



A Work of Saint Meinrad Archabbey

## 2024 BUYER'S GUIDE



**Over 300 titles on**  
Grief Support  
Mental Wellness  
Health Care  
Spirit Care  
Spanish and more!

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





Dear Friend of Saint Meinrad,

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

Welcome to the newest issue of our CareNotes buyer's guide. As you probably know, CareNotes booklets are designed to offer practical wisdom for difficult situations, in an easy-to-read format.

One of the more recent "trends" – which shows little chance of slowing down – is that of mental wellness. There is hardly a workplace, organization or community that has not considered how important good mental health is for coping with the stresses of everyday life. Strong mental health is necessary for us to thrive and flourish, whether at home, at work or in our communities.

In this year's buyer's guide, you'll find dozens of CareNotes titles that focus on the many aspects of mental well-being. In fact, some past favorites have been reissued, including "Overcoming the Anxiety of Shyness," "Coping with Panic and Anxiety Disorders," "Healing as a Family After Divorce" and "When You've Lost a Grandchild."

You and your organization are serving people with these and other concerns. We invite you to look through this buyer's guide at the wide range of helpful guidance offered in CareNotes. Each booklet offers strength, help and healing for those who are hurting.

Included in this guide is a sample CareNote on "Grieving the Loss of a Good Friend." This engaging booklet is an example of the gentle, yet practical, advice offered through these right-sized booklets. You'll find this title and many others that can offer support and guidance to those you serve every day.

As you work to serve others, we are here to offer you tools of support for the mental health, 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

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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Watch for these specially marked titles ...



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- Free shipping and flat rate shipping applies only to the contiguous U.S. CareNotes Racks are included in free shipping or flat rate offers.
- Customers shipping to Canada, HI, AK, Puerto Rico and Guam will pay standard shipping fees.
- Actual shipping and handling will be charged to APO or FPO addresses.
- Customers who choose next-day, second-day, or three-day shipments will be charged actual higher-rate shipping charges.
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## An Affordable Way to Display CareNotes

### 16-Title Corrugated Display

For tabletop use, this cardboard display holds 480 or more CareNotes. 23"W x 14"H x 7"D. Ships fully assembled.

16000K \$39.00

New Display Options  
pg. 43



### 3-Title Corrugated Display

For tabletop use, this cardboard display holds 90 or more CareNotes.

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30000K \$19.00



### 9-Title Corrugated Display

For tabletop use, this cardboard display holds 270 or more CareNotes.

17"W x 11"H x 7.5"D  
90000K \$29.00



pg. 19

### Spanish Acceptance Pamphlet

A best-selling booklet that is a classic comment on the formula for contentment — the Serenity Prayer — is now available in Spanish! 11002S



### Making a Comeback!

These previously out of print titles have been added to our selection again as returning favorites!



# 5 Stages of Grief

## When you lose a loved one, your own life significantly changes.

This five-part CareNote series by Karen Katafiasz discusses the stages of grief and provides landmarks for your own road to healing. The stages of grieving aren't consecutive steps that you take only once and continue on your way. You should retrace your steps and revisit the stages as much as you need to.



### Breaking Through Your Denial

by Karen Katafiasz

Breaking through denial is an essential beginning to the grieving process. You must open yourself to the vast array of often convoluted and incoherent emotions filling your being. **23244**

### Examining Your Unresolved Anger

by Karen Katafiasz

This CareNote offers steps that can help to identify your anger and its targets, determine when anger is warranted, express your feelings, and channel your anger with appropriate action. **23245**

### Bargaining: Continuing on Your Healing Path

by Karen Katafiasz

The bargaining stage gives you the opportunity to understand how you're making deals and why you're experiencing moments of denial and anger. **23246**



### Facing the Emptiness of Depression

by Karen Katafiasz

The depression that accompanies grief is a natural response. It's generally not a sign of mental illness. But the disorientation, the hopelessness, the heartache can make you believe that you're "going crazy," as I've heard many persons say. **23247**

### Transforming Your Loss With Acceptance

by Karen Katafiasz

As you've visited and revisited your denial, anger, bargaining, and depression, you're understanding more deeply the profound meaning that your loss has for your life. But how do you reach an acceptance that opens the way for transformation? **23248**



## 5 Stages of Grief Set

Order as a set to receive 1 of each of the 5 Stages of Grief plus 1 envelope.

