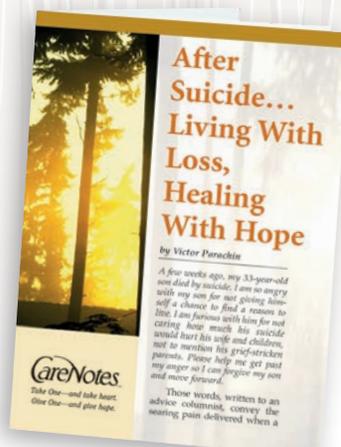
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23044

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## September is Suicide Prevention Awareness Month

We can all help prevent suicide. Every year, mental health organizations and individuals across the U.S. and around the world raise awareness of suicide prevention during September. For ways to promote suicide prevention awareness, visit [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org).

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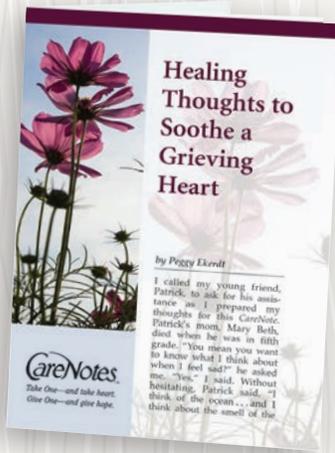
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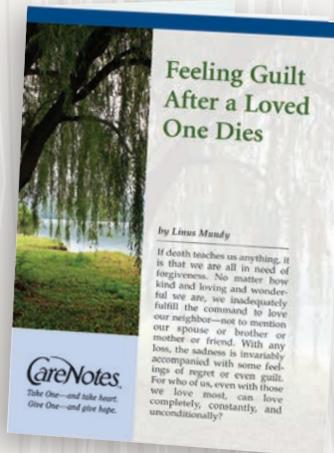
Other assortment topics to choose from include Healthcare, Cancer Care, Hospice Care and Long-Term Care. See page 36 for more details.



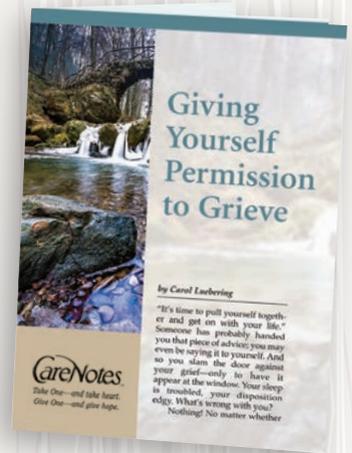
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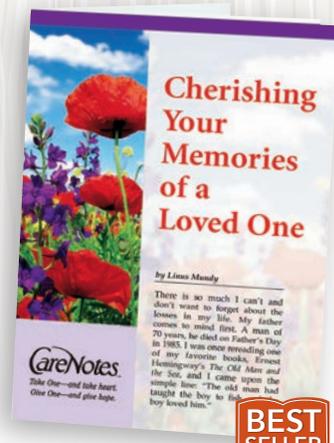
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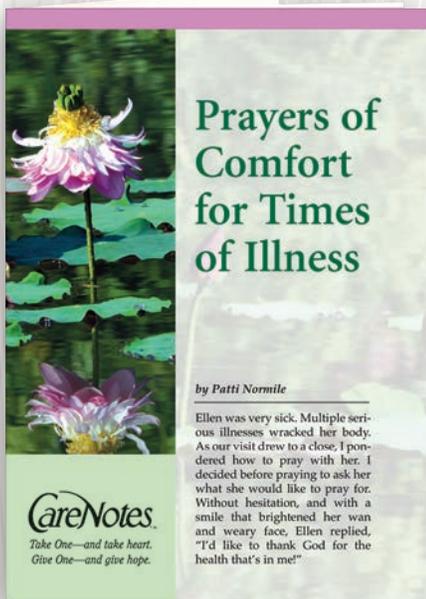


21276



21440





## Prayers of Comfort for Times of Illness

by Patti Normile

Here's an inspiring booklet written by a retreat director who has taught and also served as a hospital chaplain. The CareNote contains seven enriching "categories" of actual prayers and "prayer-starters": prayers from a grateful heart; prayers of praise; "I can't pray" prayers; prayers for healing; prayers for others; prayers of abandonment; and "bookends on the day" prayers. What a wonderful collection for all who are ill, infirm, hospitalized, homebound, or just plain "under the weather."  
21934

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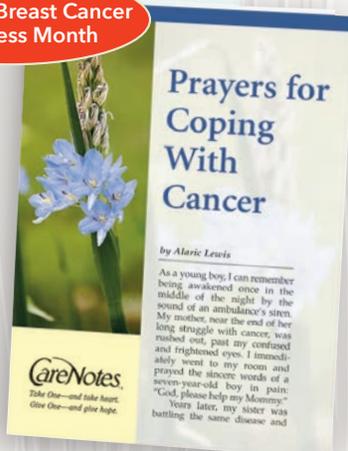
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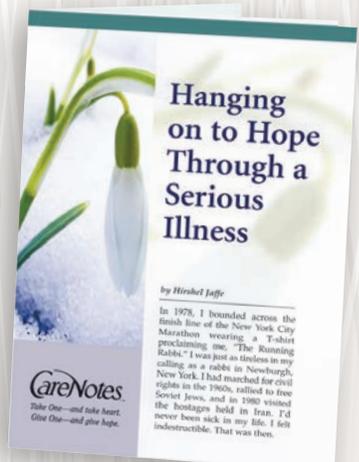
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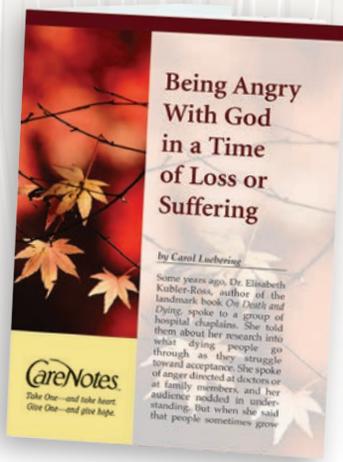
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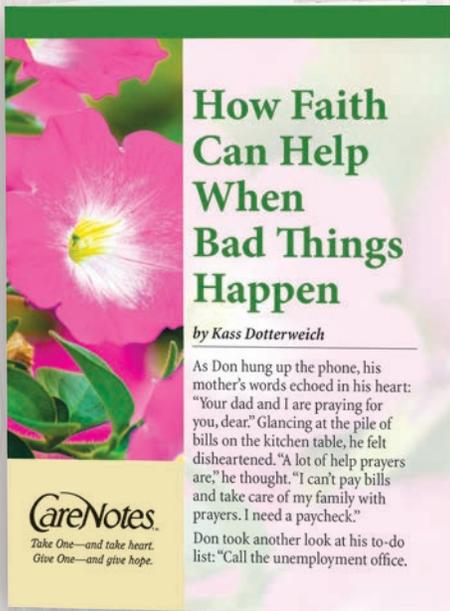


21497

## How Faith Can Help When Bad Things Happen

by Kass Dotterweich

"When bad things happen to us or to those we love, or even to total strangers we often feel our faith in a good, compassionate, just and loving God challenged. We wonder how God can let certain things happen, what power good has over bad, why innocent people must suffer, and how our faith can help us through. Feeling this way when bad things happen is, in fact a response of faith." 21562



**How Faith Can Help When Bad Things Happen**  
by Kass Dotterweich

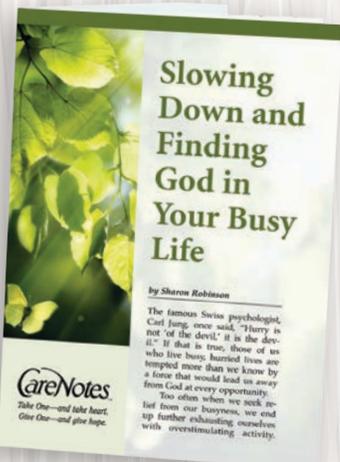
As Don hung up the phone, his mother's words echoed in his heart: "Your dad and I are praying for you, dear." Glancing at the pile of bills on the kitchen table, he felt disheartened. "A lot of help prayers are," he thought. "I can't pay bills and take care of my family with prayers. I need a paycheck." Don took another look at his to-do list. "Call the unemployment office."

**CareNotes**  
Take One—and take heart.  
Give One—and give hope.



### Pro Tip!

Display CareNotes in places where your clients and staff can easily pick up relevant titles, such as in reception areas, lobbies, break rooms and lounges, waiting rooms, restrooms, or conference rooms. Providing them in areas such as restrooms allows people to select the titles that speak to them in private. See display options on page 37.

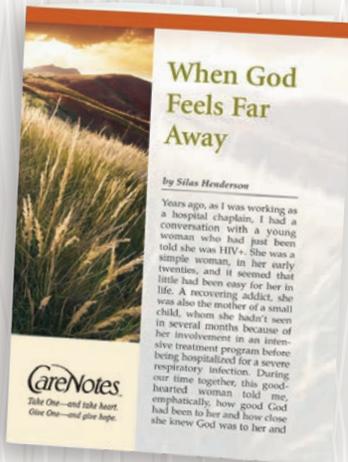



**Slowing Down and Finding God in Your Busy Life**  
by Sharon Robinson

The famous Swiss psychologist, Carl Jung, once said, "Hurry is not 'of the devil,' it is the devil." If that is true, those of us who live busy, hurried lives are tempted more than we know by a force that would lead us away from God at every opportunity. Too often when we seek relief from our busyness, we end up further exhausting ourselves with overstimulating activity.

**CareNotes**  
Take One—and take heart.  
Give One—and give hope.

21225



**When God Feels Far Away**  
by Silas Henderson

Years ago, as I was working as a hospital chaplain, I had a conversation with a young woman who had just been told she was HIV+. She was a simple woman, in her early twenties, and it seemed that little had been easy for her in life. A recovering addict, she was also the mother of a small child, whom she hadn't seen in several months because of her involvement in an intensive treatment program before being hospitalized for a severe respiratory infection. During our time together, this good-hearted woman told me, emphatically, how good God had been to her and how close she knew God was to her and

**CareNotes**  
Take One—and take heart.  
Give One—and give hope.

23131



**Giving Your Worries to God**  
by Lina Mandy

"I can't. God can. I think I'll let God!"

Finally I had found the words to bring peace to a life that had hit the skids. My father was slowly and painfully dying, my wife had miscarried the baby who was going to help "replace" Dad, my sister's divorce was getting messy by the day, I was in an ugly auto accident that sent me to a long string of doctors. My trust in

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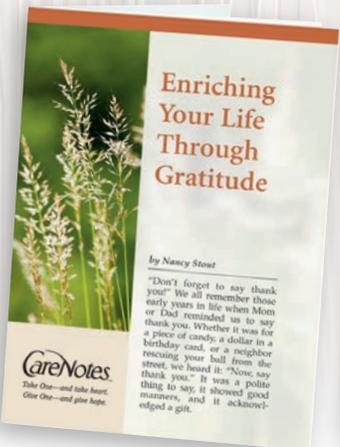


**Turning to a Chaplain for Care and Support**  
by Patti Normile

The out-of-town parents looked apprehensive as I approached. Anxiety clouded their young faces. But when I introduced myself as the hospital chaplain, they beamed. The father said, "We're so glad to have a chaplain with us here. We have a wonderful one who helps us and Timmy in our hospital back home!" Timmy was undergoing a

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Give One—and give hope.

21288

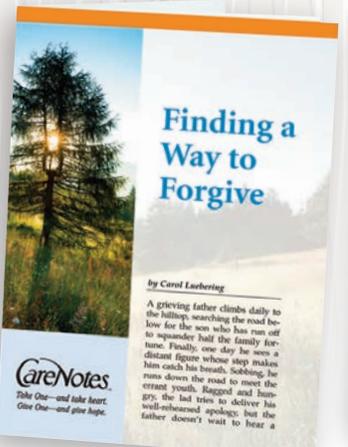


**Enriching Your Life Through Gratitude**  
by Nancy Stout

"Don't forget to say thank you!" We all remember those or Dad reminded us to say thank you. Whether it was for birthday candy, or a neighbor's rescue, your hall from the thank you. It was a polite thing to say, it showed good manners, and it acknowledged a gift.

**CareNotes**  
Take One—and take heart.  
Give One—and give hope.

23103



**Finding a Way to Forgive**  
by Carol Laubering

A grieving father climbs daily to the hilltop, searching the road below for the son who has run off to squander half the family fortune. Finally, one day he sees a distant figure whose step makes him catch his breath. Seizing, he runs down the road to meet the errant youth. Ragged and hungry, the lad tries to deliver his heartfelt apology; but the father doesn't wait to hear a

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Give One—and give hope.

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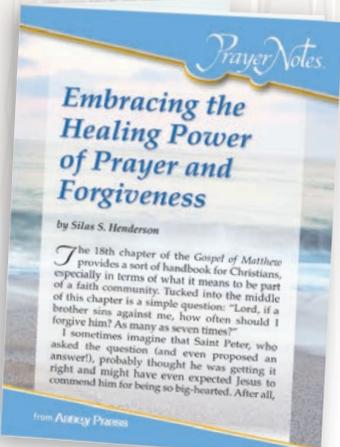


**Five Steps Toward Forgiveness**  
by Cynthia Geisen

It has been a couple of years since Sam and Chris split up. Their parting was not easy. Sam felt angry, betrayed, and humiliated when he discovered that Chris had been unfaithful. In the months after their separation, Sam leaned on the support of family and friends. He consulted a therapist to help him grow through his experience. Recently, Chris and Sam bumped into each other unexpectedly. Sam confessed, "I'm surprised at how angry I still feel. Even though I'm happy in another relationship, I'm not sure I'm ready—or want—to forgive Chris."

**CareNotes**  
Take One—and take heart.  
Give One—and give hope.

23186



**Embracing the Healing Power of Prayer and Forgiveness**  
by Silas S. Henderson

The 18th chapter of the Gospel of Matthew provides a sort of handbook for Christians, especially in terms of what it means to be part of a faith community. Tucked into the middle of this chapter is a simple question: "Lord, if a brother sins against me, how often should I forgive him? As many as seven times?"

I sometimes imagine that Saint Peter, who asked the question (and even proposed an answer!), probably thought he was getting it right and might have even expected Jesus to commend him for being so big-hearted. After all,

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25102



## Why It's Healthy to Cry

by Therese J. Borchard

I am a self-professed, public crier ... a SPPC. While some strangers might give me a second look, I no longer try to cover up the red, puffy eyes and hide from the world until the swelling is gone. As a person who has lived with chronic depression for as long as she can remember, I never know when or where the dam might burst. So I have made peace with my tears.

**CareNotes**  
Take One—and take heart.  
Give One—and give hope.

## Why It's Healthy to Cry

by Therese J. Borchard

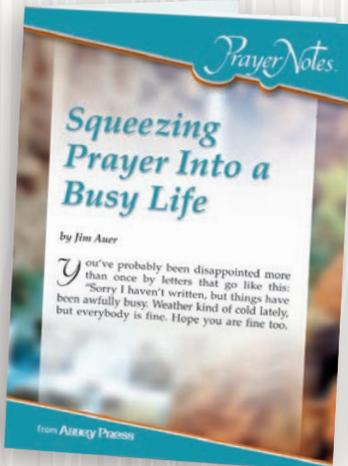
While some may see crying as a sign of weakness, something to be done in private, if at all, Therese J. Borchard shows the beauty and the benefit of tears in this CareNote, a returning favorite. Helpful sections include: Understand your tears, Grieve ... in your style, Get mad, Go ahead and cry, and Distinguish grief from depression. **23076**

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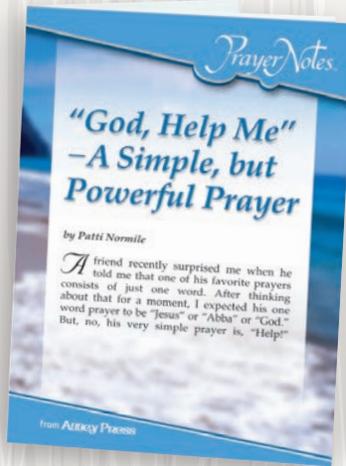
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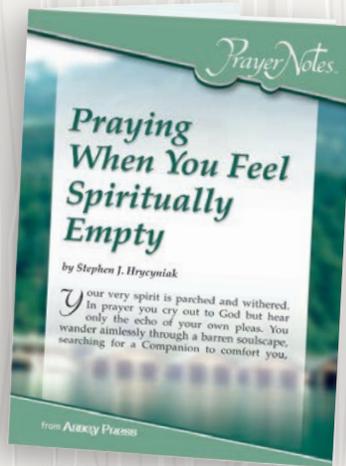
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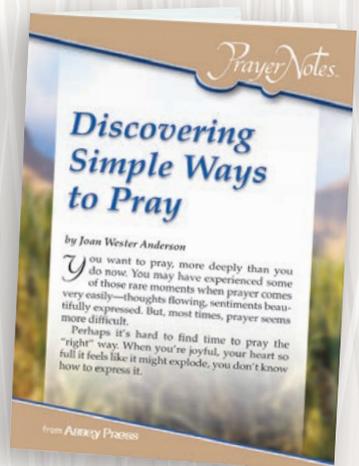
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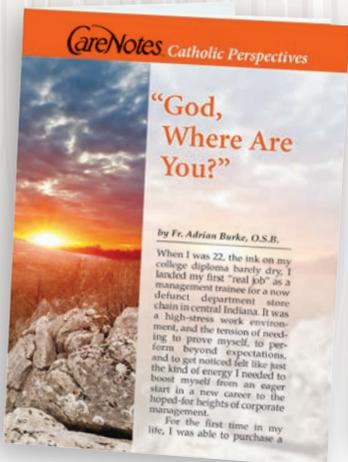
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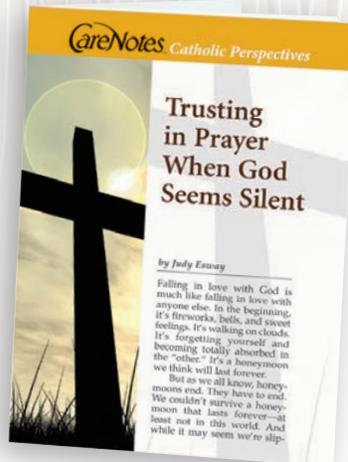
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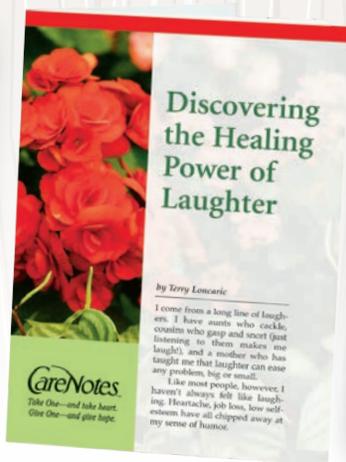
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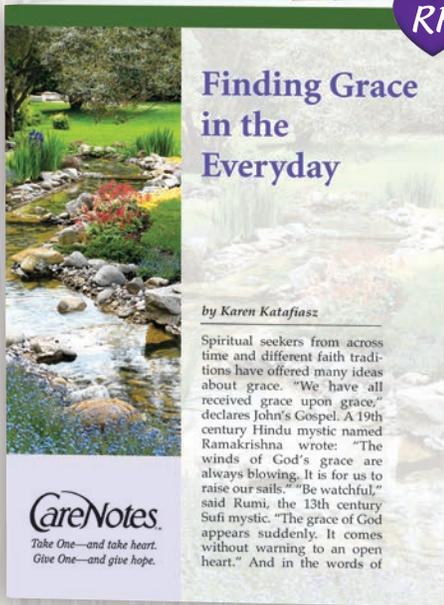
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## Finding Grace in the Everyday

by Karen Katafiasz

"With often overcrowded schedules and minds occupied by all the concerns of daily life, do we even notice when moments of grace occur amid the routine?" asks CareNotes author Karen Katafiasz. In this returning favorite, she explains that opportunities for grace, the benevolence or favor that God bestows on human beings, are all around us. **23230**

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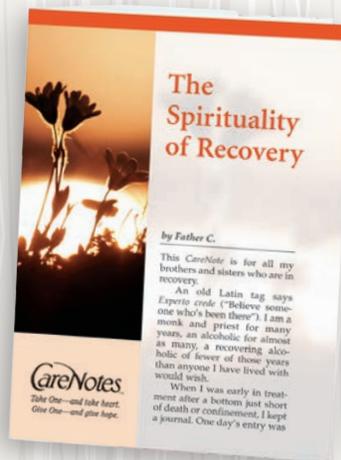
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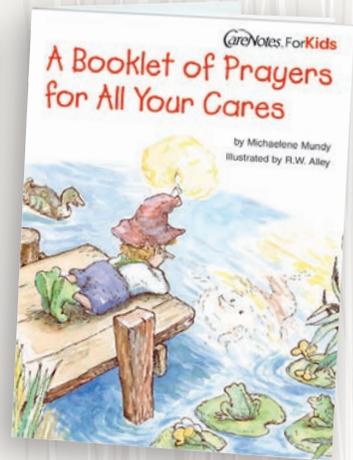
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23115



21615



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## Coping with the Challenges of Kinship Foster Care

by Jim Auer

As I stopped at a traffic light, I saw her sitting on the bus stop bench. Mid-60s, perhaps. Clustered around her shoes were grocery bags, and around the bags, three children under ten. A toddler sat on her lap. Her face and body broadcast fatigue and devotion in equal amounts. She was virtually a poster lady for a growing segment of our population: kinship caregivers. They are among the unsung, anonymous heroes who hold things together for the most vulnerable.