**23249SET**  
**\$4.95 each**



# Grief and Loss



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1000-2499 .....	56¢ each		

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## Getting Through the First Weeks After the Funeral

by Herbert Weber

The initial period after a funeral is a difficult one. While friends and acquaintances have paid their respects and then moved on, close loved ones are left to realize that the grieving has only truly begun. Fr. Herbert Weber offers support to those enduring this grief with this best-selling CareNote. 21308 (26022 SpanishNote - pg. 40)

## Five Ways to Get Through the First Year of Loss

by Nancy Stout

"Even though it may not feel this way right now," writes CareNote author Nancy Stout, a nurse and chaplain, "time, and your own efforts, will begin to heal your heart." You can achieve a sense of peace after loss. 21410



23238



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23045



21434  
26020 SpanishNote - pg. 41



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## On the First Anniversary of Your Loss

by Linus Mundy

Author Linus 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 (26019 SpanishNote - pg. 40)



## What Everyone Should Know About the First Year of Grief

by Kay Talbot, Ph.D.

The first year of grief can bring many surprises but author Kay Talbot reassures us as to what can be expected. The progress we make unwinds slowly but steadily. 21377

### Don't forget ENVELOPES

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\$1.50 for 10 pack | 70710



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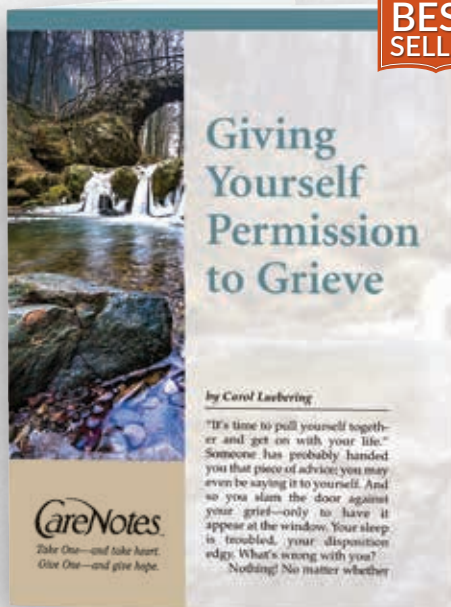


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# Grief and Loss

**BEST  
SELLER**



## Giving Yourself Permission to Grieve

by Carol Luebering

Grief doesn't come with a timetable, nor does it come with an instruction manual. Grief is an emotion unique to each individual who experiences it. And no matter how — or how long — a person finds themselves grieving, the most important thing for him or her to remember is that they have permission to do so. 21326

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26006 SpanishNote - pg. 40



20652

26012 SpanishNote - pg. 40



20975

26018 SpanishNote - pg. 41



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23116





## Be Gentle With Yourself While Grieving

by Mary Kendrick Moore

From the introduction of this CareNote: "We feel certain expectations to move through grief at a certain pace and certain ways. Many of our friends and family will begin to act as if life should be 'back to normal' within weeks or months following a death. While your friends may mean to be supportive, don't be harsh with yourself if you are not doing it their way. The grief is yours, and you will experience it in your own way." 21462 (26021 SpanishNote - pg. 40)



### 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 62-63) make it easy for you to reach out to your families in need.



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26023 SpanishNote - pg. 41



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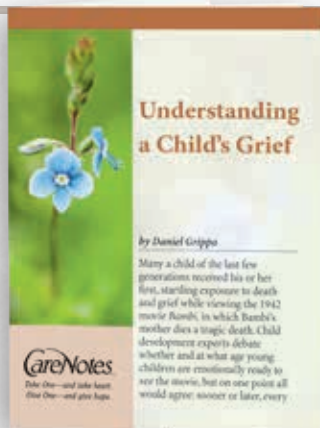
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# Grief and Loss



## Understanding a Child's Grief by Daniel Grippa

The concept of death can be difficult for adults to understand—and nearly impossible for children. Understanding how children (of all ages) grieve is key to offering the support and guidance needed to get through a time of loss. 23123