**CareNotes**  
Take One—and take heart.  
Give One—and give hope.

## Coping with the Challenges of Kinship Foster Care

by Jim Auer

Caregiving of any kind is far from simple or easy. Kinship caregiving presents special challenges. The physical, emotional, and financial demands are often daunting. CareNotes author Jim Auer offers guidance to those who find themselves faced with the challenges foster care presents with special sections titled: "Prepare for big, sometimes intimidating, challenges," "Admit, accept and manage your feelings," "Persevere through the maze," "Take care of yourself," and "Enjoy rewards." **21701**

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## When Infertility Brings Stress and Disappointment

by Ellen M. C. Fera

"We've been married the same number of years, and we've already got three! What's taking you so long?" "My son is getting so heavy. Ugh! I can hardly lift him." "Don't be so obsessed with getting pregnant. Relax!"

If infertility is a problem for you, you've probably winced at comments like these that only intensify the pain you already feel. The most apt description of what my years of infertility have been like is "chronic loss." Not being able

**CareNotes**  
Take One—and take heart.  
Give One—and give hope.

21348

## Dealing With the Stresses of a New Baby

by Marnie McAllister

Your child is love itself—innocent, trusting, warm, and vulnerable. You've waited expectantly for the moment when you would bring him or her home. You bought the necessities and maybe have more than you need. It feels like a dream coming true.

Then your baby begins to cry and for the tenth time that day you're trying to figure out what he needs. With a sense of humor, you wonder aloud, of humor, you wonder aloud, "Did he come with instructions?" But the humor is short-lived; tears rise to the surface. Babies rely on their parents to fulfill their every need; their helplessness is overwhelming.

**CareNotes**  
Take One—and take heart.  
Give One—and give hope.

23118

## Doing Your Best as a Single Parent

by Gail Greiner Sweet

Half of the children born today will live in a single-parent family before they reach adulthood. But knowing that there are many families like yours doesn't necessarily make your job easier. Raising a child is the most important and difficult job in the world. It's also a job filled with joyful possibilities. For the single parent, the daily struggles and triumphs are magnificent.

**CareNotes**  
Take One—and take heart.  
Give One—and give hope.

20602

## Parenting a Troubled Teen

by Jim Auer

I taught teens for 30 years. The day after parent-teacher conferences, conversation in the faculty room inevitably included impressions of participants were variations of, "Once you meet the parents, you can see why their kid acts out," but other comments were more along the lines of, "I feel so sorry for the parents. They try so hard, and their kid just gives them grief."

**CareNotes**  
Take One—and take heart.  
Give One—and give hope.

23139

## Dealing With Financial Stress

by Linus Mundy

Money. It can make us happy, as most of us believe, or miserable, as many of us know through personal experience. It can buy us food, education, comfort, even freedom. It can also ruin marriages, families, and friendships, and has contributed to the decline of entire societies. Everyone's financial story or situation is unique.

**CareNotes**  
Take One—and take heart.  
Give One—and give hope.

23136

## Handing on Your Faith to Your Family

by Lisa M. Hendley

I grew up in a home where "being Catholic" was as much a part of my identity as the freckles on my face or my role as the eldest of five. Although memorizing the Baltimore Catechism, I was convinced from childhood that God made me to know, love, and serve him and the world around me. My parents were

**CareNotes Catholic Perspectives**

20985

## Helping a Child Grieve and Grow

by Carol Luehring

When our firstborn was new, I read a news story about the brutal murder of a child. A mother tiger roared in my soul as I read the story and I realized to what great lengths we go to guard our offspring.

That protective instinct is essential to our children's survival. We baby-proof our homes; we teach the danger of the street and the risk of playing with matches.

**CareNotes**  
Take One—and take heart.  
Give One—and give hope.

20670

## Dealing With Family Conflict as a Loved One Is Dying

by Patti Normile

The inevitable is approaching. A dear one is journeying towards life's end. The very thought of the loss hurts you deeply. You are losing a part of yourself. What will life be like without him? How can you possibly tell her goodbye? How can your family survive these days and the days to follow?

The questions raised will vary with the dying person's age, the relationships involved,

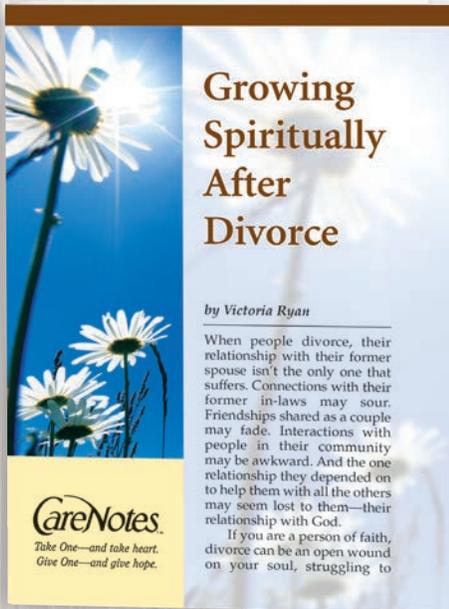
**CareNotes**  
Take One—and take heart.  
Give One—and give hope.

21929

## What Our Customers are Saying...

"Just want to say thank you for making these available. I love the idea of sending them to my friends as a spiritual support during this stressful time. Thank you for your company and your authors and artists. Right in this moment, I am grateful for your company."

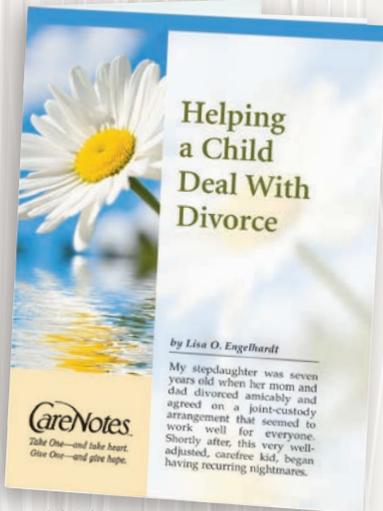
-Angeline DeWald



## Growing Spiritually After Divorce

by Victoria Ryan

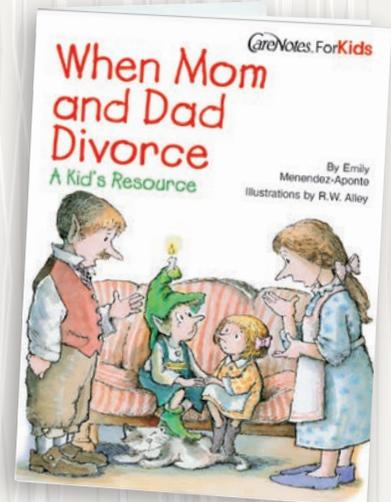
"If you are a person of faith, divorce is an open wound on our soul struggling to scab over the guilt, the shame, the shock of being one of them - the people who quit." At a time when one's life is in upheaval, it's only natural to question God's part in it. In this CareNote, author Victoria Ryan explains how one ending a relationship with a spouse is in the perfect position to grow and strengthen his or her relationship with God. **23151**



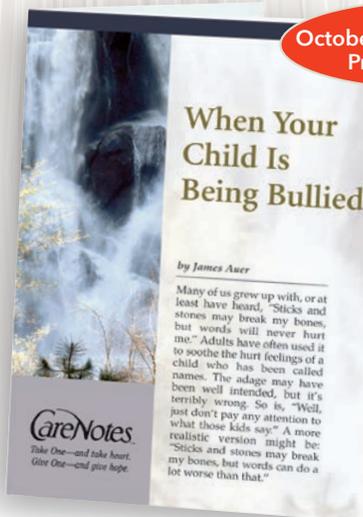
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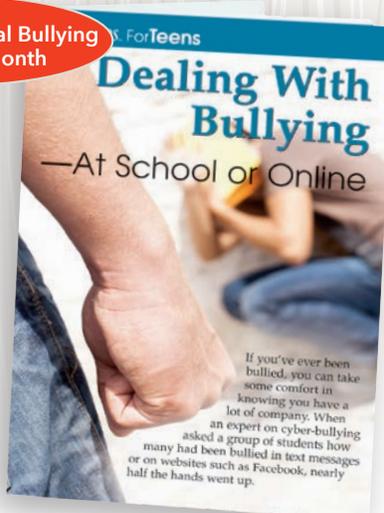


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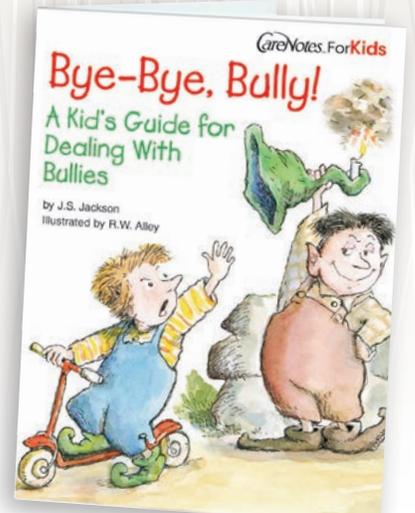


23084

October is National Bullying Prevention Month



22077



21611

**NEW!**

## Responding to Life's Challenges that are Out of Your Control

by Diane Pharo, SCN

Day after day, in times experienced as safe, normal and predictable, we live our lives with the trust and confidence that we are in control of our world, however small or large that may be. Most assuredly, there are those aspects of our lives where we do have and should be in control. That is a responsible way to live our lives. Yet, undoubtedly, unanticipated situations arise when we come face

**CareNotes.**  
Take One—and take heart.  
Give One—and give hope.

## Responding to Life's Challenges that are Out of Your Control

by Diane Pharo, SCN

Each of us has experienced the challenge of surrendering control, whether willingly or unwillingly, gracefully or grudgingly, with resignation or resentment. Thankfully, the choice eventually to surrender willingly and gracefully in peaceful resignation is within our power. **23237**

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1000-2499 .....	56¢ each		

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## Understanding Thoughts of Suicide and Self-Harm

by Ralph P. Plimley

Bob and Alice were married for 53 years. They had a nice family and a good marriage... everything changed. Alice died. Bob felt lost, isolated, lonely, and depressed. His thoughts of suicide came gradually but intensely. Amanda was six when her father was incarcerated. Two years later, when her mother died in a car accident, Amanda went to live with her grandmother. When her grandmother died, Amanda was 10, depressed, and on her own. She began cutting herself to pacify the pain and escape the despair.

**CareNotes.**  
Take One—and take heart.  
Give One—and give hope.

23109

## Depression—What Everyone Should Know

by Tom McGrath

A friend who once suffered a severe and lengthy bout of depression said she was probably "the last person to know I was depressed." As the science reporter for a major news organization, she had been assigned to investigate new and hopeful treatments for people who are depressed. When she asked an expert to name the symptoms of clinical depression, she recognized

**CareNotes.**  
Take One—and take heart.  
Give One—and give hope.

21492

## Recovering From Postpartum Depression

by Therese J. Borchard

It's supposed to be the most exciting time of your life. Friends and family members fuss over your newborn, telling you that you are the luckiest person in the world to have such a beautiful baby. However, all you can do is cry. And the harder you try to be happy about your new bundle of joy, the deeper you sink into a depression that you are sure no one will understand. Post-baby blues are more common than you think.

**CareNotes.**  
Take One—and take heart.  
Give One—and give hope.

23150

## Responding to Life's Challenges with Resilience and Strength

by Mary Kendrick Moore

Each of us faces challenges in a journey through extraordinary times of happiness and also through devastating experiences of loss and fear. Have you ever found yourself wondering why some people seem to bounce back with stamina and courage after trauma and loss, and why others sink into an ongoing place of fear or mourning?

**CareNotes.**  
Take One—and take heart.  
Give One—and give hope.

23219

## Angry? Lonely? Anxious? Dealing with Difficult Emotions

by Cynthia Geisen

Bob describes himself as a "mess." For the past month he has been a bundle of insecurities. Yesterday he fretted all afternoon because his boss asked him an ordinary question. Bob usually likes a challenge that sharpens his focus when he is working on a tricky project. Yet this anxiety is different. It zaps his energy rather than concentrates it, and spreads to every area of his life—home, work, and friendships.

**CareNotes.**  
Take One—and take heart.  
Give One—and give hope.

23018

## Dealing With Anger

by Louisa Rogers

Anger. The very word makes us pause. Yet to be human is to know anger. Anger helps us to defend our rights and protect our freedom—as individuals and as a society. For all the positive aspects of anger, though, too many only too well the destructive forms: physical violence, depression, even illness.

**CareNotes.**  
Take One—and take heart.  
Give One—and give hope.

20684  
26004 SpanishNote

## Losing Someone You Love to Addiction

by Cynthia Geisen

Tom and Jan describe it as having witnessed a slow motion train wreck: that they felt powerless to stop. For several years, their creative, energetic, bright daughter, Amy, was ensnared in a maze of drug addiction. During that time, Amy found and lost work, entered and left rehab, got clean and relapsed. Although Tom and Jan never stopped loving Amy, their relationship with her was battered by lies, manipulation, and theft. Eventually, Tom and

**CareNotes.**  
Take One—and take heart.  
Give One—and give hope.

23156

## Getting Help With an Addiction

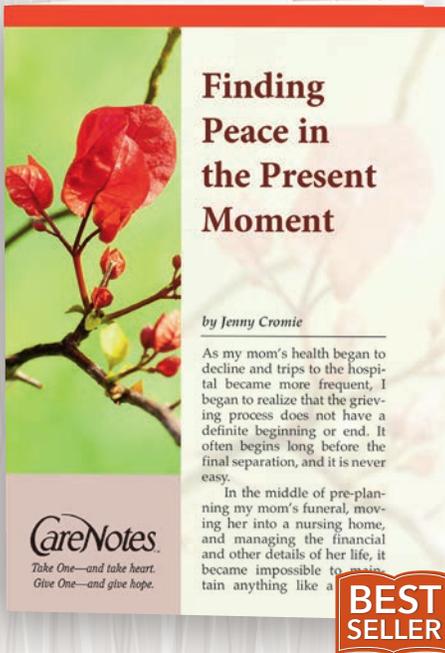
by Jim Auer

"It was the best of times, it was the worst of times." Every person recovering from an addiction can identify with Charles Dickens' famous line when remembering moments of deciding to face their addiction and seek help. It was "the worst of times" because the addiction had increasingly jeopardized or even destroyed many of the truly pre-

**CareNotes.**  
Take One—and take heart.  
Give One—and give hope.

21918





### Finding Peace in the Present Moment

by Jenny Cromie

As my mom's health began to decline and trips to the hospital became more frequent, I began to realize that the grieving process does not have a definite beginning or end. It often begins long before the final separation, and it is never easy.

In the middle of pre-planning my mom's funeral, moving her into a nursing home, and managing the financial and other details of her life, it became impossible to maintain anything like a

**CareNotes**  
Take One—and take heart.  
Give One—and give hope.

**BEST SELLER**

## Finding Peace in the Present Moment

by Jenny Cromie

When in the midst of the grief process, it can be difficult to live in the present moment. Dwelling on past events can leave one unfocused and unable to concentrate on decisions that need to be made now. Author Jenny Cromie offers readers guidance for faithfully staying in the present moment and finding healing and comfort as they confront a loss. **23161**

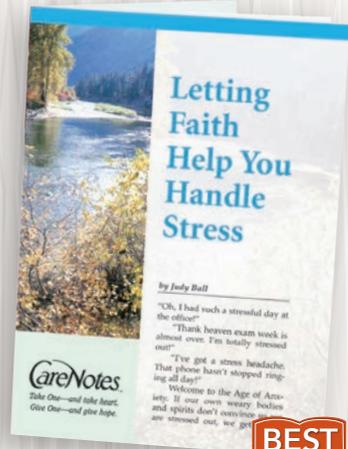


**YOU ARE NOT ALONE**

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need.

## May is Mental Health Awareness Month

For more information on mental health awareness and support, visit the National Alliance of Mental Health at [www.nami.org](http://www.nami.org).



### Letting Faith Help You Handle Stress

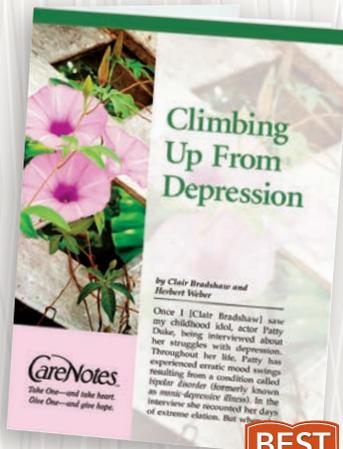
by Judy Ball

"Oh, I had such a stressful day at the office!"  
"Thank heavens exam week is almost over. I'm totally stressed out!"  
"I've got a stress headache. That phone hasn't stopped ringing all day!"  
Welcome to the Age of Anxiety. If our own weary bodies and spirits don't convince us we're stressed out, we give

**CareNotes**  
Take One—and take heart.  
Give One—and give hope.

**BEST SELLER**

21259



### Climbing Up From Depression

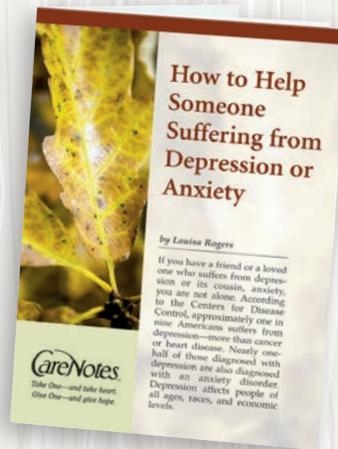
by Clair Bradshaw and Herbert Weber

Once I [Clair Bradshaw] saw my childhood idol, actor Patty Duke, being interviewed about her struggles with depression. Throughout her life, Patty has experienced erratic mood swings (later diagnosed formerly known as manic-depressive illness). In the interview she recounted her days of extreme elation. But when

**CareNotes**  
Take One—and take heart.  
Give One—and give hope.

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20601  
26007 SpanishNote



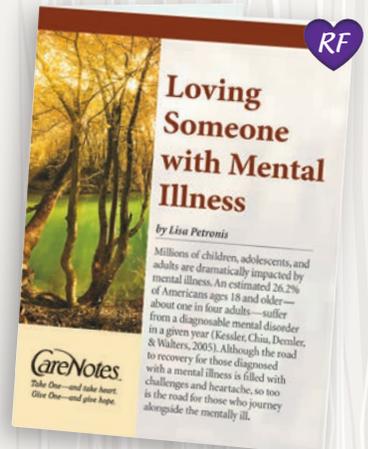
### How to Help Someone Suffering from Depression or Anxiety

by Louise Rogers

If you have a friend or a loved one who suffers from depression or its cousin, anxiety, you are not alone. According to the Centers for Disease Control, approximately one in nine Americans suffers from or heart disease. Nearly one-half of those diagnosed with depression are also diagnosed with an anxiety disorder. Depression affects people of all ages, races, and economic levels.

**CareNotes**  
Take One—and take heart.  
Give One—and give hope.

23119



### Loving Someone with Mental Illness

by Lisa Petronis

Millions of children, adolescents, and adults are dramatically impacted by mental illness. An estimated 26.2% of Americans ages 18 and older—about one in four adults—suffer from a diagnosable mental disorder in a given year (Kessler, Chiu, Demler, & Walters, 2005). Although the road to recovery for those diagnosed with a mental illness is filled with challenges and heartache, so too is the road for those who journey alongside the mentally ill.

**CareNotes**  
Take One—and take heart.  
Give One—and give hope.

**RF**

23120

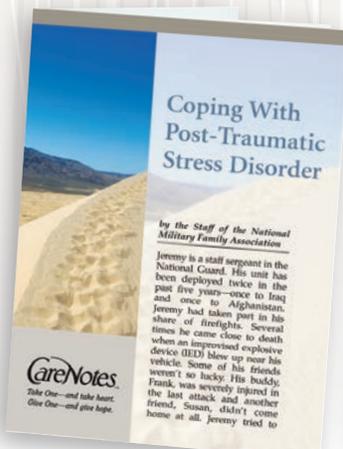


### Feeling Down: Finding a Way Out

Restlessness. Dissatisfaction. Ennui. Not rightness. You can't define it but you know it doesn't feel good, and you wish it would go away. Or at least take a long winter (and summer) vacation. How do you know how much of this is typical teenage stuff and how much of it demands some attention, possible professional intervention?

**CareNotes For Teens**  
Take One—and take heart.  
Give One—and give hope.

22088



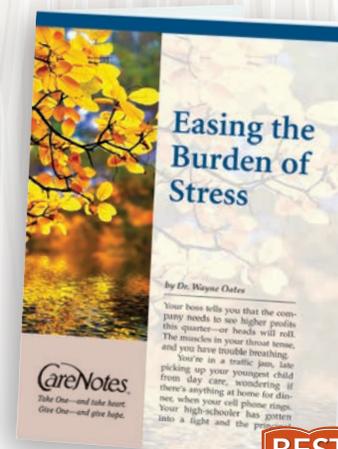
### Coping With Post-Traumatic Stress Disorder

by the Staff of the National Military Family Association

Jeremy is a staff sergeant in the National Guard. His unit has been deployed twice in the past five years—once to Iraq and once to Afghanistan. Several times he had taken part in his share of firefights. Several when an improvised explosive device (IED) blew up near his weren't so lucky. His buddy, Frank, was severely injured in the last attack and another friend, Susan, didn't come home at all. Jeremy tried to

**CareNotes**  
Take One—and take heart.  
Give One—and give hope.

23072



### Easing the Burden of Stress

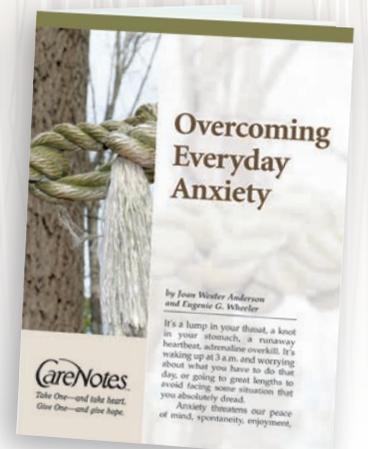
by Dr. Wayne Oates

Your boss tells you that the company needs to see higher profits this quarter—or heads will roll. The muscles in your throat tense, and you have trouble breathing. You're in a traffic jam, jam-picking up your youngest child from day care, wondering if there's anything at home for dinner when your cell phone rings. Your high-schooler has gotten into a fight and the principal

**CareNotes**  
Take One—and take heart.  
Give One—and give hope.

**BEST SELLER**

20619  
26005 SpanishNote



### Overcoming Everyday Anxiety

by Joan Wister Anderson and Eugene G. Wheeler

It's a lump in your throat, a knot in your stomach, a runaway heartbeat, adrenaline overload. It's waking up at 3 a.m. and worrying about what you have to do that avoid facing some situation that you absolutely dread. Anxiety threatens our peace of mind, spontaneity, enjoyment,

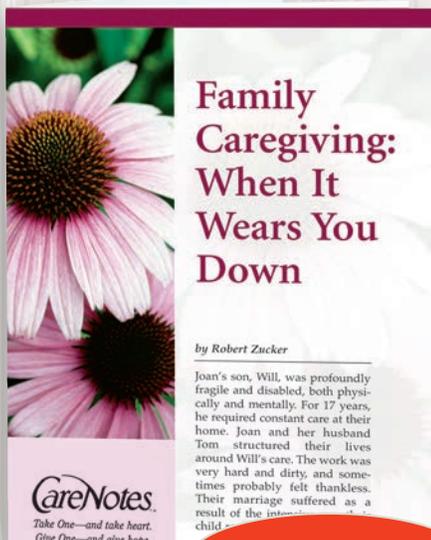
**CareNotes**  
Take One—and take heart.  
Give One—and give hope.