## Talking With Your Kids About Death—and Life by Lisa O. Engelhardt

As parents, we want to protect our children from anything that may be hurtful, especially news about a death. But death is a part of life and children need to know about it. The author shares tips on talking with your kids about death to give them reassurance and hope in the life that surrounds them. 23240



## Helping a Child Grieve and Grow by Carol Luebering

No one can protect their child from the reality of death. The child, like all of us, must face the loss. Author Carol Luebering shares how you can help your child deal with painful feelings and hold on to the good memories. 20670

## Grief Gift Sets

Reach out to those in the early stages of grief



### Losing Your Dad Grief Support Set

Each set includes  
1 of each CareNote:  
*Losing Your Dad, Five Ways to Get Through the First Year of Loss, Finding Ways to Celebrate Special Days After Loss, Cherishing Your Memories of a Loved One, What's Really "Normal" When You're Grieving* and 1 envelope.  
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### Losing Your Mom Grief Support Set

Each set includes  
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*Losing Your Mom, Five Ways to Get Through the First Year of Loss, Finding Ways to Celebrate Special Days After Loss, Cherishing Your Memories of a Loved One, What's Really "Normal" When You're Grieving* and 1 envelope.  
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### Grief Support Set

Each set includes  
1 of each:  
*We Cannot Lose Someone CareCard, Losing Someone Close CareNote, Taking Care of Yourself CareNote, 12 Reflections CareNote* and 1 envelope.  
**26837 | \$4.95 Per Set**



# Give one and give hope

October is Pregnancy & Infant Loss Awareness Month



## Handling the Heartbreak When a Baby Dies

by Jane Marie Lamb, OSF

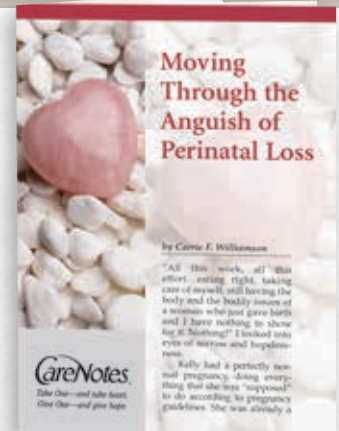
The author, founder of Share, a group for bereaved parents, provides helpful ways for parents to cope with their grief. 21285



## 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 E. 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. 23214



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21304



# Grief and Loss



## Grieving the Loss of a Good Friend

by Carol Luebering

In this CareNote, the author helps you work through past issues, present feelings and future understanding in coming to terms with your loss. 23252  
**SAMPLE INCLUDED IN CATALOG!**

## When You've Lost a Grandchild

by Mildred Tengbom

The author gently reminds us that we are left with much to cherish: memories, personality traits, wisdom and the ability to pass on our mother's love. 23253

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 26001 SpanishNote - pg. 40

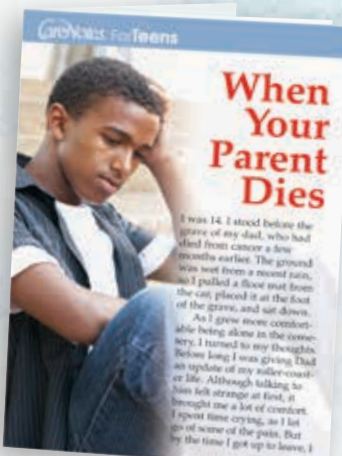


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## TeenNotes



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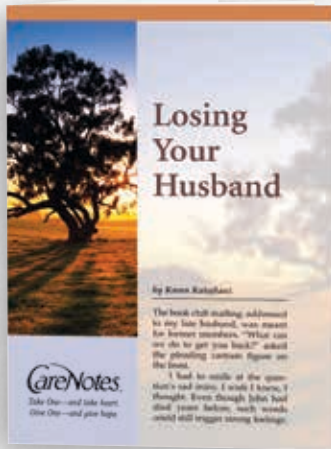


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**Losing Your Husband**  
by Karen Katafiasz

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

Author Bernie Faenza identifies the expectations in an effort to bring solace and healing to hurting husbands. 21383