20688

## Family Caregiving: When It Wears You Down

by Robert Zucker

If you are a family caregiver, you may find yourself drained of all energy, burdened by constant routine tasks, and secretly wishing you could be transported to a remote tropical island. This CareNote is about acknowledging the fatigue associated with caring for a loved one, and the importance of taking care of yourself on your very difficult caregiving journey. An expert counselor, speaker, writer, and consultant here provides a handy "family guide" to healthy caregiving. 21441



### Family Caregiving: When It Wears You Down

by Robert Zucker

Joan's son, Will, was profoundly fragile and disabled, both physically and mentally. For 17 years, he required constant care at their home. Joan and her husband Tom structured their lives around Will's care. The work was very hard and dirty, and sometimes probably felt thankless. Their marriage suffered as a result of the intense...

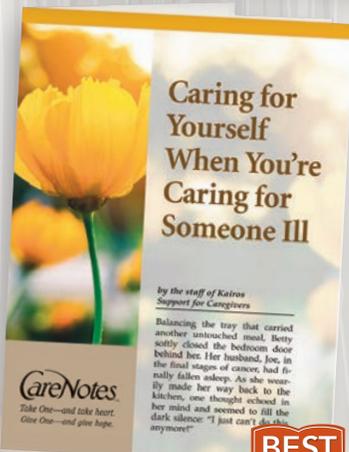
CareNotes  
Take One—and take heart.  
Give One—and give hope.

November is Caregiver Awareness Month

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### Caring for Yourself When You're Caring for Someone Ill

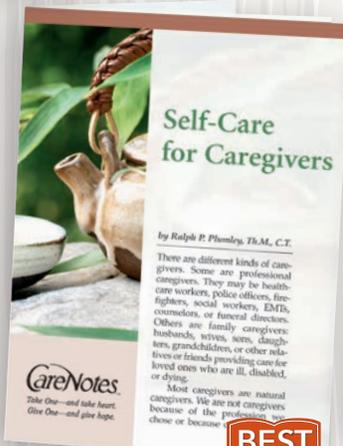
by the staff of Kairos Support for Caregivers

Balancing the tray that carried another untouched meal. Betty softly closed the bedroom door behind her. Her husband, Joe, in the final stages of cancer, had finally fallen asleep. As she wearily made her way back to the kitchen, one thought echoed in her mind and seemed to fill the dark silence: "I just can't do this anymore!"

CareNotes  
Take One—and take heart.  
Give One—and give hope.

**BEST SELLER**

21272  
26017 SpanishNote



### Self-Care for Caregivers

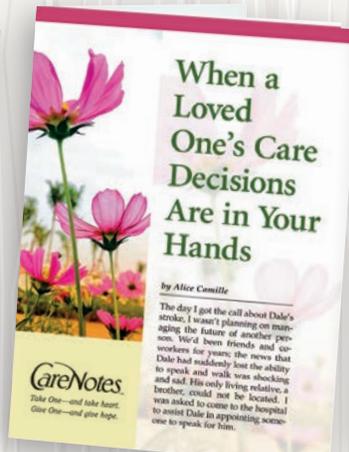
by Ralph P. Phunty, T.H.M., C.T.

There are different kinds of caregivers. Some are professional caregivers. They may be health-care workers, police officers, firefighters, social workers, EMTs, comedians, or funeral directors. Others are family caregivers: husbands, wives, sons, daughters, grandchildren, or other relatives or friends providing care for loved ones who are ill, disabled, or dying. Most caregivers are natural caregivers. We are not caregivers because of the profession we chose or because...

CareNotes  
Take One—and take heart.  
Give One—and give hope.

**BEST SELLER**

23092



### When a Loved One's Care Decisions Are in Your Hands

by Alice Canille

The day I got the call about Dale's stroke, I wasn't planning on managing the future of another person. We'd been friends and co-workers for years, the news that Dale had suddenly lost the ability to speak and walk was shocking and sad. His only living relative, a brother, could not be located. I was asked to come to the hospital to assist Dale in appointing someone to speak for him.

CareNotes  
Take One—and take heart.  
Give One—and give hope.

21559



### Feeling Overwhelmed by a Loved One's Illness

by Judith E. Courtney

From the time my mother first told me she was having some "extra tests done," until a year later when she silently passed away from cancer, I was pulled in many different and confusing directions. Helping her meant constant flights back and forth to Boston, over 1,000 miles away, while my husband and two daughters had to scramble to keep our own family on course. Not surprisingly, we were all stretched to the limit. On one level, I was grateful to be able to be there for her, yet in other...

CareNotes  
Take One—and take heart.  
Give One—and give hope.

21390

## November is Alzheimer's Awareness Month

No one should face Alzheimer's alone. Browse helpful information for those living with or caring for someone with Alzheimer's or other dementias at [www.alz.org](http://www.alz.org).



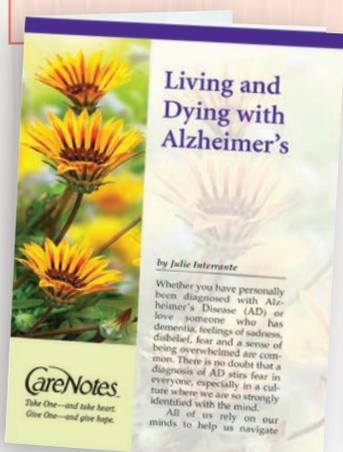
### When the Healing Isn't Happening

by Nancy Stead

I am living with a muscle disease which is most likely not curable. The limitations I feel as a result will probably be with me for the rest of my life; they may even get hair to begin to adjust and to accept what I'm able to do and what I'm unable to do. I've had to give up some...

CareNotes  
Take One—and take heart.  
Give One—and give hope.

21366



### Living and Dying with Alzheimer's

by Julie Interrante

Whether you have personally been diagnosed with Alzheimer's Disease (AD) or love someone who has dementia, feelings of sadness, confusion, fear and a sense of being overwhelmed are common. There is no doubt that a diagnosis of AD stirs fear in everyone, especially in a culture where we are so strongly identified with the mind. All of us rely on our minds to help us navigate...

CareNotes  
Take One—and take heart.  
Give One—and give hope.

23216



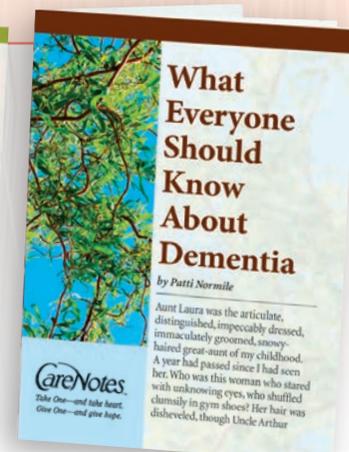
### Ten Helps for an Alzheimer's Family

by Carol Luchering

Like millions of other people, my neighbor Rob is caring for a loved one with Alzheimer's Disease. For three years, I have watched Rob's woman, turn into a shell of her former self. Now when I meet them in the condo hallway, she gives me a blank look. Then Rob gently tells her, "Say hello." With a bright but strangely artificial smile, she does so.

CareNotes  
Take One—and take heart.  
Give One—and give hope.

21438



### What Everyone Should Know About Dementia

by Patti Normile

Aunt Laura was the articulate, distinguished, impeccably dressed, immaculately groomed, snow-haired great-aunt of my childhood. A year had passed since I had seen her. Who was this woman who shuffled clumsily in gym shoes? Her hair was disheveled, though Uncle Arthur...

CareNotes  
Take One—and take heart.  
Give One—and give hope.

21407



## Make reordering simple and save with an **Assortment Refill Pack**

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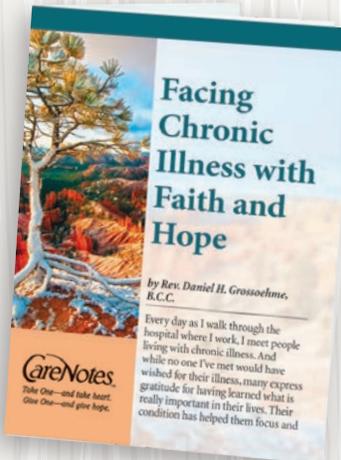
Other assortment topics to choose from include Grief Support, Hospice Care and Long-Term Care. See page 36 for more details.



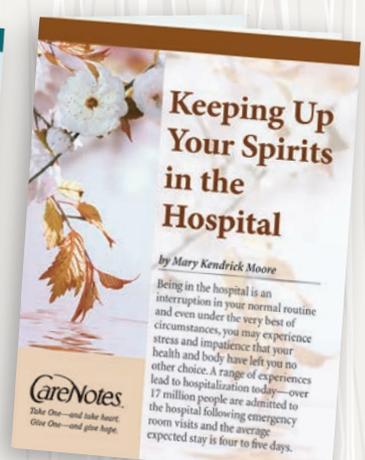
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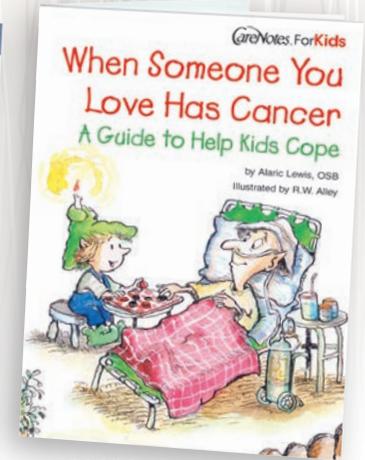
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26003 SpanishNote



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21621

## End-of-Life Concerns: A Guide for Families

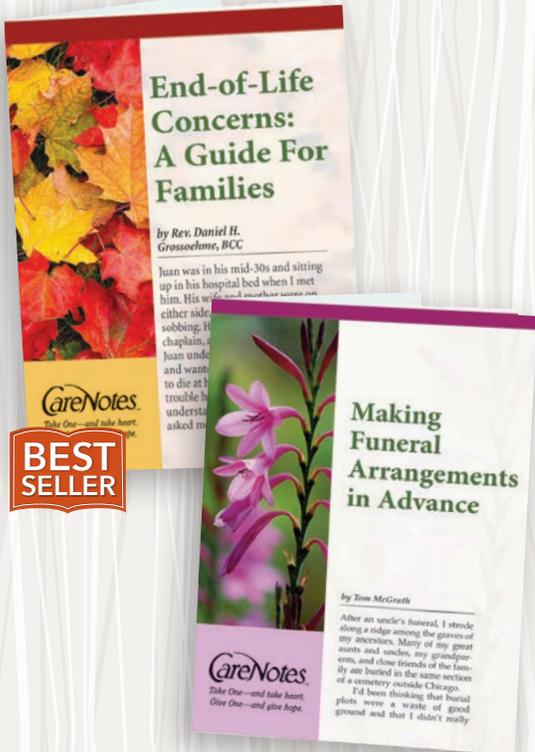
by Rev. Daniel H. Grosseohme, BCC

"Our death is just that; it's ours alone," says the author, a hospital chaplain and member of its End of Life Committee. The suggestions in this concise booklet can help lay the groundwork for someone to die, "comforted by knowing that he or she has done what was possible to prepare the way for a quiet and holy passage home to the Creator." **21406**

## Making Funeral Arrangements in Advance

by Tom McGrath

No one likes to think about their death, let alone making funeral plans in advance. But as Tom McGrath notes, "making your funeral arrangements in advance is one last wonderful gift you can give the loved ones who will be left behind." **21330**



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23223



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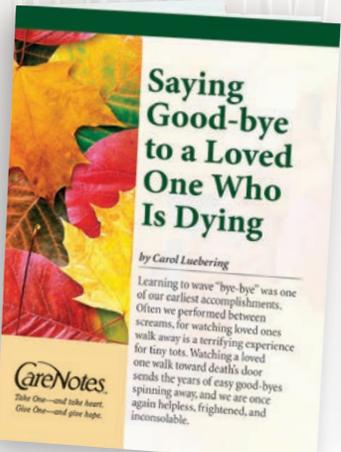
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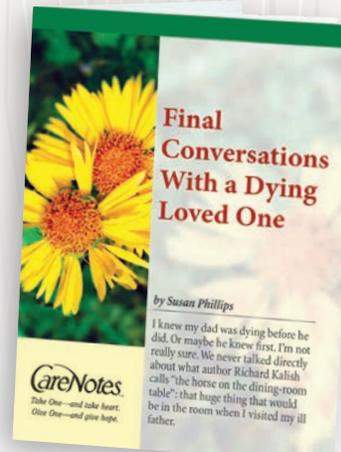
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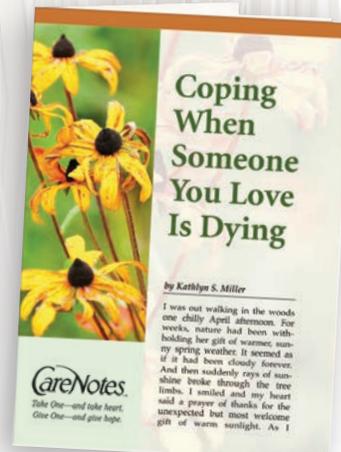
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21224



21982



21263



## Hospice and Aging Care Assortment Refill Packs

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See page 36 for more details.

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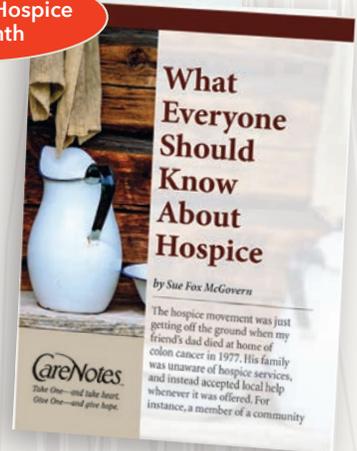
**9-Title Assortment**  
**Hospice Care – 26915**  
**Aging Care – 26917**  
**\$54.95 – Only 61¢ each**



See display options on page 37.



20655

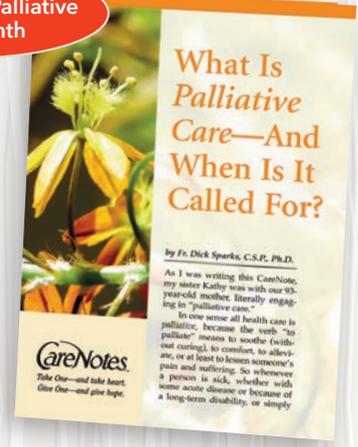


21444

November is Hospice Care Month



23190



23003

November is Palliative Care Month

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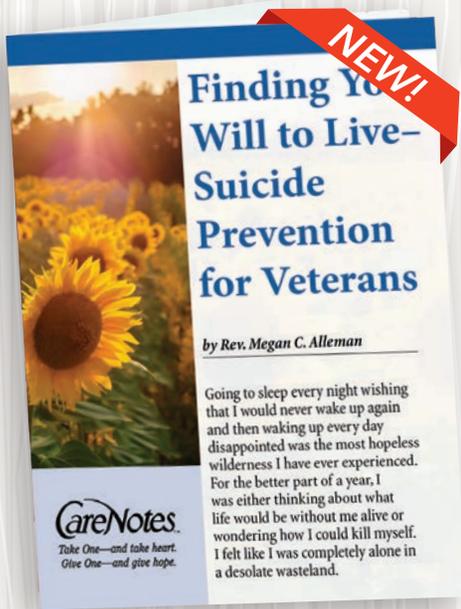
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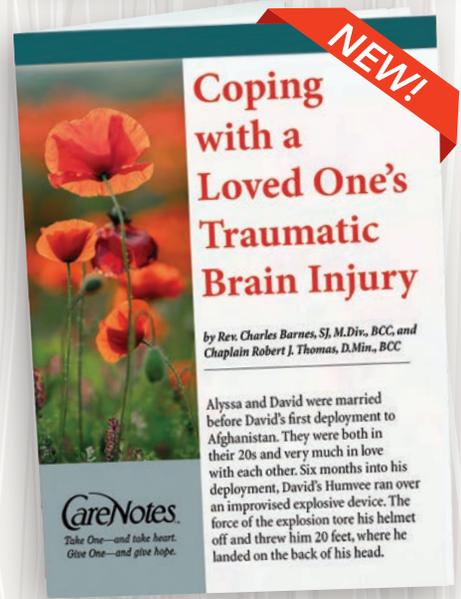
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## Finding Your Will to Live— Suicide Prevention for Veterans

by Rev. Megan C. Alleman

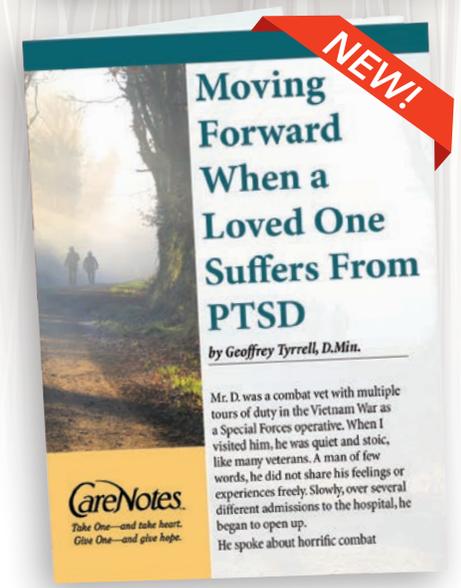
The emotional pain that accompanies human suffering, like trauma from war and abuse, is common for veterans. Just like physical pain, emotional pain can make it impossible to remember that there are reasons to live. CareNote author Rev. Megan C. Alleman offers ways to remind yourself that you can stay safe, stay alive and keep the faith that your life can get better. **21644**



## Coping with a Loved One's Traumatic Brain Injury

by Rev. Charles Barnes, SJ, M.Div., BCC  
 and Chaplain Robert J. Thomas, D.Min., BCC

One of the most devastating things people face when dealing with a loved one's traumatic brain injury is that their injured loved ones may look "normal" or "uninjured," but not behave like they used to. Many families grieve, but are unsure of what they should be grieving, or are confused about what it is they have lost. In this CareNote, there are seven helpful ways you can help a loved one cope with TBI: "Remember that you are not alone," "It's OK to grieve," "Know their limits—and yours," "Keep a memory book," "Spirituality and prayer can be vital," "Take care of yourself," and "Watch for signs something may be wrong." **21643**



## Moving Forward When a Loved One Suffers From PTSD

by Geoffrey Tyrrell, D.Min.

Once a person recovers from the immediate effects of trauma, there may be an invisible impression left behind in their nervous system. That's the root of PTSD, which is a way in which the trauma comes back in unwelcome, disturbing ways. CareNote author Geoffrey Tyrrell offers ways to help a loved one move forward when they are suffering from PTSD. Helpful sections include: "Be on the lookout for changes," "Good relationships can happen," "Take time to listen," "Be honest with your feelings," "Exercise has many benefits," "Therapy can be healing," and "Take care of yourself." **21645**

RF

## Finding Support as a Military Family

by Mary T. Scott

Emily, a young military spouse and mother, was sadly eyeing the duffle bags and equipment piled in her front hall. The time was drawing closer for her husband, Tom, to leave for the war zone in Afghanistan. This was not the first time Tom, a Marine sergeant, had gone to war. Two years earlier, Tom left for Iraq and was gone for seven months. At that time, Emily and Tom had been newly married and Emily

CareNotes  
Take One—and take heart.  
Give One—and give hope.

## Finding Support as a Military Family

by Mary T. Scott

Have you established your own circle of family support? Have you alerted family and friends about the upcoming deployment? Don't be afraid to ask friends for help. Don't attempt to take on more than you can manage. Take care of your health – the first person in the family support chain is you and if you miss meals, lose sleep, or become a couch potato, your health will suffer. A returning favorite, this CareNote is a valuable read for military families, detailing sources of support for the variety of needs that can arise during a family member's deployment. **23059**

## Coping With Post-Traumatic Stress Disorder

by the Staff of the National Military Family Association

Though this CareNote is written by the Staff of the National Military Family Association, the information can be of help to anyone who suffers from post-traumatic stress disorder (PTSD). Whether due to the experiences of combat, abuse, loss, or other trauma, PTSD can disrupt a person's livelihood, relationships, and general well-being. This CareNote offers both the sufferer and his or her loved ones a thorough overview of the disorder and provides proven resources and avenues for getting help. **23072**

June is PTSD Awareness Month

## Coping With Post-Traumatic Stress Disorder

by the Staff of the National Military Family Association

Jeremy is a staff sergeant in the National Guard. His unit has been deployed twice in the past five years—once to Iraq and once to Afghanistan. Jeremy had taken part in his share of firefights. Several times he came close to death when an improvised explosive device (IED) blew up near his vehicle. Some of his friends weren't so lucky. His buddy, Frank, was severely injured in the last attack and another friend, Susan, didn't come home at all. Jeremy tried to

CareNotes  
Take One—and take heart.  
Give One—and give hope.