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

As we move forward through our grief, we also bring along a rich store of treasures from our childhood and adulthood. 21228 (26002 SpanishNote - pg. 40)



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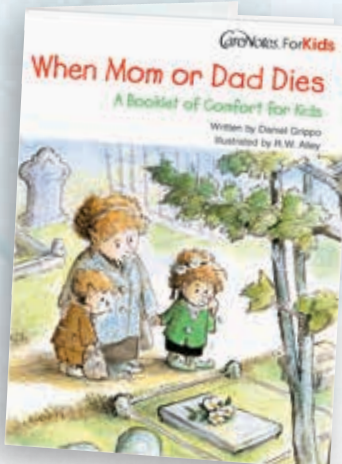


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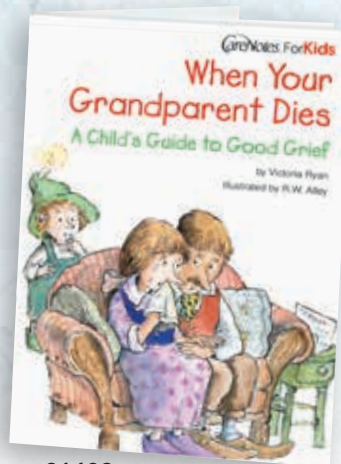
## CareNotes for Kids



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# Grief and Loss



## Bearing the Special Grief of Suicide

by Arnaldo Pangrazzi

Suicide leaves deep scars on the survivors. This CareNote suggest ways survivors can turn guilt into forgiveness, reach out to others, and rebuild their lives. "You cannot change what has happened," writes Pangrazzi. "You can, however, change your outlook — from backward to forward, from death to life." 20616

## After Suicide...Living With Loss, Healing With Hope

by Victor Parachin

In the instance of a loss to suicide, those left behind experience the obvious emotions of grief and pain. But often feelings of confusion, anger, and shame are present as well, making the healing process even more difficult. Author, minister, and bereavement educator Victor Parachin offers guidance tailored to the unique needs of those enduring this particularly painful loss. 23044



## 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 [988lifeline.org](http://988lifeline.org)



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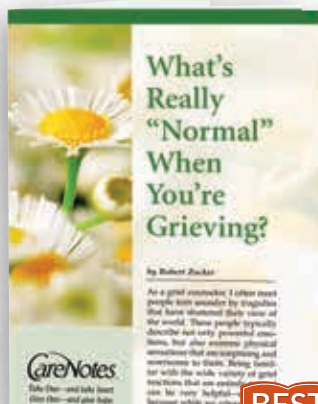


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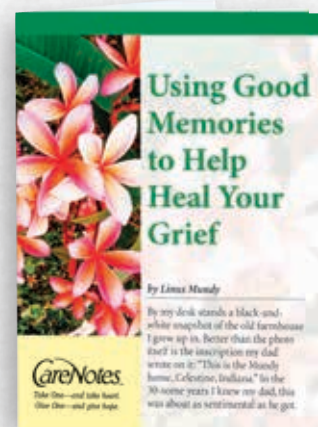




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## What's Really "Normal" When You're Grieving

by Robert Zucker

When we are grieving, we don't need to fit into anyone's preconceived mold; our grief journey is as unique as we are. But there are some predictable responses to loss as we struggle to face what has become an unthinkable new world. 21564

## Finding Ways to Celebrate Special Days After Loss

by Daniel Grippio

In this CareNote, Daniel Grippio offers ways to not simply "get through" the holidays. Rather, he shows the reader that these occasions offer opportunities to honor a special person, and explains how this can ultimately lead to healing. He presents ways to make the most of several occasions on the calendar, including Memorial Day, birthdays, Christmas, and others. 23110

## Cherishing Your Memories of a Loved One

by Linus Mundy

"The highest tribute to the dead is not grief but gratitude," wrote playwright Thornton Wilder. Learn how to keep your loved one's finest qualities alive using simple ceremonies and rituals in this comforting CareNote.

21276 (26024 SpanishNote - pg. 41)

## Using Good Memories to Help Heal Your Grief

by Linus Mundy

When we lose people important to us, it's natural to miss them. But how we deal with that grief, and with our memories of our loved ones, can make all the difference. The grief and pain we have experienced are now part of who we are. And so we look back with care. 21440



**Bereavement Assortment**  
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Make reordering simple with the 16- or 9-Title Assortment.

### 16-Title Bereavement Care Assortment

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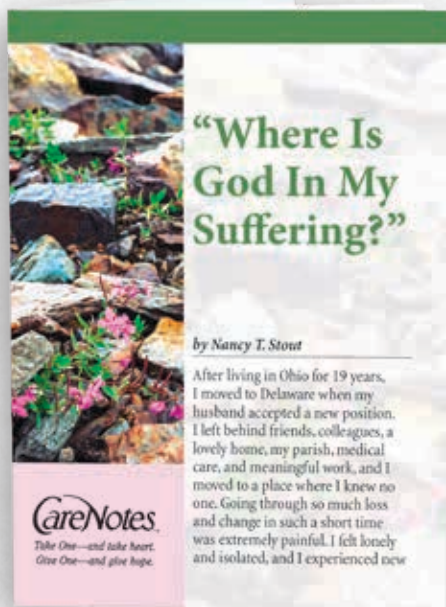
### 9-Title Bereavement Care Assortment

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**See page 42 for our entire selection of assortment topics.**

Ask about our **SAMPLE SET**, which includes 1 copy of each title in our Assortments. Available for both 16- or 9-Title Assortments. See page 42 for more details.





## “Where Is God In My Suffering?”

by Nancy Stout

How can we reconnect to that invisible cord that binds us to God even during times when God seems to disappear into the darkness? Here are some “truths” the author has learned about finding God in the midst of suffering, both from her own experience and from stories others have shared: God cries with you in your suffering; God touches you through other people; God meets you in prayer; God helps bring meaning to suffering. 21497



## 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 43.



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26010 SpanishNote - pg. 41



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26011 SpanishNote - pg 41

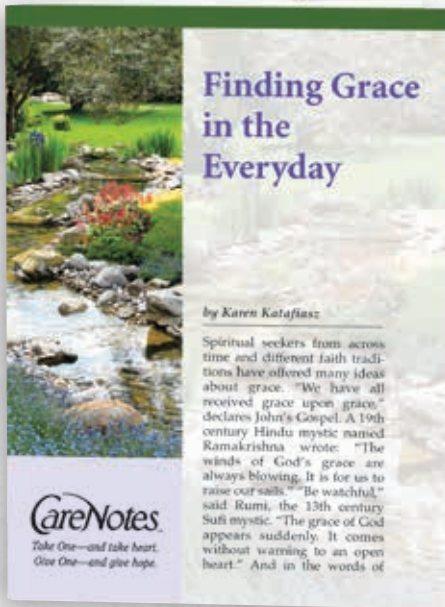


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## Finding Grace in the Everyday

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 booklet, she explains that opportunities for grace, the benevolence or favor that God bestows on human beings, are all around us. And she helps readers not only recognize these moments, but also respond to them in ways that can enrich, enhance, and even transform one's life. 23230

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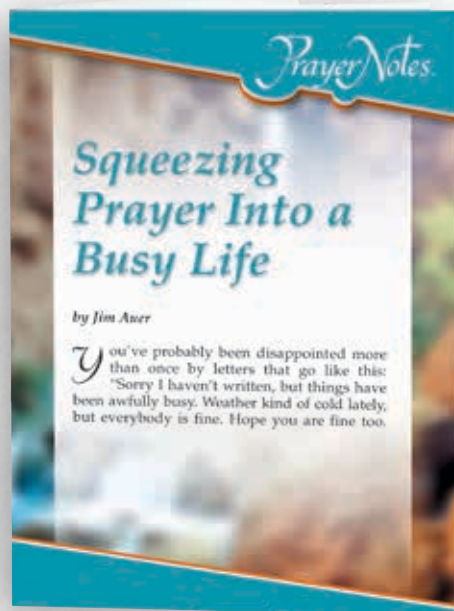


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## Squeezing Prayer Into a Busy Life

by Jim Auer

Learning to fit prayer into a busy life is not easy. You may experience several false starts before adopting a regular prayer life. Author Jim Auer offers ways to fit prayer into your life so that it becomes a way of life. 25006