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to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are veterans themselves. Visit [www.veteranscrisisline.net](http://www.veteranscrisisline.net) for more information.

## Understanding Thoughts of Suicide and Self-Harm

by Ralph P. Phamley

Bob and Alice were married for 33 years. They had a nice family and a good marriage—everybody said so. Then suddenly everything changed. Alice died. Bob felt lost, isolated, lonely, and depressed. His thoughts of suicide came gradually but intensified before he told anyone. Amanda was six when her father was incarcerated. Two years later, when her mother died in a car accident, Amanda went to live with her grandmother. When her grandmother died, Amanda was 19, depressed, and on her own. She began cutting herself to pacify the pain and escape the despair.

CareNotes  
Take One—and take heart.  
Give One—and give hope.

23109

## Overcoming Everyday Anxiety

by Joan Winter Anderson and Eugenie G. Wheeler

It's a lump in your throat, a knot in your stomach, a restless, adrenaline overkill. It's waking up at 3 a.m. and worrying about what you have to do that day, or going to great lengths to avoid facing some situation that you absolutely dread. Anxiety threatens our peace of mind, spontaneity, enjoyment,

CareNotes  
Take One—and take heart.  
Give One—and give hope.

20688

## Coping With Chronic Pain

by Sofia Roberto Pittale

"The one thing I never thought I'd have to deal with is constant pain," said Geraldine at a discussion support group meeting. "It wasn't even a big accident that caused my back to go out—just a little slip on the floor. I time, but I can't help it." "After my auto accident, I thought it would be just a matter of weeks before my shoulder and

CareNotes  
Take One—and take heart.  
Give One—and give hope.

20692

## Angry? Lonely? Anxious? Dealing with Difficult Emotions

by Cynthia Grisen

Bob describes himself as a "miss." For the past month he has been a bundle of nerves. "Normally he frets all afternoon because his team. Bob usually likes a challenge. He enjoys the gentle buzz of anxiety that sharpens his focus when he is working on a tricky project. Yet this anxiety is different. It taps his energy rather than concentrates it, and spreads to every area of his life—home, work, and

CareNotes  
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Give One—and give hope.

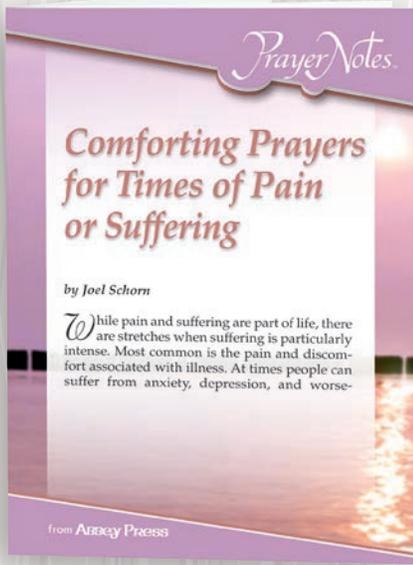
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## Comforting Prayers for Times of Pain or Suffering

by Joel Schorn

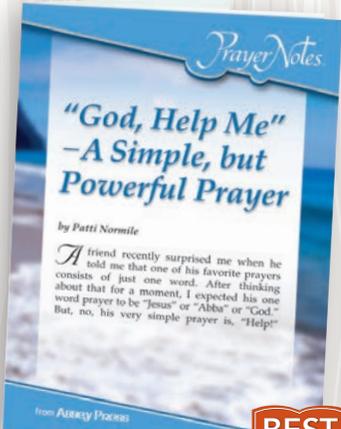
Times of pain and suffering may challenge our faith, but they also are invitations to deeper prayer. By asking for God's healing presence to enter into our suffering, we acknowledge that our loving Creator has known us from the beginning and provides for all our needs. This PrayerNote offers short meditations on how to place yourself under God's protective care, so that you may be led along the path of hope, comfort, and strength to find healing and help. **25079**



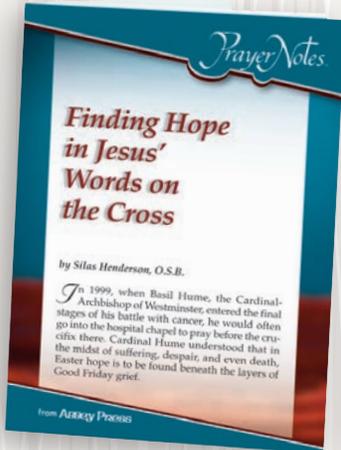
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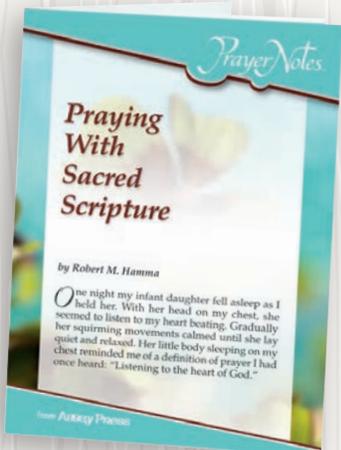
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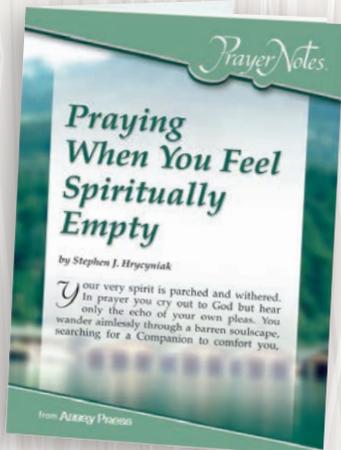
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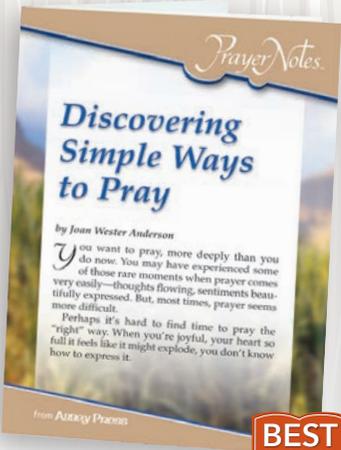
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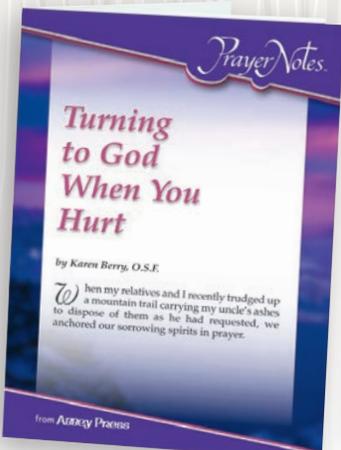
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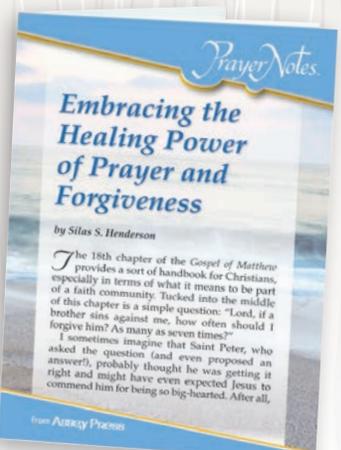
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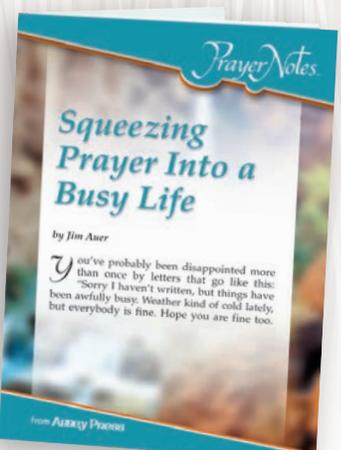
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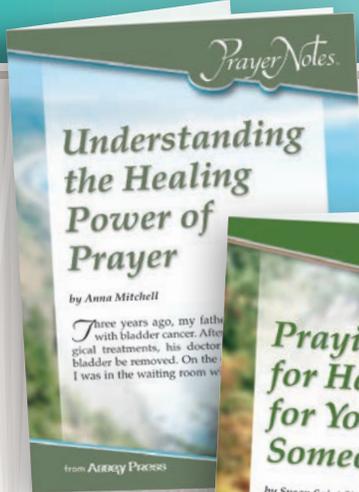
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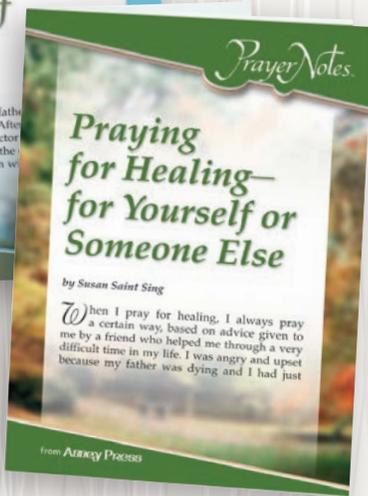
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## Understanding the Healing Power of Prayer

by Anna Mitchell

This powerful PrayerNote points out the countless benefits of prayer and reminds us that even if a "cure" doesn't happen, the healing power of prayer has a lasting effect on everyone involved. **25073**



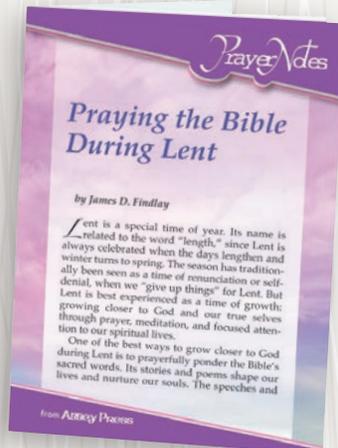
## Praying for Healing – for Yourself or Someone Else

by Susan Saint Sing

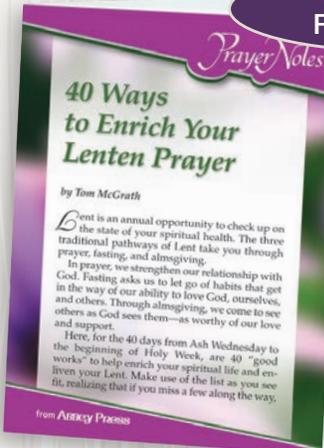
Our prayers for healing may not always be answered in our time but moreso in God's time. This PrayerNote shares ways to pray in the present moment so we can be truly open to God's presence. **25033**



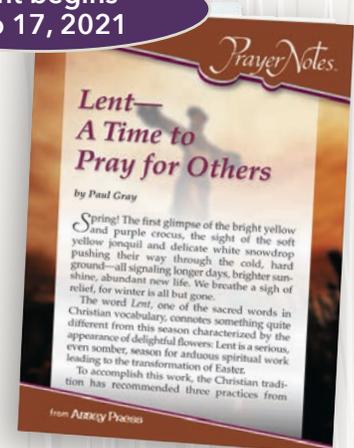
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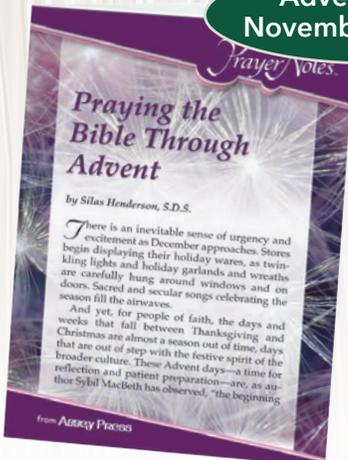
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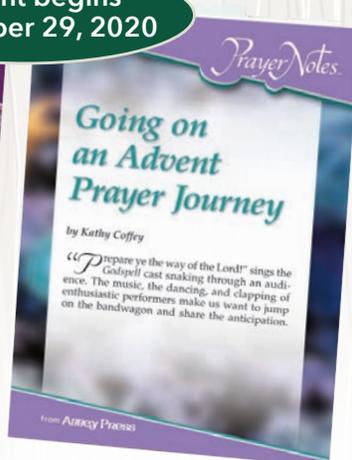
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Feb 17, 2021

Advent begins  
November 29, 2020



25104



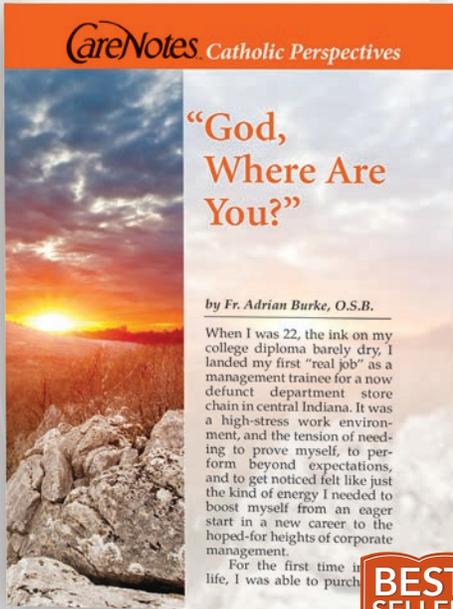
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## Lenten Prayer Packs

Special selections of six PrayerNotes or Catholic Perspectives titles, one for each week, designed to help families, individuals and prayer groups prepare for and celebrate Lent.

See details on page 47.



## “God, Where Are You?”

by Fr. Adrian Burke, OSB

During difficult times, we often question “God, where are you?” Author Fr. Adrian Burke suggests the more helpful question is “Where are you looking?” Burke writes, “In the stillness of our very being, we are invited to discover that God has been there waiting for us all the while. In the quiet of that humble place, listen for the Word of God that is for you!” **20982**

*by Fr. Adrian Burke, O.S.B.*

When I was 22, the ink on my college diploma barely dry, I landed my first “real job” as a management trainee for a now defunct department store chain in central Indiana. It was a high-stress work environment, and the tension of needing to prove myself, to perform beyond expectations, and to get noticed felt like just the kind of energy I needed to boost myself from an eager start in a new career to the hoped-for heights of corporate management.

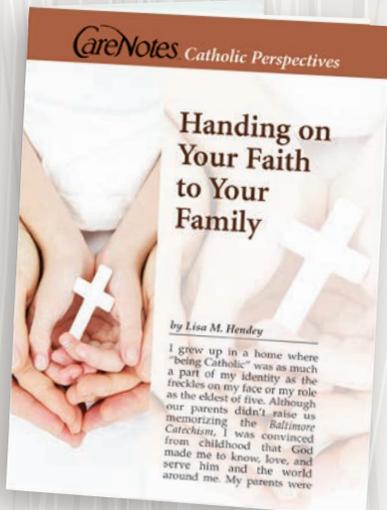
For the first time in my life, I was able to purch

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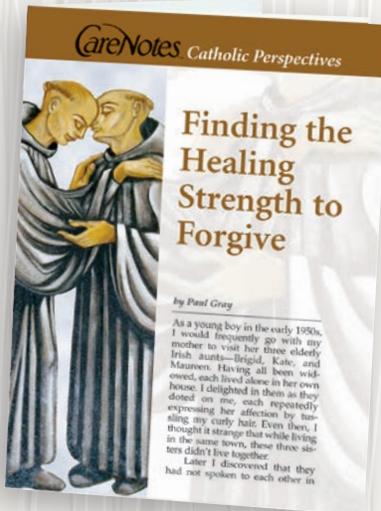
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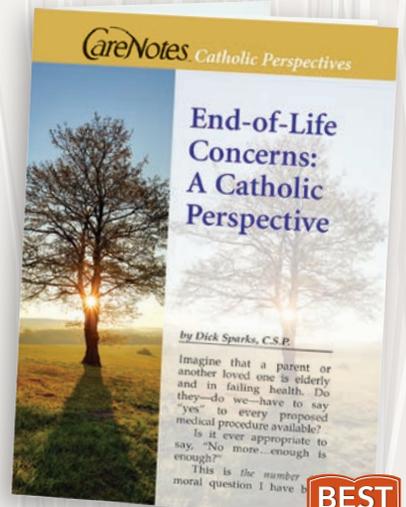
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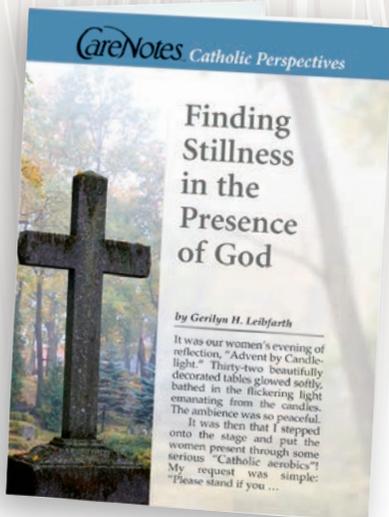


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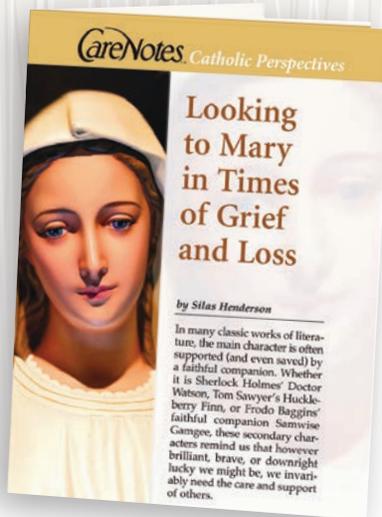


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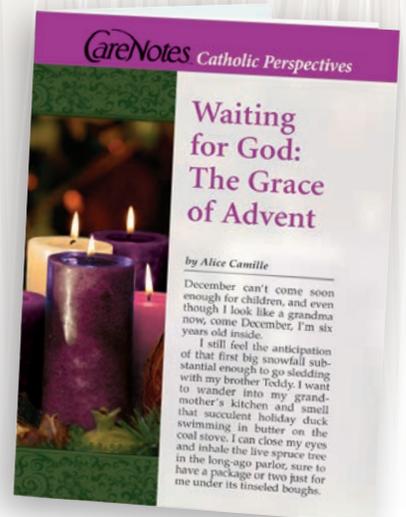
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20975



20968

CareNotes Catholic Perspectives



## Living the Beatitudes as a Source of Strength

by Fr. Joe Weigman

When I was a kid, my favorite season was (of course) summer. As an adult, I still like summer, but my favorite season is autumn. Even autumn, however, has been saturated with some sadness for me: having to say good-bye to the fullness of nature, to the activities of summer, to family and friends to begin another year at college or seminary. None of these good-byes were enjoyable, but all were necessary. We have to say good-bye in order to say a new hello.

## Living the Beatitudes as a Source of Strength

by Fr. Joe Weigman

No one lives life without having personal changes that test his or her strength. Fr. Joe Weigman proposes that the Beatitudes hold ways for regaining one's footing in the face of change. He writes, "The Beatitudes show us that those changes are pathways to the Cross, the source of our strength." 20966



### Pro Tip!

Incorporate *Catholic Perspectives* titles into Bible studies or prayer groups as a way to engage and further discussions within the group. Or facilitate a retreat based on a particular title that your congregation has expressed interest in.

CareNotes Catholic Perspectives



## Finding Comfort and Healing in the Rosary

by Fr. Francis Wagner, O.S.B.

On a cold and snowy winter evening, a teenager trudges along his paper route making deliveries to his customers. Known as a poor and tough neighborhood, the route has its gentle side, too. One of his customers is Mrs. V., an elderly widow living alone in a neat little house behind a picket fence. On this night she insists that the boy come in to her kitchen, take off his boots, put his feet by the stove, and get a piece of cake.

20916

CareNotes Catholic Perspectives



## How the Grace of Confession Can Change Your Life

by Fr. Karl Stastak, O.S.B.

It was uphill all the way. The steep slope made it hard enough, but our lumber forest other obstacles as well. Crevices and fallen branches lay across his path, tripping him up and slowing him down. And every small step he took allowed the thorny underbrush to tear his exposed shins and bare feet. What made the journey most difficult, however, was not what lay in front of him but what was behind him. Not "behind him" in

20924

CareNotes Catholic Perspectives



## How the Eucharist Makes Whole the Broken

by Rev. Matthias Newman, O.S.B.

The funeral Mass produced a great outpouring of grief. The young man was in his mid-thirties and a succumbed to a rare blood disease. The youngest of seven children, he was deeply mourned and missed on and on. They wept softly and comforted each other during Mass. Later his mother said, "We miss him so much, but it was such a comfort to pray for him and, we believe, with him at Mass."

20915

CareNotes Catholic Perspectives



## Trusting in Prayer When God Seems Silent

by Judy Enns

Falling in love with God is much like falling in love with anyone else. In the beginning, it's fireworks, bells, and sweet feelings. It's walking on clouds. It's forgetting yourself and becoming totally absorbed in the "other." It's a honeymoon we think will last forever. But as we all know, honeymoons end. They have to end. We couldn't survive a honeymoon that lasts forever—it's just not in this world while it may seem we're

20986



CareNotes Catholic Perspectives



## Celebrating the Christmas Season with Faith and Hope

by Silas Henderson

Each one of us—adults and children alike—have a favorite image or memory of Christmas. Perhaps yours is a song or holiday movie ("It's a Wonderful Life" and "The Christmas Story" seem to top the lists of most people I know). For some, myself included, favorite Christmas memories have more to do with religious and family celebrations. I often think of attending Midnight Mass with my grandparents and, after returning to their home, early Christmas

20988

CareNotes Catholic Perspectives



## Finding Hope in the Holidays

by Peggy H. Ekerdt

The first Christmas of our married life, my husband asked one of my sisters to help him select a gift for me. They went shopping and bought a salmon-and-blue skirt and sweater set. I remember it well because it was a one-time occurrence. The next year we decided to take the money we would spend on Christmas gifts for each other and make a donation to a cause that mattered to us.

20974

CareNotes Catholic Perspectives



## The Season of Lent: From Ashes to Easter

by Silas S. Henderson

For a year before his untimely death in 1996, the great spiritual writer Henri J. M. Nouwen kept a journal in which he recounted his spiritual journey, including his difficultly discerning what God was intending for him. Woven throughout the book are the themes of God's reconciling love, Eucharist and thanksgiving, forgiveness, and love.