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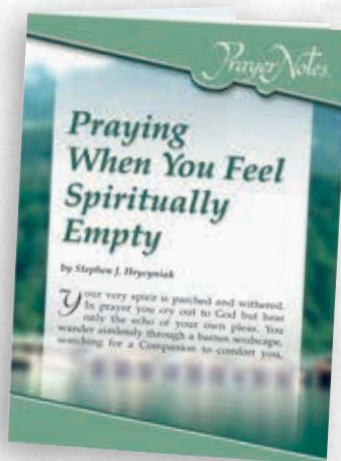
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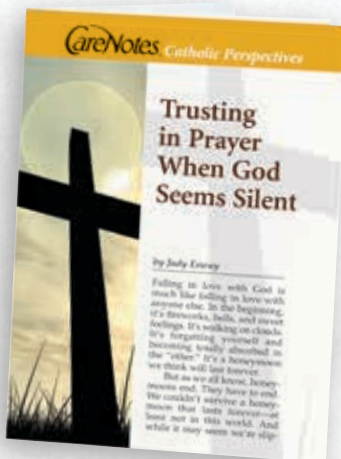
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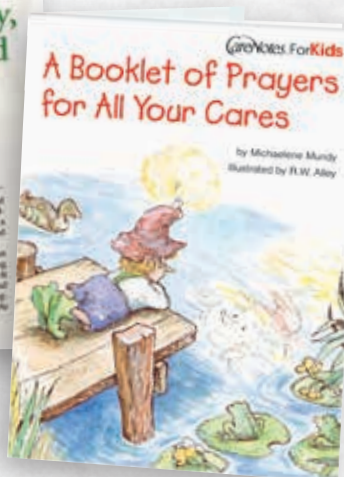


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## Healing Your Body, Mind, and Spirit Together

by Robert L. Kinast

Author Robert Kinast shares helpful ways to put all the various dimensions of our self, body, mind and spirit, at work toward healing at times of brokenness. 21256

## A Booklet of Prayers for All Your Cares

by Michaelene Mundy

This guide is intended to show children that God is someone we can share our every feeling with, and one we can "go to" in our own simple words. The author and illustrator cover a wide range of important children's themes from praying about one's anger or sadness to praying about being afraid or bored. 21615

## The Little Booklets That Have Changed Lives!

Prayerful guidance that fits in your pocket.



### Acceptance Book

by Vincent P. Collins

Since its first publication over four decades ago, "Acceptance" has shown the way to serenity and peace of mind for millions upon millions of readers.

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### Spanish Acceptance Book

by Vincent P. Collins

A best-selling booklet that is a classic comment on the formula for contentment — the Serenity Prayer — is now available in Spanish!

24 pages; 3 3/4" x 5 1/4"

Sold in Packs of 10  
\$9.50 per pack | 11002S



### Partnership Book

by Vincent P. Collins

From the author of the best-selling title, "Acceptance," this pamphlet points the way to fulfillment through dependence on God.

24 pages; 3 3/4" x 5 1/4"

Sold in Packs of 10  
\$9.50 per pack | 11087

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11050



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## Dealing With Financial Stress

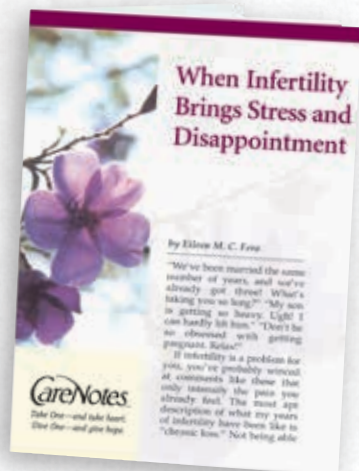
by Linus Mundy

Buying things and experiences has become a major part of modern life. Regardless of financial situation or personal belief, those who live in today's culture are subtly pushed to spend and spend. It can lead to falling behind with no readily available way to get ahead. Those committed to getting out of this vicious cycle can find helpful guidance in this CareNote. 23136

## Why We Need To Tell the Story of the One We Lost

by M. Donna MacLeod

"Suffering in silence only intensifies the pain of grieving," writes author M. Donna MacLeod. Of course, opening up about one who's passed isn't always easy. In this booklet, the author offers practical, sensitive guidance on "telling the story" of a lost loved one—whether it's by simply speaking about the pain of loss, or by doing something to commemorate and celebrate the person's life. 23112



21348



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## Doing Your Best as a Single Parent

by Gail Grenier Sweet

Although the demands on a single parent are twice as intense as those on parents who live and work together to raise children, the joys can be twice as great too. Sweet, founder of HOPE network for Single Mothers, offers suggestions to maintain your balance and find the hidden joys. 20602



## Healing as a Family After Divorce

by Maureen O'Brien, OP

"How are we ever going to feel like a family again?" This is just one of the common laments after a family goes through divorce. The author, an expert who directs the office of separated, divorced and bereaved ministries for a church diocese, offers solid reassurance and healing helps. "The family that comforts, cares, trusts, and loves will be the family that remains loving and strong, no matter what its members have been through. 23251



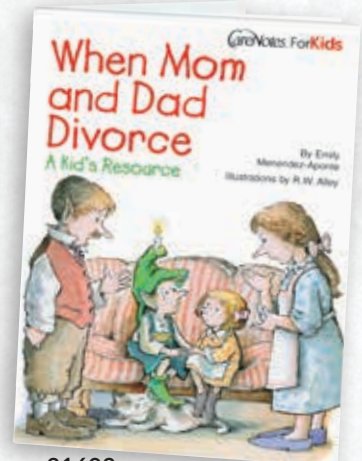
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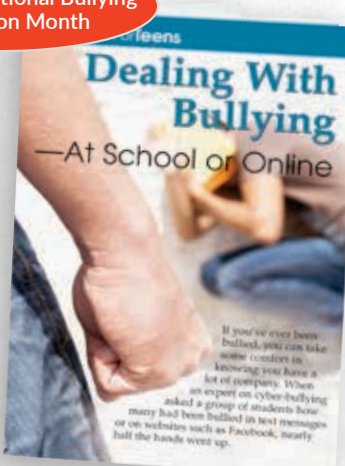
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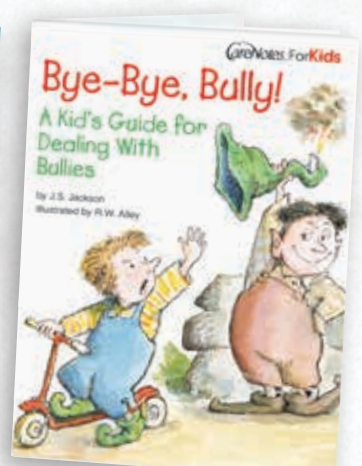
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October is National Bullying Prevention Month

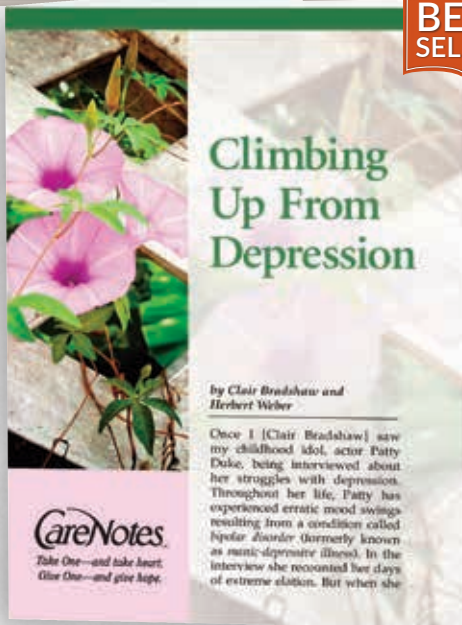


**BEST  
SELLER**

## Climbing Up From Depression

by Clair Bradshaw and Herbert Weber

Emerging from depression is very much a "climb." There are no easy fixes for those down feelings, especially those that linger on and on. This booklet offers comprehensive, proven guidance for those ready to begin the journey to healing. 20601 (26007 SpanishNote - pg. 41)