20989

CareNotes Catholic Perspectives



## Longing for God: The Grace of Lent

by Joel Schorn

Ashes, fasting, penance. The signs, symbols, and practices of Lent point to a serious, even somber season. For many, it is an intense concentration on the inner spiritual life. But I would like to suggest that while Lent is in many ways a reflective inner journey, it is also a season of active joy. It is a time not only to look inward but also outward and open oneself more to God and neighbor—in anticipation of the celebration of that and eternal life in Christ's Resurrection. This spirit of hope is reflected in the fact that in

20970

Lent begins Feb 17, 2021

CareNotes ForTeens



## Suicide Prevention: Getting Help Before It's Too Late

Without a doubt, the teenage years are some of the most tumultuous you will ever experience. The increase of hormones, physical changes in your body, the stress of school, and learning how to handle new relationships, can all converge to wreak havoc within yourself, as well as your family. Throw in homework and texting friends all night...and wow, it's no wonder why you feel completely overwhelmed!

September is Suicide Prevention Month

## Suicide Prevention: Getting Help Before It's Too Late

by Judith E. Courtney, MPS, MA, LPC

When a teen's mood seems unable to shift out of the lows, it could be a warning sign of suicidal behavior – and a sign that it's time for friends and family to get involved. Knowing the signs and knowing that people are there to help can make all the difference in the world to a teen in need. **22080**

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CareNotes ForTeens



## Feeling Down: Finding a Way Out

Restlessness. Dissatisfaction. Ennui. Not-rightness. You can't define it but you know it doesn't feel good, and you wish it would go away. Or at least take a long winter (and summer) vacation. How do you know how much of this is typical teenage stuff and how much of it demands some attention, possible professional intervention?

22088

CareNotes ForTeens



## Anger When You Feel Like You're Going to Explode

Remember that last angry encounter you had with someone who set you off—and you just "lost it"? Maybe you react to conflict the way John did: "I'd say something like, 'It's no big deal,' and I wouldn't face what made me some little thing would set me off and I'd dump all my frustrations and completely go off on someone."

22008

CareNotes ForTeens



## PEER PRESSURE Making Good Choices in Tough Situations

When you look back at your teen years, you'll probably remember a few of your teachers' names, perhaps an algebra equation or two, and maybe even your locker combination. But what you are guaranteed to remember are your friends, and the times you shared.

22018

CareNotes ForTeens



## Fitting In When You're Feeling Left Out

Sometimes it's obvious: the ugly names come right at you from three or four lockers away. Sometimes it's a sarcastic remark spoken just loudly enough for you to hear. Sometimes it's indirect. You walk up to a group and it closes in, leaving you outside. Nobody even looks at you—but

22003

CareNotes ForTeens



## Self-Esteem Becoming Your Own Best Friend

Self-esteem—what is it? One teen defines it as "good feelings about me, knowing what's good about me, being friends with myself." Some people naturally feel good about themselves, but many people don't. They tend to think that

22021

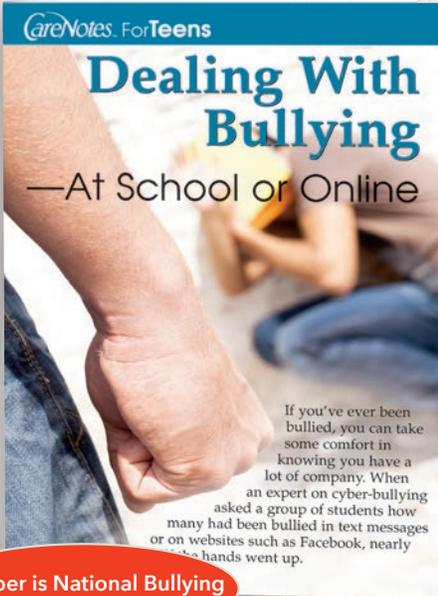
CareNotes ForTeens



## When a Relationship Seems Abusive

"Abusive" may seem too harsh. Your boyfriend probably isn't mean or hurtful all the time. He can be kind and fun to be around. You might feel like you're dating Dr. Jekyll and Mr. Hyde because his moods change very quickly and unexpectedly. For instance, you may be laughing together and having a good time, when he suddenly starts to rage at you. So, being with him is confusing and sometimes scary. On top of that, your parents and friends are worried about you. They've noticed that "you are not yourself" or that you seem distant. They are

22078



## Dealing with Bullying – At School or Online

by Dan Grippio

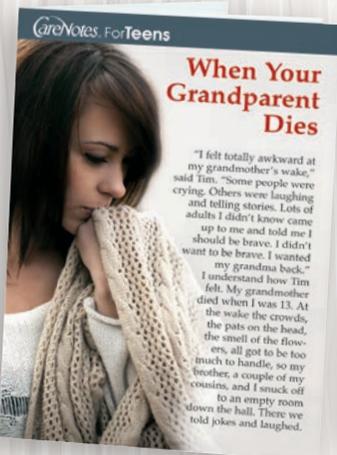
How can teens deal with the tormentors they must face every day at school, and the ones that hide behind faceless online usernames? This invaluable guide offers steps teens can take to gain control of the situation and come out stronger in the end. **22077**

October is National Bullying Prevention Month



### Pro Tip!

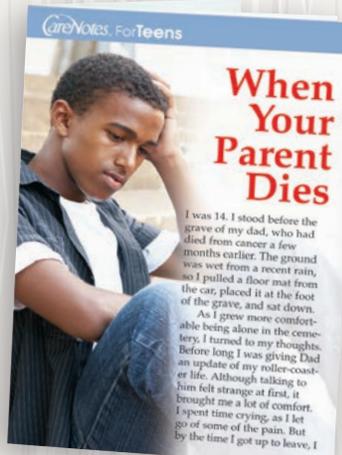
Use our TeenNotes to help guide discussions in youth group settings and focus on issues that teens are facing in their everyday lives. Make them available for teens to pick up in fellowship halls, cafeterias, parish centers and even restrooms - to give a bit of privacy to those seeking guidance. **See display options on page 37.**



22049



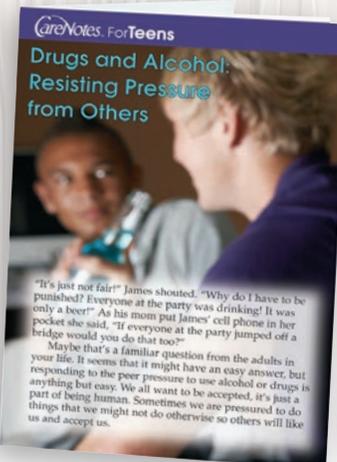
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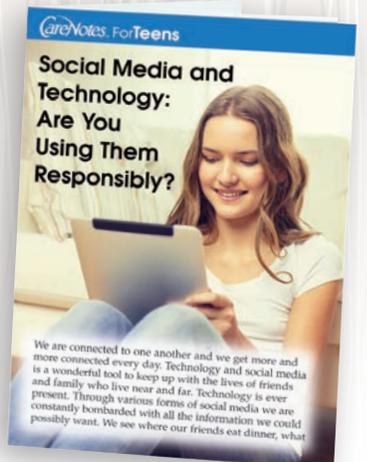
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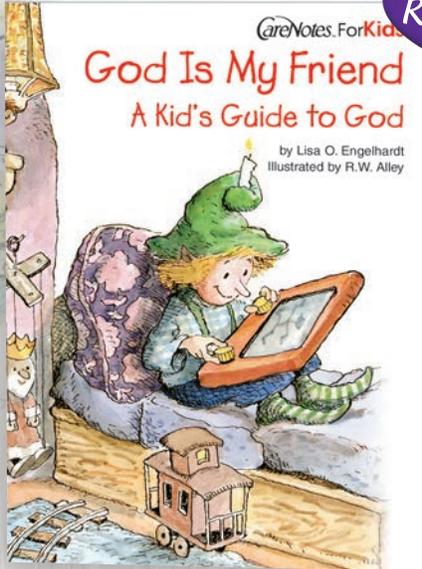
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## God Is My Friend

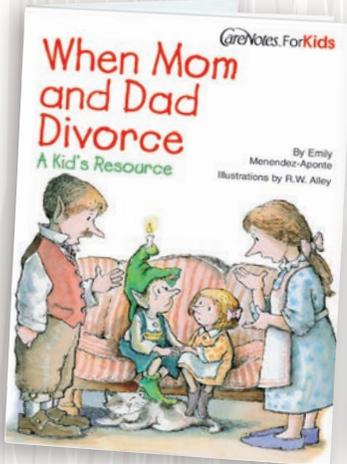
by Lisa O. Engelhardt

This booklet, a returning favorite, introduces children to their very own Best Friend: God. Through childlike images and charming illustrations, it helps young believers to come to know God as an everyday, everywhere, anytime kind of Friend. **21608**

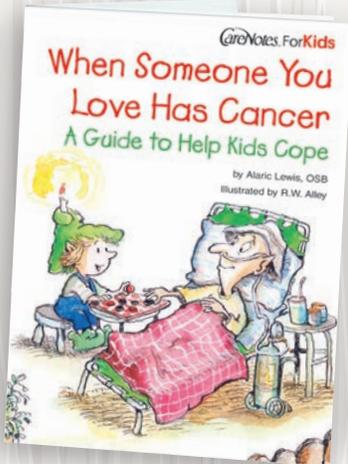
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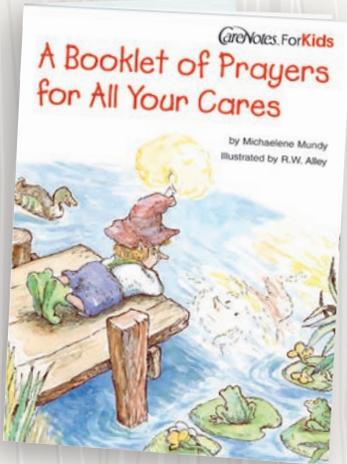
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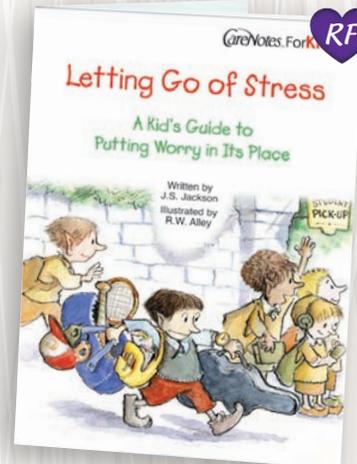
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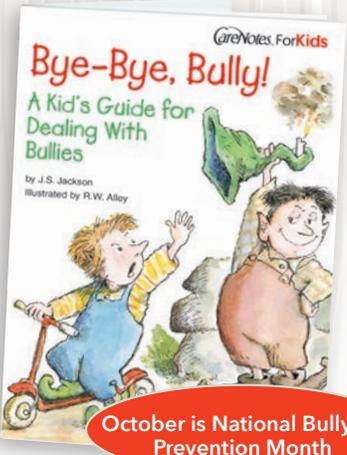
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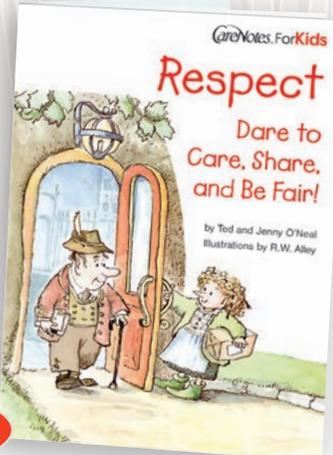


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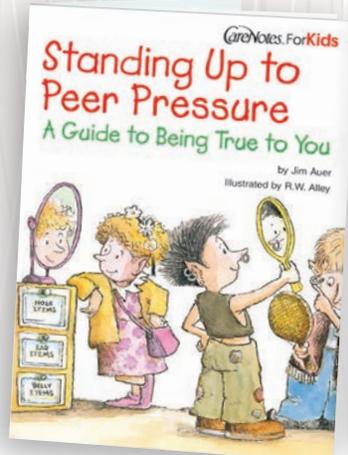


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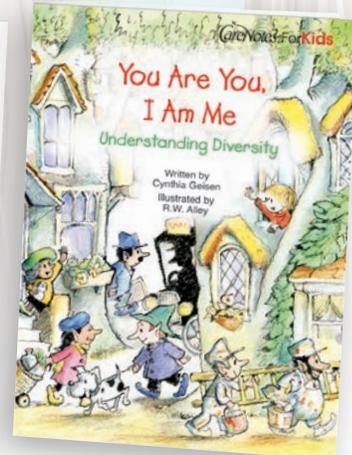
October is National Bullying Prevention Month



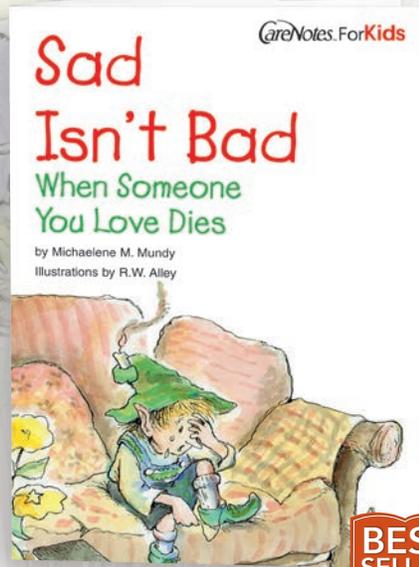
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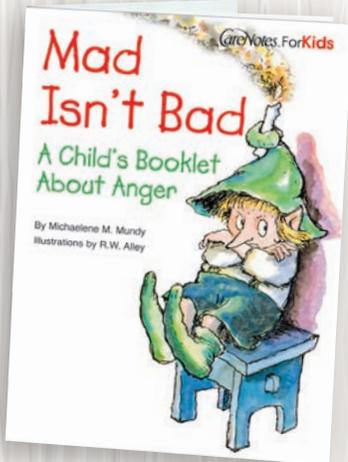
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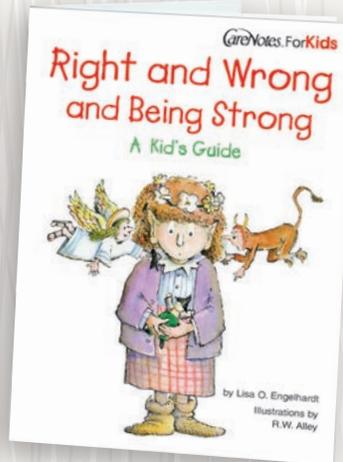
## Sad Isn't Bad

by Michaelene M. Mundy

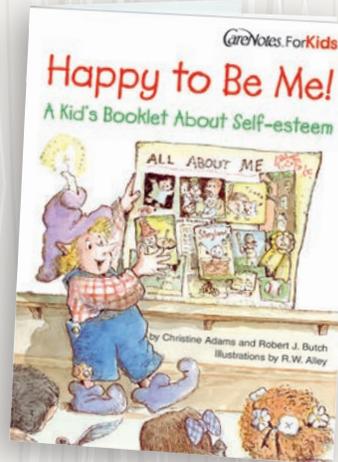
Even though this may be a child's first experience of death and its permanence, as adults we have the "benefit" of having coped with past losses and survived. This hard-won wisdom and lived experience can help us to give a bereaved child the gift of good grief. **21600 (26016 SpanishNote)**



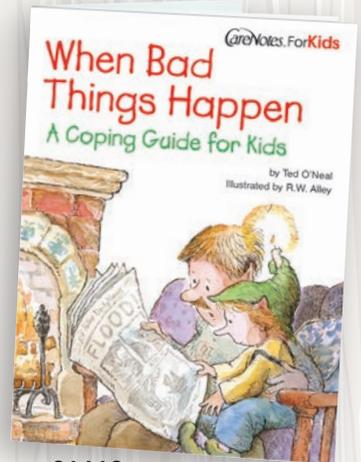
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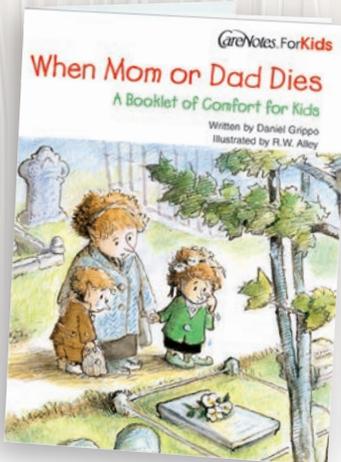
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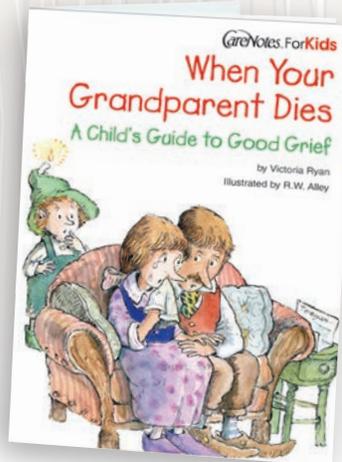
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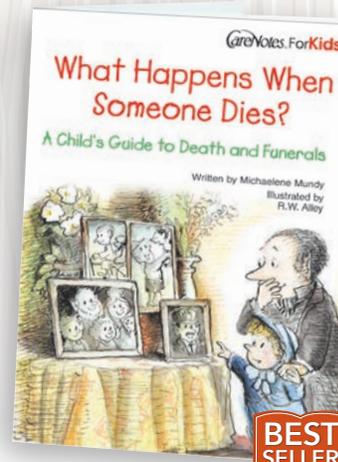
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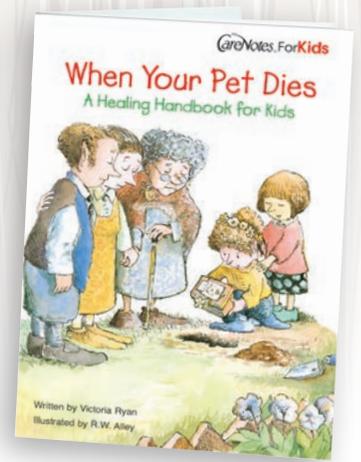
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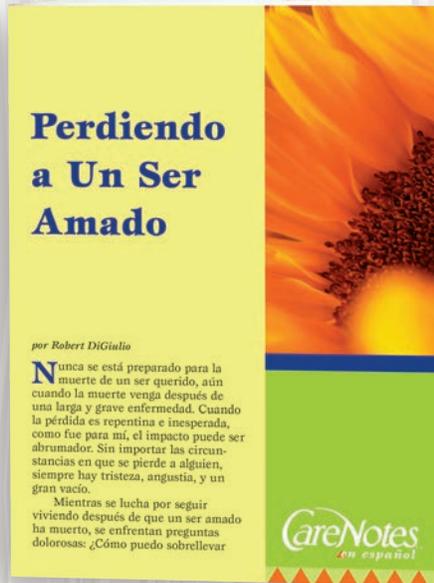
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21629



21614



## Losing Someone Close

by Robert DiGiulio

"The one that you have loved and lost will always be with you, in memory and in prayer, for the love between you is a spiritual bond that death cannot sever," counsels Robert DiGiulio. In this CareNote, the author shares helpful ways to bring strength as you cope with the loss of your loved one. **26001**

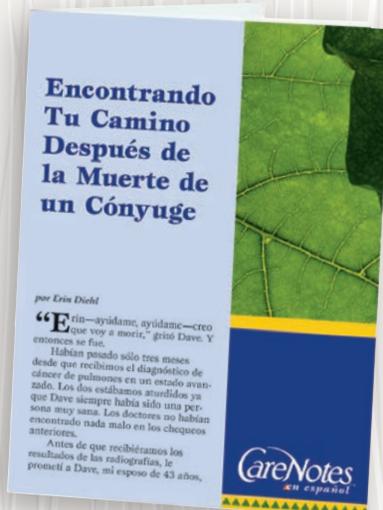
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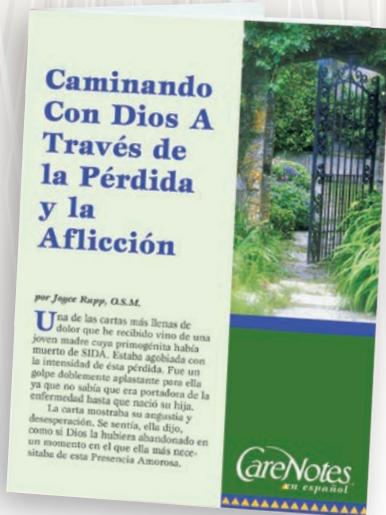
26002-Grieving the Loss of Your Parent



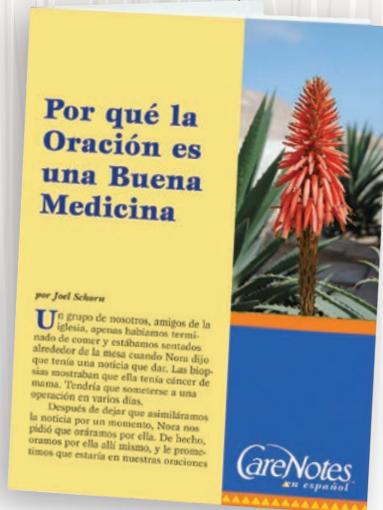
26006- Finding Your Way After the Death of a Spouse



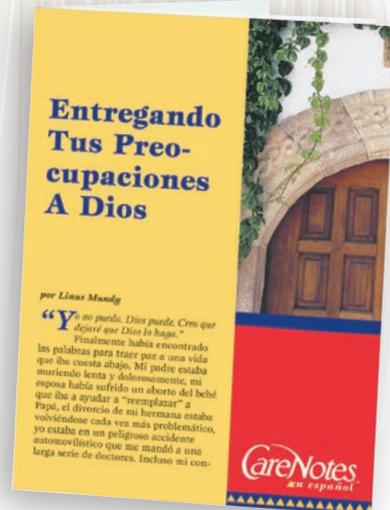
26003- Facing Cancer as a Family



26012-Walking With God Through Grief and Loss



26014-Why Prayer Is Good Medicine



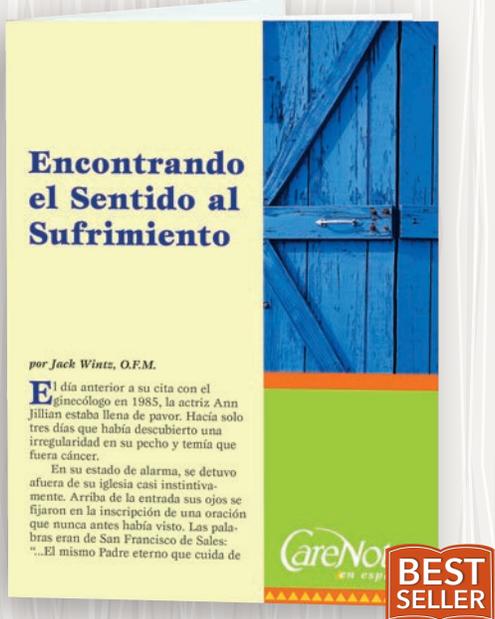
26010-Giving Your Worries to God

# Our best-selling CareNotes... in Spanish

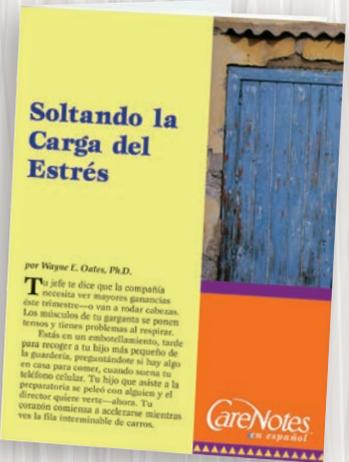
## Making Sense Out of Suffering

by Jack Wintz, OFM

Human beings can find ways to rise above suffering and even find some meaning. In this CareNote, Fr. Jack Wintz writes, "our best impulse in our moments of trial is to open ourselves to the good God who walks with us in the struggle." 26011



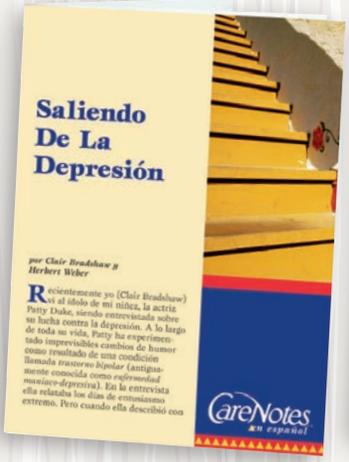
November is Caregiver Awareness Month



26005-Easing the Burden of Stress



26004- Dealing With Anger



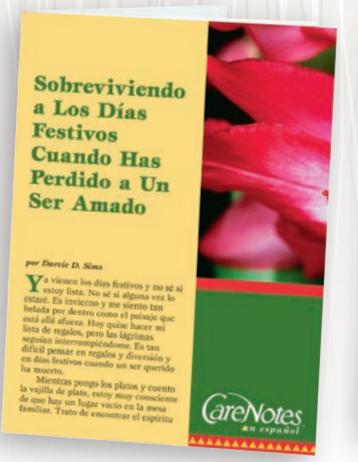
26007- Climbing Up From Depression



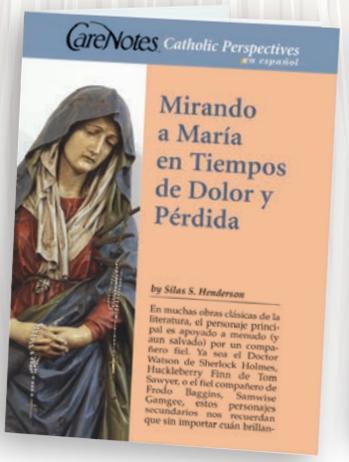
26017- Caring for Yourself When You're Caring for Someone Ill



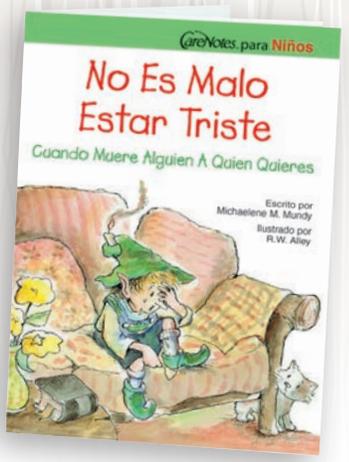
26013-Grieving at Christmas: A Family Guide



26008-Getting Through the Holidays When You've Lost a Loved One



26018-Looking to Mary in Times of Grief or Loss



26016-CareNotes for Kids: Sad Isn't Bad

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- 9-Title Assortment 26913

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- 16-Title Assortment 26951
- 9-Title Assortment 26915

#### \*Cancer Care

- 16-Title Assortment 26950
- 9-Title Assortment 26936

#### \*Aging/Long-Term Care

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This 9-Title CareNotes Display Rack is designed for tabletop use or wall mounting. Rack holds 370 or more booklets.



Measures 16" W x 21 3/4" H x 5 3/4" D

Display header included.

CareNotes booklets not included; sold separately.

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**28586**



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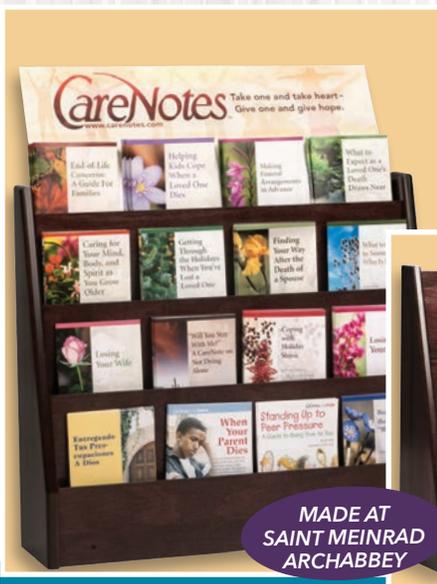
Measures 22 3/4" W x 26 1/4" H x 5 1/2" D.

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**899112**



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Measures 24" W x 21" H x 6 1/4" D

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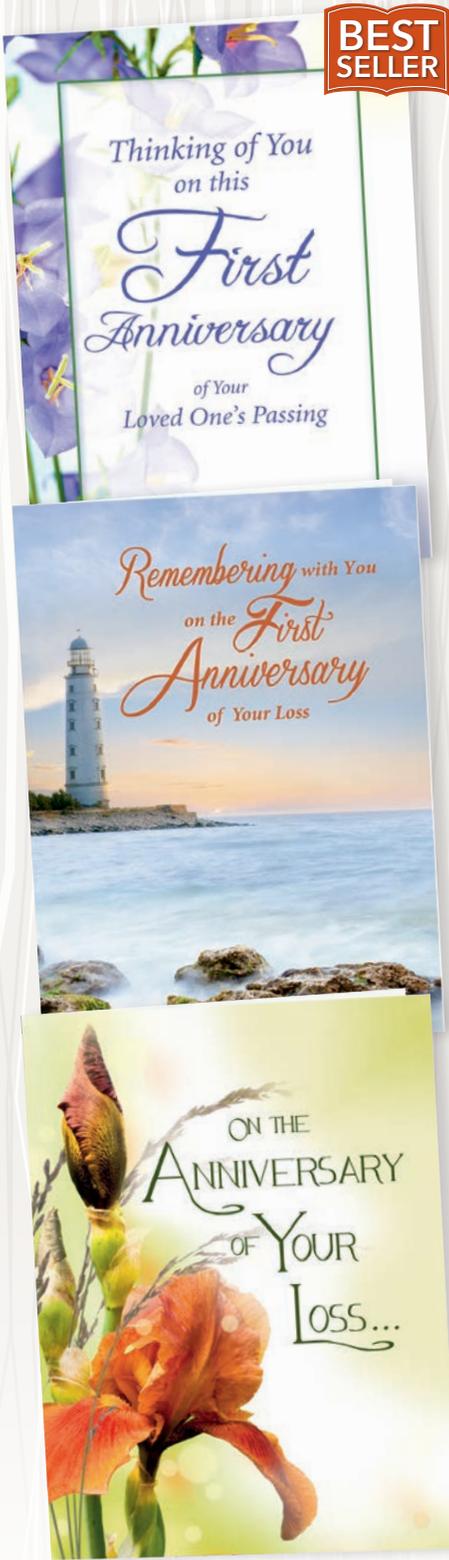
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## Sympathy .....



**BEST  
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CareCards (one design) and envelopes; 5" x 7".  
**\$12.95** Per Pack of 20 Cards/21 Envelopes  
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### First Anniversary of Your Loved One's Passing

Inside: May you find comfort in your cherished memories ... and may love be what you remember most of all. Holding you in thought and prayer.

*The memory of the righteous is a blessing. –Proverbs 10:7*

**20564 10 Pack - \$7.50**  
**20564K 20 Pack - \$12.95**

### Remembering with You on the First Anniversary of Your Loss

Inside: No matter how short, no matter how long, a life lived is never lost to those who remember.

*Blessed are those who mourn, for they will be comforted. –Matthew 5:4*

**20570 10 Pack - \$7.50**  
**20570K 20 Pack - \$12.95**

### On the Anniversary of Your Loss

Inside: I wish you prayers, flowing softly through your tears. I wish you remembering, gently bringing back each smile. I wish you comfort, the solace that God alone can give. I wish you love, giving you strength to carry on. I wish you dawn, lighting each tomorrow with hope.

**20538 10 Pack - \$7.50**  
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### Grief Gift Set

Each set includes 1 of each:  
 We Cannot Lose Someone CareCard,  
 Losing Someone Close CareNote,  
 Taking Care of Yourself CareNote,  
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 1 envelope.

**26837 • \$2.95 Per Set**



### As the pain of your grief remains with you...

Inside: May you find continued comfort in the support of those close to you and solace in knowing loved ones who have gone before us remain with us always in our hearts and memories.

*We look not at what can be seen but at what cannot be seen; for what can be seen is temporary, but what cannot be seen is eternal. -2 Corinthians 4:18*

20572 10 Pack - \$7.50  
20572K 20 Pack - \$12.95



### May God hold you ...

Inside: We cannot lose someone we love, For whoever touches our hearts deeply is a part of us forever. With Deepest Sympathy

*The Lord bless you and keep you; the Lord make his face to shine upon you, and be gracious to you; the Lord lift up his countenance upon you, and give you peace. -Numbers 6:24-26*

20539 10 Pack - \$7.50  
20539K 20 Pack - \$12.95



### We cannot lose someone we love...

Inside: May you find healing in God's tender embrace, and in knowing others remember and care.

*So you have pain now; but I will see you again, and your hearts will rejoice, and no one will take your joy from you. -John 16:22*

20574 10 Pack - \$7.50  
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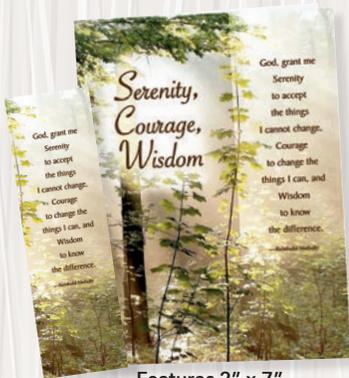
### May You Find Comfort and Consolation...

Inside: At this time of deep sadness, know that our thoughts and prayers are with you.

*I will turn their mourning into joy, I will comfort them, and give them gladness for sorrow. -Jeremiah 31:13*

20568 10 Pack - \$7.50  
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## Thinking of You .....



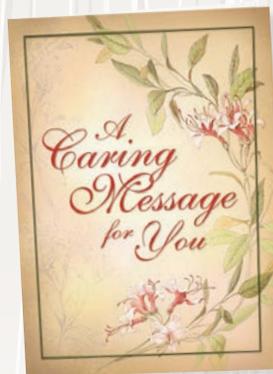
Features 2" x 7" detachable bookmark.

### Serenity, Courage, Wisdom

Inside: May you draw strength and comfort from these words as you face challenging days, trusting in the promise of a brighter tomorrow.

*The promise of the Lord proves true; he is a shield for all who take refuge in him. -Psalm 18:30*

20569 10 Pack - \$7.50  
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### A Caring Message...

Inside: We meet the challenges life poses for us sometimes through our actions, sometimes through the passage of time, always through love.

May the words in this caring message help in some small way to give you the courage to act, the patience to endure, and the comfort of knowing someone cares.

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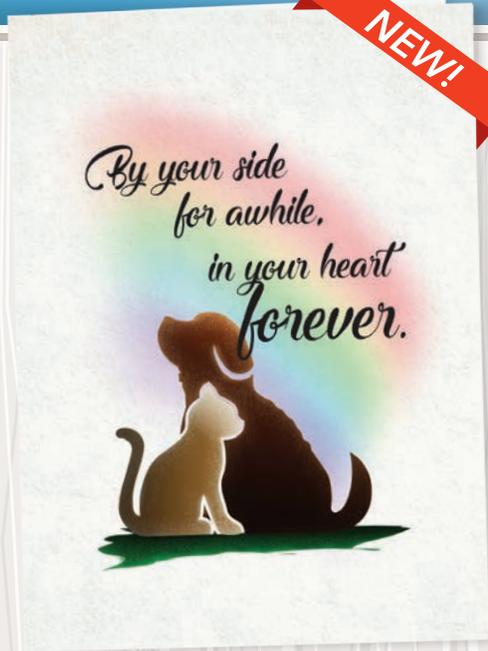
Features 2" x 7" detachable bookmark.

### Prayer of Healing

Inside: May the God who makes all things new grant you healing and wholeness.

*Those who wait for the LORD shall renew their strength, They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint. -Isaiah 40:31*

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**We love our pets as a part of our family. Show your support when a loved one loses a pet with our new pet sympathy card.**

**By your side for awhile...**

Inside: Until one has loved an animal part of their soul remains unawakened. -Anatole France  
Sorry for your loss.

*This is my comfort in my distress, that your promise gives me life.*  
-Psalm 119

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Perfect for vet offices and grooming facilities. Let your clients know you're thinking of them!

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A thoughtful way to support a child who has recently lost their best friend.

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## Getting Through the Holidays When You've Lost a Loved One

by Darcie D. Sims

The holidays are coming and I'm not sure I'm ready. I'm not sure I'll ever be ready again. It's winter and I feel as frozen inside as the landscape is outside. I tried making out my gift list today, but the tears kept getting in the way. It is so hard to think about gifts and fun and the holidays when a loved one has died.

As I get out the dishes and

# This Christmas...

*be there for those who are suffering.*

## Getting Through the Holidays When You've Lost a Loved One

by Darcie D. Sims

Although the holidays can be a painful time after losing a loved one, they can also be a time to cherish fond memories and traditions. Sims guides you through the holidays and beyond so that your focus will be on your loved one's life, not their death. **21306 (26008 SpanishNote)**

## Christmas: A Time to Remember Those We've Loved and Lost

by Patricia Normile

Author Patricia Normile draws upon her own experiences of losing her father at Christmas to offer guidance and support for experiencing the holidays without a loved one. **23075**

## Giving New Life to Your Christmas Celebration

by Karen Katafiasz

Nostalgia for Christmases past can sometimes make our current holiday practices seem lacking. Children now grown with families of their own, loved ones who've passed, relatives scattered across the country and unable to be together. There are many reasons one might view yesteryear's Christmases more fondly. But CareNotes author Karen Katafiasz reminds readers that their best Christmases are not behind them. **23224**

**Sobreviviendo a Los Días Festivos Cuando Has Perdido a Un Ser Amado**

CareNotes

## Christmas: A Time to Remember Those We've Loved and Lost

by Patti Normile

The Christmas season approaches once a year, instead of Christmas celebrations, gift-giving and entertaining how to celebrate birth while the one weighs on your heart. Perhaps like celebrating Life changes. Life changes pass on. Born on Christmas days before

CareNotes  
Take One—and take heart.  
Give One—and give hope.

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## Giving New Life to Your Christmas Celebration

by Karen Katafiasz

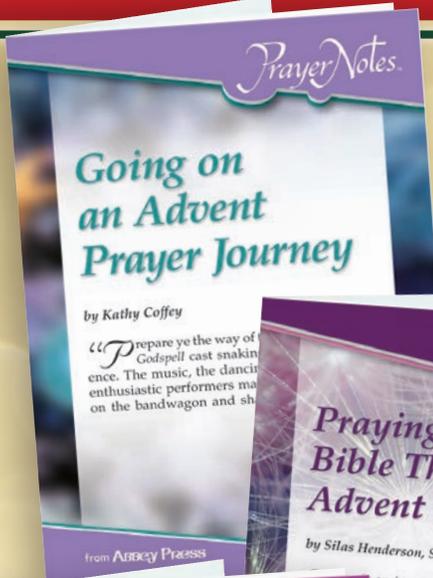
Do you miss the years when Christmas seemed really special? When your family all gathered together? When the kids were young—long before they left the house, and began to share holiday time with their in-laws or decided to celebrate in their separate homes? Before other family members moved away, could no longer travel, became ill, or died?

CareNotes  
Take One—and take heart.  
Give One—and give hope.

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## Going on an Advent Prayer Journey

by Kathy Coffey

Advent prayer prepares our hearts to receive new life. In this PrayerNote, the author helps us prepare for Christ through the prayers of blessing, mystery and hope. **25025**



## Praying the Bible Through Advent

by Silas Henderson, SDS

This PrayerNote, using the four great Advent "virtues" of hope, peace, joy, and love, shows readers how the themes and images of Scripture can guide and inspire our Advent celebrations as we prepare for Christmas. **25104**



## Waiting for God: The Grace of Advent

by Alice Camille

Contrasting her Christmases as a child to those she's celebrated as an adult, author Alice Camille admits to pining for those early holiday memories – and the anticipation that went with them. She recognizes, however, that "while some elements of a child's Advent season escape our grasp as grownups ... other aspects of the season deepen and bloom for us veterans of many Decembers." **20968**

**Advent Begins  
November 29, 2020**



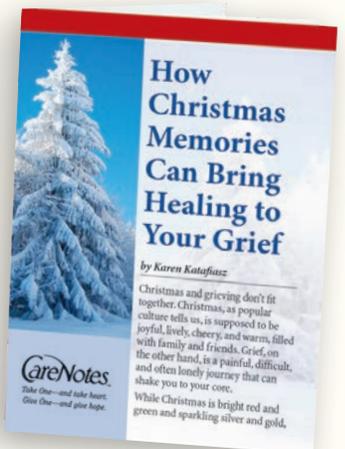
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21932



23160



21962

**Feeling Depressed at Christmastime**  
by Lisa Engelhardt

I'm looking at a Christmas card: Through snow-cruled windowpanes, a couple embraces while their children play contentedly by their exquisitely decorated Christmas tree. All is calm; all is bright.

Christmas is never like that for me. I can even remember grumbling at one point last year that I hated Christmas. I hate it because I love it too much. I want it to fulfill all the promises of those lovely cards and carols. I want it to magically transform my home and my family

**CareNotes**  
Take One—and take heart.  
Give One—and give hope.

## Feeling Depressed at Christmastime

by Lisa Engelhardt

The holidays can be wonderful but can also be stressful, depressing and lonely. In this returning favorite, CareNotes author Lisa Engelhardt shares tips on how to keep the spirit of Christmas alive. **20632**

**Coping with Holiday Stress**  
by Therese J. Borchard

It's supposed to be the most wonderful time of the year, but for many of us, it's also the most stressful time of the year. The little things—like picking out a Christmas present for your stepmother's cousin whom you have yet to meet or lying to Uncle Tom about how delicious his fruitcake was—pile on top of each other to create undue stress. Before long, you want to hurl the mistletoe at a certain relative and shut off the radio every time you hear a Christmas carol.

**CareNotes**  
Take One—and take heart.  
Give One—and give hope.

23130

**Grieving at Christmas: A Family Guide**  
by Valerie Dillon

Christmas: It's a joyful season, a time for family reunions and children's excitement, a reason to give gifts of love and appreciation to others, an opportunity to remember those less fortunate while celebrating the generosity of God.

But if you have just suffered a great loss, especially the death of a loved one, Christmas may only intensify the pain you are feeling. How can you rejoice when your heart is breaking?

**CareNotes**  
Take One—and take heart.  
Give One—and give hope.

21482  
26013 SpanishNote

**Ten Ways to Honor a Deceased Loved One at Christmas**  
by Kass Dotterweich

The first Christmas after my father died was extremely difficult; the second was a little better. The third was just a few weeks away when I received a shoebox-shaped package from my sister. When I called her to say the package had arrived and that I would open it on Christmas, she asked me to open it immediately. With the phone awkwardly tucked between my ear and shoulder,

**CareNotes**  
Take One—and take heart.  
Give One—and give hope.

21593

**Rediscovering the Many Gifts of Christmas**  
by Karen Katarfuz

I like the Christmas season, and decorated trees, carols, and lights-strung houses. I like the sense of anticipation, kindness, and celebration in the air. And hearing people say "Merry Christmas." I also happen to live on Pioneer Drive in a town called Santa Claus, so it's fortunate that I like Christmas.

But I know that some people don't. Or, more accurately,

**CareNotes**  
Take One—and take heart.  
Give One—and give hope.

23189

**CareNotes Catholic Perspectives**  
**Finding Hope in the Holidays**  
by Peggy H. Ekardt

The first Christmas of our married life, my husband asked one of my sisters to help him select a gift for me. They went shopping and brought a salmon-and-blue skirt and sweater set. I remember it well because it was a one-time occurrence. The next year we decided to take the money we would spend on Christmas gifts for each other and make a donation to a cause that mattered to us.

20974

**CareNotes Catholic Perspectives**  
**Celebrating the Christmas Season with Faith and Hope**  
by Silas Henderson

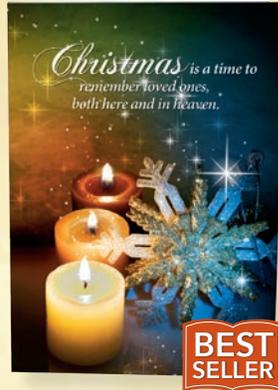
Each one of us—adults and children alike—have a favorite image or memory of Christmas. Perhaps yours is a song, or holiday movie ("It's a Wonderful Life" and "The Christmas Story" come to mind), favorite Christmas traditions, or a special memory. For some, my self memories have more to do with religious and family celebrations. I often think of attending Midnight Mass with my grandparents and, after returning to their home early Christmas

20988

**CareNotes For Kids**  
**Making Christmas Count**  
A Kid's Guide to Keeping the Season Sacred  
Written by Ted O'Neal  
Illustrated by R.W. Alley

21638

## Sympathy



### Christmas is a Season..

Inside: May the promise of the season bring you healing and hope...gladness amidst your sorrow...and a glimmer of joy to ease your grief.

*Then shall the young women rejoice in the dance, and the young men and the old shall be merry. I will turn their mourning into joy, I will comfort them, and give them gladness for sorrow. -Jeremiah 31:13*

20573 10 Pack - \$7.50  
20573K 20 Pack - \$12.95

### Christmas is a time...

Inside: After the loss of a loved one, the holiday season brings special memories and tender moments of sadness. Yet we trust that, through God's healing touch, Christmases yet to come will once again be filled with hope and joy. May God hold you in love and peace during this holiday season and throughout the coming year.

*"I will comfort them, and give them gladness for sorrow." -Jeremiah 31:13*

20533 10 Pack - \$7.50  
20533K 20 Pack - \$12.95

### Promise of Christmas

Inside: May this be a season of peace, if not joy - a season of healing and love, knowing others remember and care.

*Now may the Lord of peace himself give you peace at all times in all ways. -2 Thessalonians 3:16*

20541 10 Pack - \$7.50 | 20541K 20 Pack - \$12.95

### At Christmastime...

Inside: As you remember, may the days ahead bring peace and comfort to you. Christmas Blessings

*May mercy, peace, and love be yours in abundance. -Jude 1:2*

20575 10 Pack - \$7.50 | 20575K 20 Pack - \$12.95

## Christmas CareCard/ CareNotes Sets

\$11.95 Per 10 Pack Set  
(Each set includes 10 EACH of CareCard and CareNote shown, plus 11 envelopes)



26997



27143

**\$7.50 Per Pack of 10 CareCards/11 Envelopes**  
**\$12.95 Per Pack of 20 CareCards/21 Envelopes**

## Christmas Greetings



### In hearts where Love and Joy are found...

Inside: May the spirit of the season grace your heart and home throughout the year to come.

*You will have joy and gladness, and many will rejoice at his birth.*  
-Luke 1:14

77149 10 Pack - \$7.50 | 77149K 20 Pack - \$12.95

### Beauty of the Season

Inside: May the beauty of the season color your world with love and delight your heart with wonder.

*I will call to mind the deeds of the Lord; I will remember your wonders of old.* -Psalm 77:11

77136 10 Pack - \$7.50 | 77136K 20 Pack - \$12.95



### Grieving at Christmastime Elf-help Book

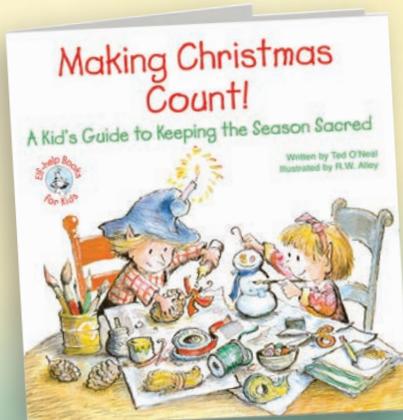
by Dwight Daniels

When you are grieving the death of a loved one, Christmas can be particularly challenging. In this book, you'll find gentle, practical, hope-filled guidance that suggests ways to recognize the season while also acknowledging and responding in a healthy way to the sadness and grief in your heart. 88 pages; 4" x 6", perfect-bound paperback. **\$5.95 | 20052**

### Christmas Therapy Elf-help Book

by Karen Katafiasz

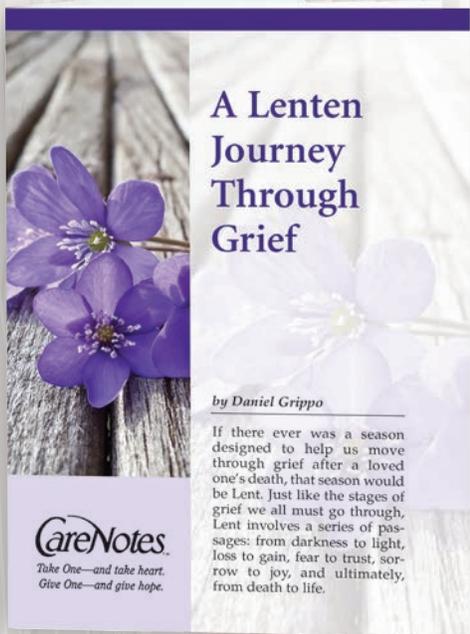
Insightful guidelines and enchanting illustrations—alive with color—will help you rediscover in your heart the magic, the meaning, and the mystery of this blessed time. 64 pages; 4" x 6", perfect-bound paperback. **\$5.95 | 20175**



### Elf-help Book For Kids: Making Christmas Count!

by Ted O'Neal

Children can be among the first to forget what it is about the season that really counts. Much of this may have to do with what our culture—and we ourselves—teach and practice. This little illustrated book communicates a message about making Christmas count in all its facets and flavors; it is a book about recognizing the deepest "reasons for the season." 32 pages; 8" x 8". Softcover; full-color illustrations throughout. **\$7.95 | 20355**



## A Lenten Journey Through Grief

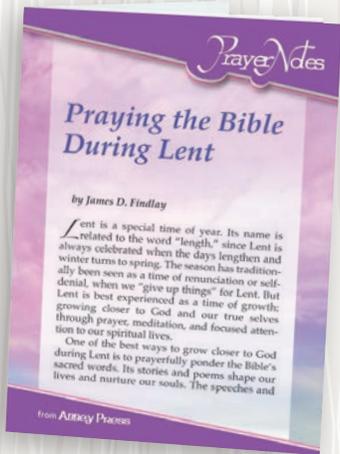
by Daniel Grippo

CareNotes author Dan Grippo looks at Lent, “a season deep and wide with passages that help us walk through our grief,” as an opportunity to journey toward healing. He shows readers that, though the season (and their own grief) begins in ashes, it ends with the healing and hopefulness of new life. He guides readers with powerful sections titled: Moving from darkness to light, Moving from loss to gain, Moving from fear to trust, and Moving from sorrow to joy. **23143**

**All CareNotes are eight-page, 5" x 7" booklets.**  
**Please order combinations in multiples of 10—at these low, quantity discount rates:**

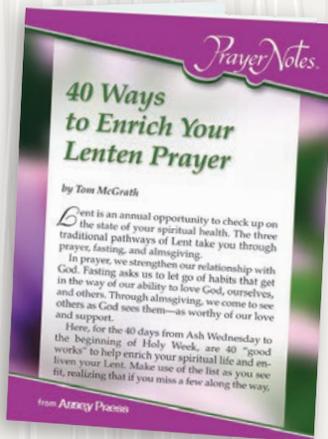
10-499.....	70¢ each	2500-4999.....	51¢ each
500-999.....	67¢ each	5000+.....	call for prices
1000-2499.....	56¢ each		

**FREE SHIPPING ON ORDERS OF \$70 OR MORE**



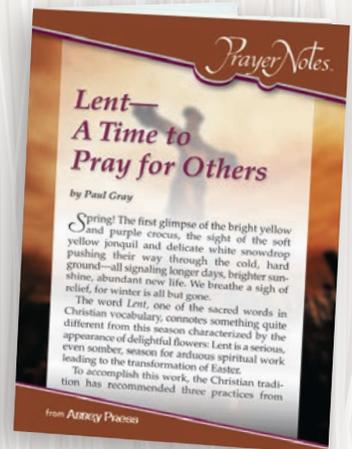
## Praying the Bible During Lent

Author James D. Findlay identifies Lent as a time of growth and writes that one of the best ways to grow closer to God during Lent is to “prayerfully ponder the Bible’s sacred words.” He urges readers to embrace the opportunity to slow down that Lent provides and helps them do that amidst the busyness of life in sections titled: Select a text, Begin on Ash Wednesday, Lent - and faith - requires perseverance, and Learn to read Scripture in new ways. **25100**



## 40 Ways to Enrich Your Lenten Prayer

Describing Lent as an opportunity to check up on the state of your spiritual health, author Tom McGrath prescribes 40 ways the reader can enrich his or her prayer life and make the season more meaningful. He offers a list of suggestions that are good for the reader, good for others and good for the soul. With this list, McGrath presents not just the opportunity to prepare for Holy Week, but to adopt one or more of these resolutions as a permanent part of a faithful life. **25085**

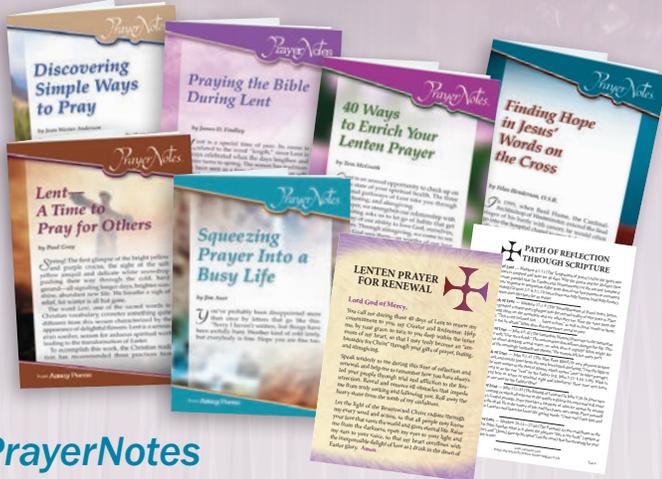


## Lent – A Time to Pray for Others

For most, Lent is a time to look inward, to strengthen one’s own faith, to identify one’s own weaknesses and overcome them. However, author Paul Gray casts the season in a different light, turning the focus outward and finding where attention can be paid to others. He shows readers how to participate in the three most common Lenten practices—prayer, fasting, and almsgiving—while keeping those less fortunate in mind. **25092**

## Deepen your discussions within a prayer group or Bible Study with our Lenten Prayer Packs.

The special selections of six PrayerNotes or Catholic Perspectives titles, one for each week, are designed to help families, individuals and prayer groups prepare for and celebrate Lent. A prayer and reflections card is included with each packet.



### PrayerNotes Lenten Prayer Pack

- Includes:
- 25085 40 Ways to Enrich Your Lenten Prayer
  - 25002 Discovering Simple Ways to Pray
  - 25086 Finding Hope in Jesus' Words on the Cross
  - 25100 Praying the Bible During Lent
  - 25092 Lent – A Time to Pray for Others
  - 25006 Squeezing Prayer Into a Busy Life
  - Prayer and Reflections Card

**\$4.00 | 27100**

### Catholic Perspectives Lenten Prayer Pack

- Includes:
- 20965 Finding Stillness in the Presence of God
  - 20924 How the Grace of Confession Can Change Your Life
  - 20966 Living the Beatitudes as a Source of Strength
  - 20970 Longing for God: The Grace of Lent
  - 20975 Looking to Mary in Times of Grief and Loss
  - 20989 The Season of Lent: From Ashes to Easter
  - Prayer and Reflections Card

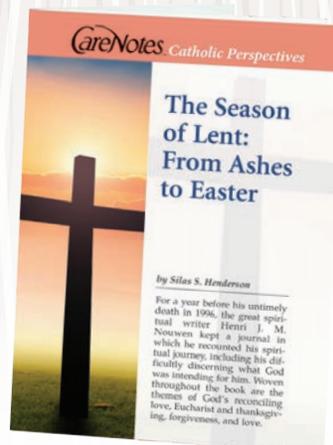
**\$4.00 | 27101**



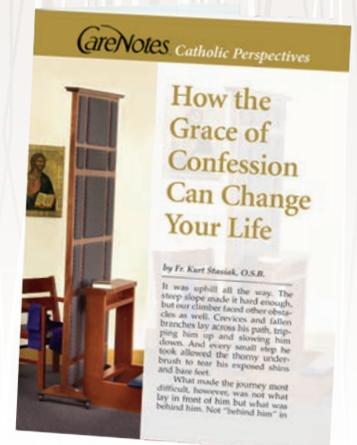
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20989



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# Elf-help Therapy Books

## Lifting spirits with whimsy

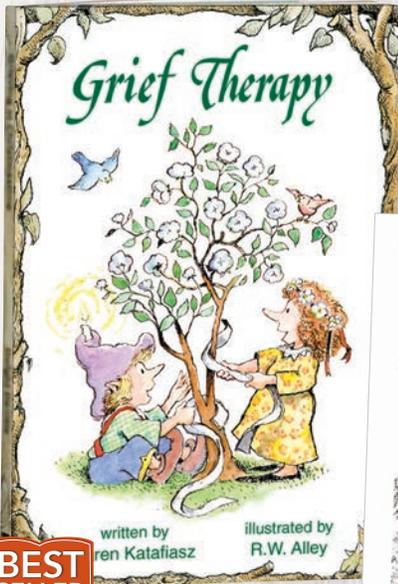
The whimsical Elf characters and their simple, poignant advice have touched the lives of millions of people around the world! The wisdom imparted by this charming little community of woodland elves helps you work through modern-day challenges by providing inspiration, support and comfort when it is needed most.

All Elf-help Therapy books measure 4 x 6 inches.

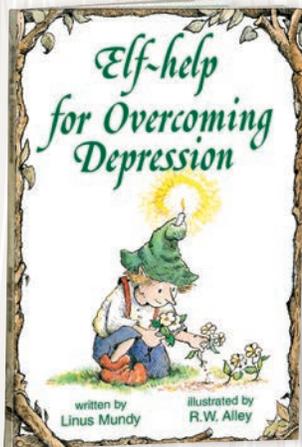
### Grief Therapy

by Karen Katafiasz

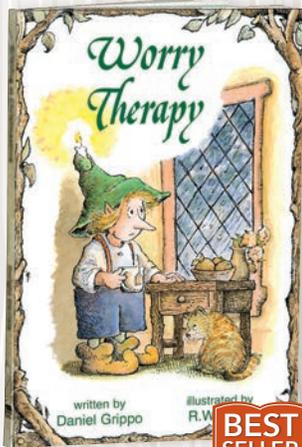
A self-help book that has helped hundreds of thousands of readers. Its succinct, meaningful guidelines and hope-filled illustrations have reassured those who grieve that out of their pain can come profound, transforming healing. **20178**



**BEST SELLER**

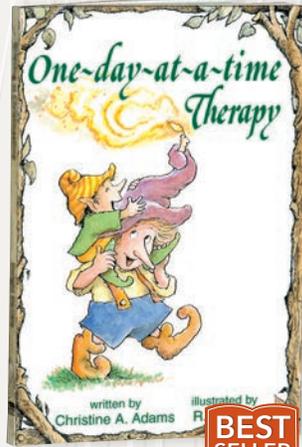


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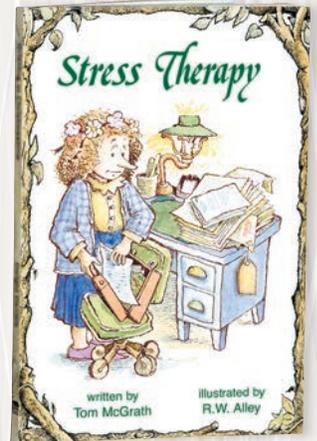
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**BEST SELLER**



20204

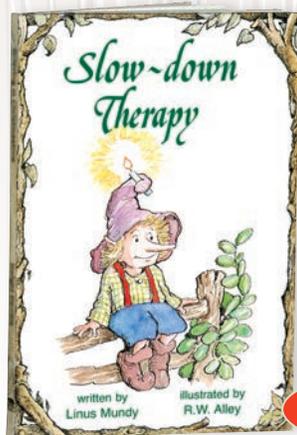
**BEST SELLER**



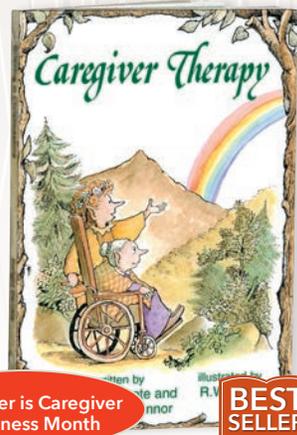
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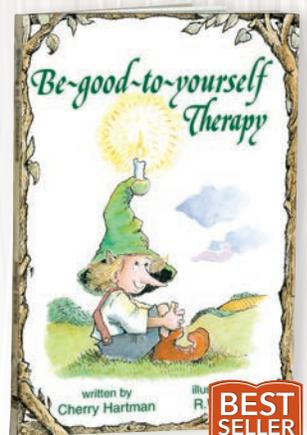


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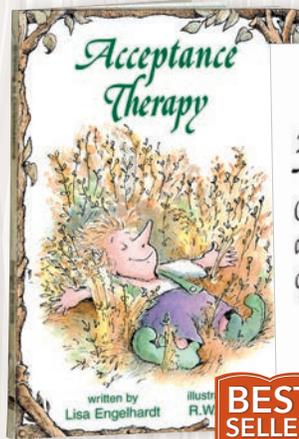


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**BEST SELLER**

November is Caregiver Awareness Month

# Elf-help Therapy Books are \$5.95 each

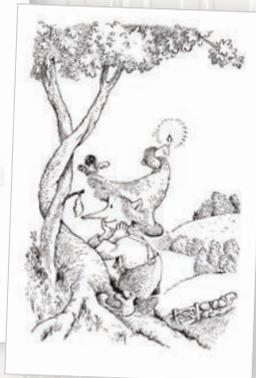


35

Give thanks for everything; a grateful heart yields a harvest of acceptance.



20190



## Encourage last-minute purchases...

by placing this 3-Title Display Stand on the checkout counter.

The stand holds approximately 15 Elf-help books (not included).

Measures 9 1/2"H x 4 1/2"W x 5 1/4"D

\$20.00 | 28657

## See our entire Elf-help selection at [www.carenotes.com](http://www.carenotes.com)

- 20052 Grieving at Christmas
- 20058 Healing Thoughts for Troubled Hearts
- 20074 Elf-help for Coping with Pain
- 20076 Dealing with Difficult People
- 20078 Loneliness Therapy
- 20088 'Tis a Blessing To Be Irish
- 20089 Getting Older, Growing Wiser
- 20119 Trust In God Therapy
- 20127 Anger Therapy
- 20140 New Baby Therapy
- 20145 Teacher Therapy

- 20157 Get Well Therapy
- 20165 Self-Esteem Therapy
- 20174 Friendship Therapy
- 20175 Christmas Therapy
- 20176 Peace Therapy
- 20181 Happy Birthday Therapy
- 20185 Keep Life Simple Therapy
- 20195 Keeping Up Your Spirit Therapy
- 20205 Be Good to Your Marriage
- 20206 Prayer Therapy

- 20351 Believe In Yourself Therapy
- 20359 Elf-help for Coping with Cancer
- 20363 On The Anniversary Of Your Loss
- 20369 When Your Parent Dies
- 20485 Pets Are A Blessing
- 20489 Empty Nest Therapy
- 20498 Living With Joy Therapy
- 20824 Grieving with a Grateful Heart
- 20827 Overcoming Jealousy and Envy
- 20828 Healing From Hurt Therapy

## Color Your Stress Away!

New additions to the Elf-help Therapy books provide a relaxing way to forget the stress of our daily lives.



### Scripture's Way to Live Each Day Coloring Book

by Juliette Garesché | 38 Coloring Pages

Charming coloring pages filled with insightful messages, meaningful passages from Scripture and pearls of wisdom that God shares with us. 83 pages; 8" x 10"

\$9.99 Each | 20444C

### Pets Are a Blessing Coloring Book

by Victoria Ryan | 36 Coloring Pages

Color away your stress while celebrating the many ways pets enrich our lives. 79 pages; 8" x 10"

\$9.99 Each | 20485C

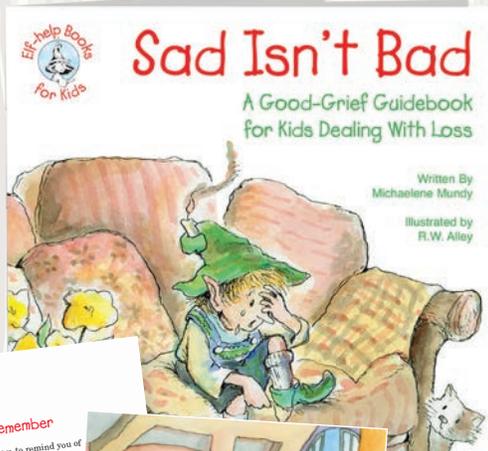
"I love this coloring book! It is the nicest one I've ever seen!"  
—Alex H., coloring contest winner



## What Our Customers are Saying...

"We've incorporated coloring a page together as a family a few times a month and discussing the Scripture and cartoon that goes with it as we pass the coloring book around the table...it's been great!"  
—Kasey Hitt

# Elf-help Kids Books



## Elf-help Books for Kids

The delightful Elf children confront difficult situations, and how adults in their world help gently guide them through challenges. Each book is filled with charming, colorful illustrations that help children connect the topic to their own lives.

All Elf-help Therapy softcover books measure 8 x 8 inches, include 32 pages and are recommended for children of all ages.

### Sad Isn't Bad

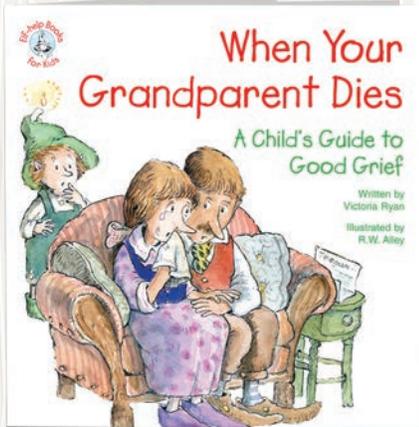
by Michaelene Mundy

Here is the book that Elf-help fans everywhere were asking for ... a book to help children grieve in healthy ways. This friendly and loving guide is loaded with positive, life-affirming helps for coping with loss as a child. **20120**

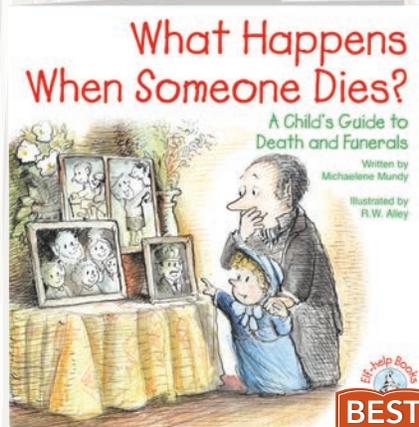
**It's Good to Remember**  
 Put a picture in your room to remind you of your loved one, or ask someone to help you make a photo album. Ask if you can have something that belonged to the special person like a piece of jewelry, a cap, or a dish. When you look at it or touch it, you will feel close to him or her.  
 Draw a picture of a special time you shared together. Or write a letter to the person how much you love and miss him or her.  
 People you care about will always be a part of you. What things about life are you learning from this special person?



**BEST SELLER**

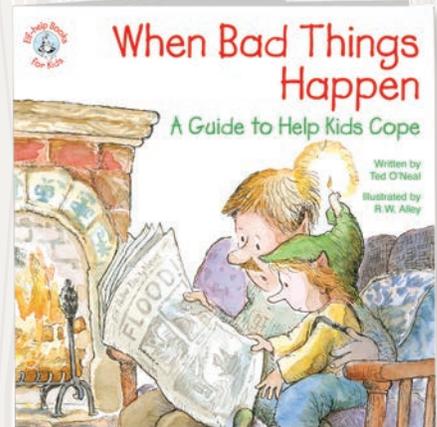


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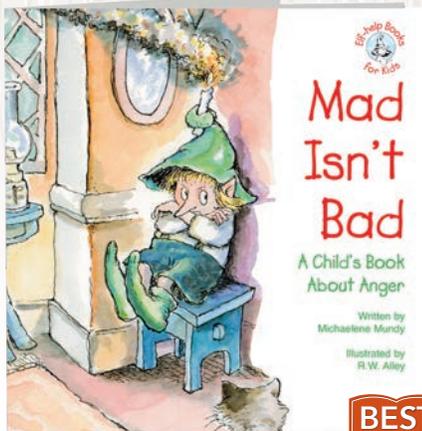


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**BEST SELLER**

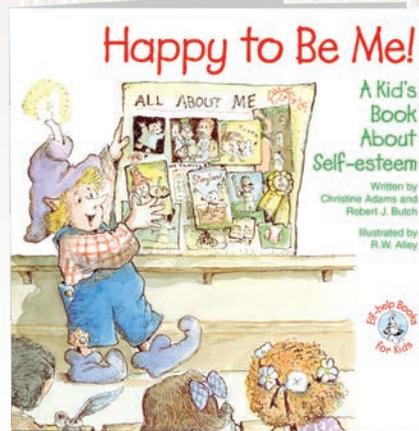


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20106

**BEST SELLER**



20084

**BEST SELLER**



20050

**BEST SELLER**

# Elf-help Kids Books are \$7.95 each

## Bye-Bye, Bully!

A Kid's Guide for Dealing With Bullies

Written by J.S. Jackson  
Illustrated by R.W. Alley



## Bye-Bye, Bully!

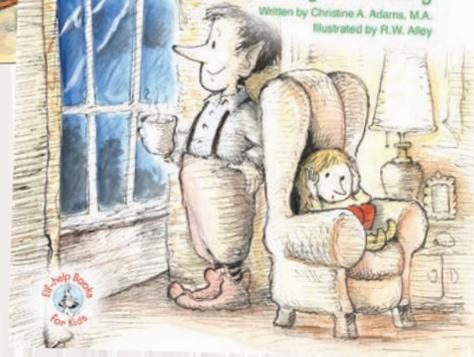
by J.S. Jackson

Aided by little elfin characters, this helpful handbook delves into the who, what, and whys of bullying and, most importantly, the hows of thwarting bullies. Kids will learn nonviolent ways to assert and protect themselves – and when to ask for adult help. Together, kids and caring grown-ups can banish bullies in schools and neighborhoods. **20073**

## Worry, Worry, Go Away!

A Kid's Book About Worry and Anxiety

Written by Christine A. Adams, M.A.  
Illustrated by R.W. Alley



## Worry, Worry, Go Away!

by Christine A. Adams, MA

All kids experience worries. Helping children understand what worry is, where it comes from and how to challenge it is the first step in overcoming anxieties. By presenting new ways of evaluating and overcoming the psychological, spiritual, and physical dimensions of fear, this creative book will help your child find the confidence and courage to say "Worry, Worry, Go Away!" **20445**

## Learning About Virtues

A Guide to Making Good Choices

Written by Juliette Garesché Dages  
Illustrated by R.W. Alley



20370

## Right and Wrong and Being Strong

A Kid's Guide

Written by Lisa O. Engelhardt  
Illustrated by R.W. Alley

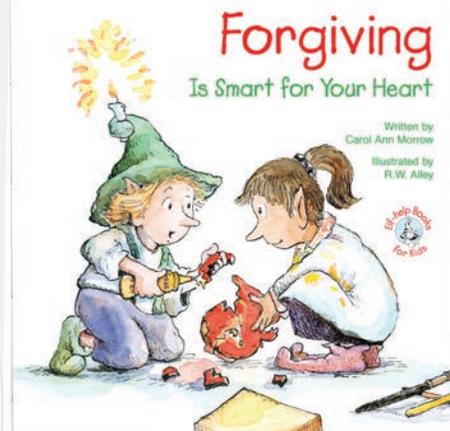


20087

## Forgiving

Is Smart for Your Heart

Written by Carol Ann Morrow  
Illustrated by R.W. Alley

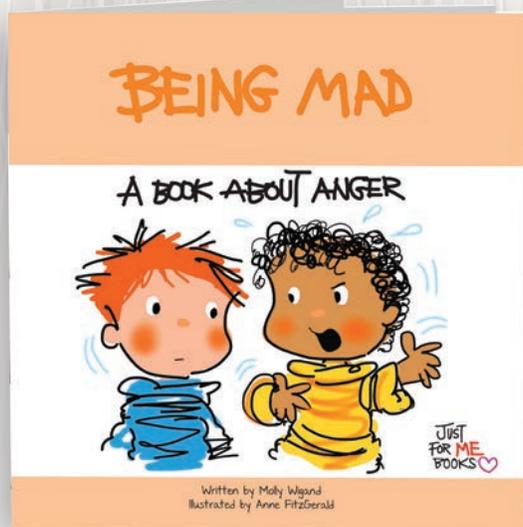
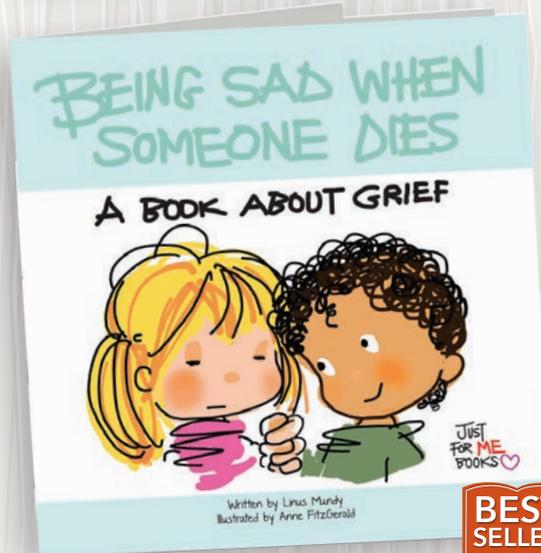
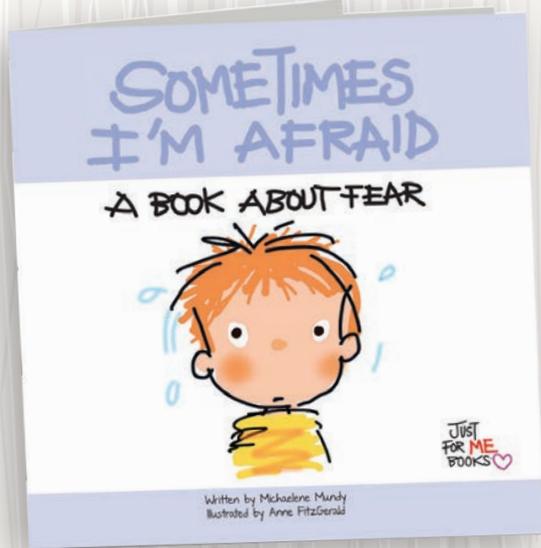


20072

## See our entire Elf-help Kids Book selection at [www.carenotes.com](http://www.carenotes.com)

- |  |                                   |
|--|-----------------------------------|
| 20051 When Someone You Love Has Cancer | 20471 Feeling Bad, Getting Better |
| 20057 Learning to Be a Good Friend     | 20479 It's Not Fair!              |
| 20067 Standing Up to Peer Pressure     | 20494 Time-Out From Technology    |
| 20081 Keeping School Cool              | 20499 Growing Into A Family       |
| 20086 Respect                          | 20821 Letting Go Of Stress        |
| 20104 When Mom and Dad Divorce         | 20826 You Are You, I Am Me        |
| 20362 Jealousy Is Not For Me           | 20833 Fair Play, Good Sports      |





## Big Topics for Little People

A book series for children ages 4-8 that target life's everyday experiences, the *Just For Me™* books feature colorful, engaging artwork from noted illustrator Anne FitzGerald.

Each 8"x8" softcover book offers 32 pages filled with relatable imagery and text that help to simplify the sometimes confusing topics for the smallest readers. Recommended for children ages 4-8.

### Sometimes I'm Afraid: A Book About Fear

by Michaelene Mundy

In "Sometimes I'm Afraid: A Book About Fear... Just for Me!," author Michaelene Mundy helps young readers understand what it means to be afraid and how to find courage and support in their friends and loved ones. **20455**

### Being Sad When Someone Dies: A Book About Grief

by Linus Mundy

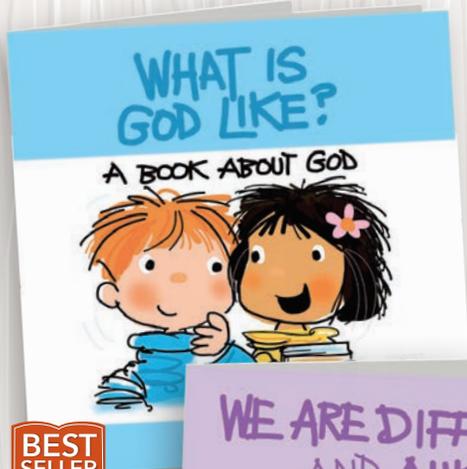
For the very young, the finality of death is hard to understand. How, after all, could something like this happen? Author Linus Mundy offers practical coping skills to help young readers understand their feelings of grief and provides reassurance that, some way, somehow, things can be good again. **20456**

### Being Mad: A Book About Anger

by Molly Wigand

Children's anger can be upsetting and unsettling to the grown-ups in their worlds. If only we could flip a switch on that anger and restore calm to our homes and classrooms. In "Being Mad: A Book About Anger... Just for Me!," author Molly Wigand helps children learn to understand, accept their anger and to express their anger in healthy ways. **20457**



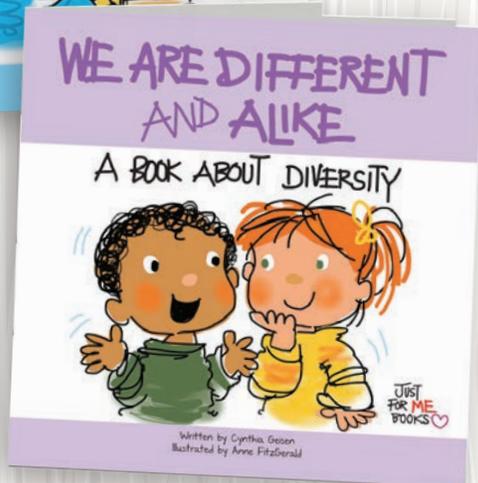


## What Is God Like? A Book About God

by Cynthia Geisen

*What Is God Like: A Book About God...Just for Me!* introduces children to a way of getting to know God that helps them understand all the ways God can be found in the world around us – the God who is so eagerly waiting to be discovered. **20462**

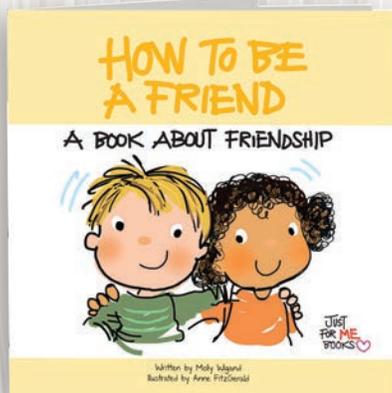
**BEST  
SELLER**



## We Are Different And Alike: A Book About Diversity

by Cynthia Geisen

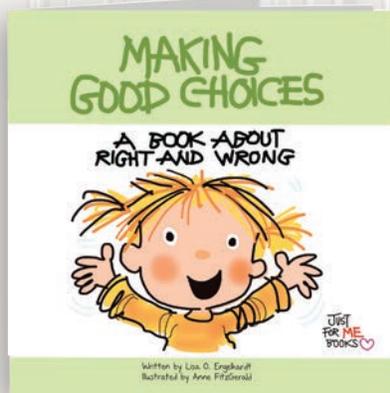
In "We Are Different And Alike," author Cynthia Geisen helps young people understand and appreciate the diversity of the world around us and its many expressions in families, faiths, races, and cultures. **20477**



## How To Be A Friend: A Book About Friendship

*How To Be A Friend: A Book About Friendship...Just for Me!* introduces children to those values that make for good friendships - loyalty, trust, and honesty - and to how they can become a good friend to others.

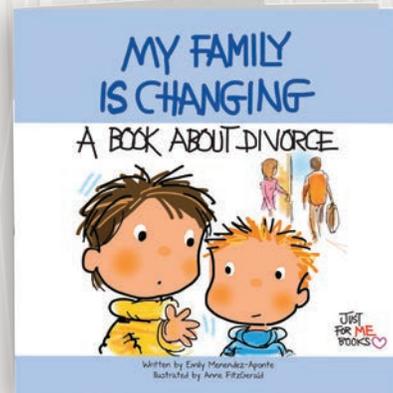
**20458**



## Making Good Choices: A Book About Right And Wrong

*Making Good Choices: A Book About Right and Wrong... Just for Me!* helps children learn from their everyday choices and experiences to give them the skills and perspectives necessary to become compassionate, caring, and responsible adults.

**20461**



## My Family Is Changing: A Book About Divorce

Author Emily Menendez-Aponte offers a starting point to begin explaining divorce to your child. She helps explain to children that divorce is not their fault, that it's normal to feel upset and scared and confused, and that it's good to get all these feelings out.

**20476**

# AfterWords™

Grief Aftercare Kit from CareNotes

Providing comfort and support for the first year of loss

## Because your care doesn't end after the funeral.

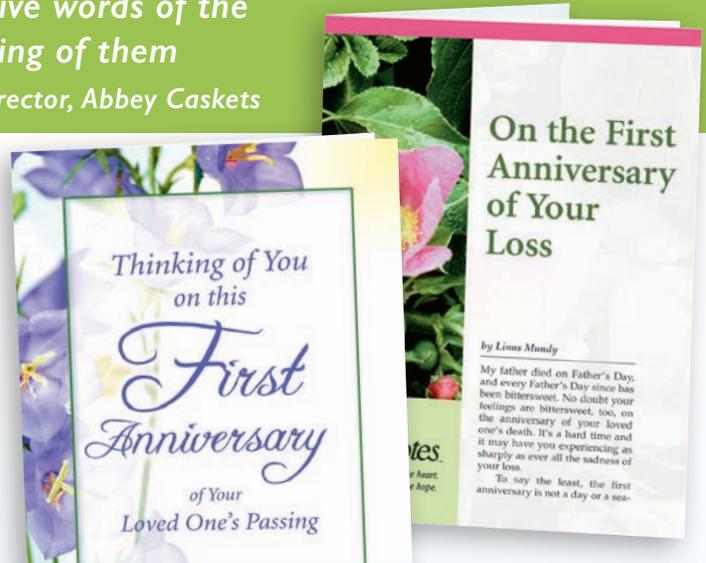
AfterWords is an aftercare grief-support kit that keeps you connected to the families you serve throughout the first year after a loss.



*"We have been using AfterWords in our ministry for many years as a way of connecting to the families we serve. They appreciate the supportive words of the CareNotes and knowing that someone is still thinking of them through their grief journey."*

— Jennifer Keller, Director, Abbey Caskets

Popular CareNotes booklets are paired with exclusive, heartfelt CareCards to offer words of comfort and support just as they're needed most. It's a wonderful continuation of the caring services provided by bereavement ministries and many other organizations.



## Save over 15% on select mailing kits!

### #29000 Single Mailing Kit:

- Total of 5 CareCards + 5 CareNotes, envelopes
- Serves a single family with five mailings

**\$6.75**

### #29000K Four Mailing Kit:

- Total of 40 CareCards + 40 CareNotes, envelopes
- Serves 10 families with four mailings each

**\$48.50**

### #29000C Five Mailing Kit:

- Total of 50 CareCards + 50 CareNotes, envelopes
- Serves 10 families with five mailings each
- Includes Christmas mailing

**\$57.00**

## How does AfterWords work?

### Mailing 1: Two weeks after funeral

Mail the CareNote and CareCard to the family in need two weeks after the funeral.



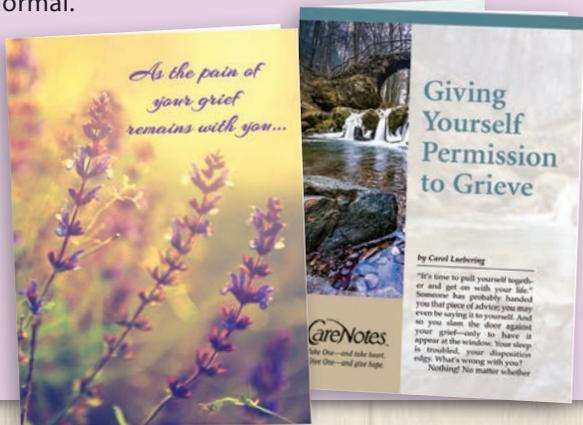
### Mailing 2: Three months after funeral

Mail three months after the funeral. This mailing includes a card that will tear away into a bookmark with the Serenity Prayer, letting the family know that they are not alone in their grief journey.



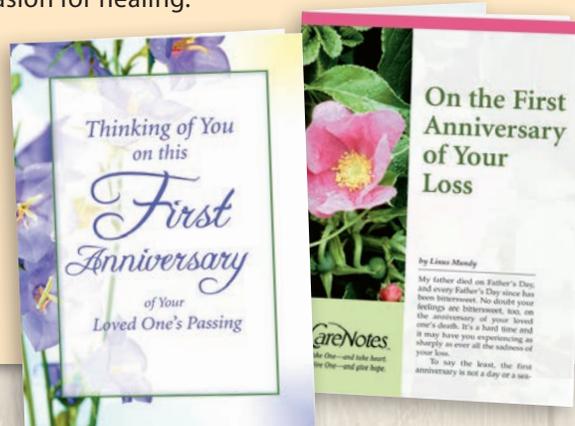
### Mailing 3: Six months after funeral

Mail six months after the funeral. Let families know that it's ok to grieve and to adjust to a new normal.



### Mailing 4: One-Year Anniversary

Mail prior to the one-year anniversary of their loss. The *First Anniversary of Your Loss* CareNote will offer families ways to honor their loved one and use this occasion for healing.



### Christmas Mailing (optional)

Holidays can be a time of added grief for families. This is a great time to add a note that you are thinking of them during this season.



The caring and convenient way to offer support to families you serve through the first year after a loss.

Call 800-325-2511 or visit [www.carenotes.com](http://www.carenotes.com) for more information.



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**Responding to Life's Challenges that are Out of Your Control**

p. 40

*By your side for awhile, in your heart forever.*

p. 16

**Coping with the Challenges of Kinship Foster Care**

by Jim Auer

As I stopped at a traffic light, I saw her sitting on the bus stop bench. Mid-60s, perhaps. Clustered around her shoes were grocery bags, and around the bags, three children under ten. A toddler sat on her lap. Her face and body broadcast fatigue and devotion in equal amounts.

She was virtually a poster lady for a growing segment of our population: kinship caregivers. They are among the unsung, anonymous heroes who hold things together for the most vulnerable

p. 24

**Moving Forward When a Loved One Suffers From PTSD**

by Geoffrey Tyrrell, D.Min.

Mr. D. was a combat vet with multiple tours of duty in the Vietnam War as a Special Forces operative. When I visited him, he was quiet and stoic, like many veterans. A man of few

p. 24

**Coping with a Loved One's Traumatic Brain Injury**

by Rev. Charles Barnes, SJ, M.Div., BCC, and Chaplain Robert J. Thomas, D.Min., BCC

p. 24

**Finding Your Will to Live—Suicide Prevention for Veterans**

by Rev. Megan C. Alleman

Going to sleep every night wishing that I would never wake up again and then waking up every day disappointed was the most hopeless wilderness I have ever experienced. For the better part of a year, I was either thinking about what life would be without me alive or wondering how I could kill myself. I felt like I was completely alone in a desolate wasteland.