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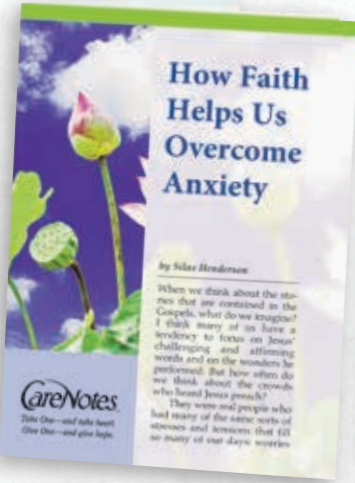


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## Responding to Life's Challenges that are Out of Your Control by Diane Pharo, SCN

In this best-selling CareNote, the author reminds us that, even in times of darkness and uncertainty, we have within us the light and love and hope to sustain our inner being. 23237

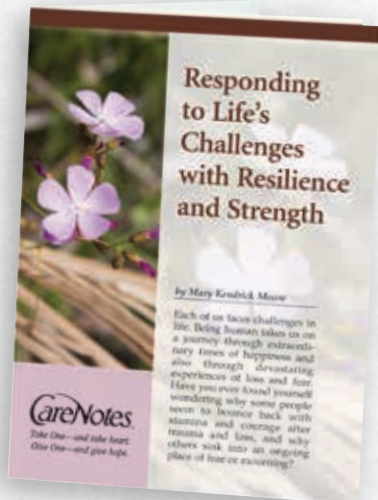
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23219



23119



23120



23161



20619

26005 SpanishNote - pg. 40



23234



### Being Alert to the Signs of Compassion Fatigue

by Judith E. Courtney, MPS, MA, LPC, NCC

Taking care of yourself makes it possible for you to help take care of others. In this CareNote, author Judith Courtney outlines signs of burnout and steps you can take to alleviate the effects so you may continue caring for others with energy and compassion. 23239

### Coping With Panic and Anxiety Disorders

by Louise A. Sommer, MSW, ACSW

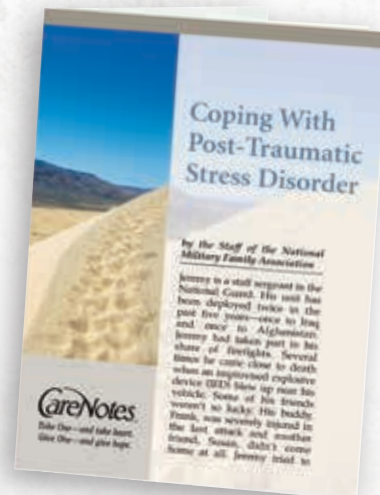
The stresses in our everyday life can lead to increased anxiety which can ultimately affect our health. But there are ways to manage our anxiety so that it doesn't take over our lives. Author Louise Sommer, a counselor, identifies anxiety disorders and techniques used to manage them effectively. 23250



23156



21918



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20684  
26004 SpanishNote - pg. 41



23018



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## When the Disease is Gone But Its Symptoms Linger

by Jim Auer

This CareNote aims to pass along the experience of people who have survived a serious illness, but its symptoms or significant damage remain, in the hope that some insights and suggestions may prove useful. 23243

## Becoming a More Confident Caregiver

by Patti Normile

Many find themselves thrust into the role of "caregiver" without the proper training or experience. Along with the worry and stress that come with simply having a sick or injured loved one comes the reality of being the one responsible for his or her care. Author Patti Normile recalls her own experiences of being a hesitant caregiver and offers guidance to readers. 23147

21560  
26014 SpanishNote - pg. 41

23170

21441

23092

November is Caregiver Awareness Month

21272

21390

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23220





## Keeping Up Your Spirits in the Hospital

by Mary Kendrick Moore

A positive attitude can't cure a disease or heal an injury. But it can go a long way toward making a hospital stay more bearable. Author Mary Kendrick Moore reminds patients that though they may not always feel good during a hospital stay, trying to remain in good spirits can help make them more active participants in their healthcare decisions and help them persevere when times of stress and anxiety do happen. 23162



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

by Alice Camille

This CareNote addresses the balancing act one faces between respecting the dignity of loved ones while choosing what's best for them. As the author concludes: "When our loved ones become impaired and need our care and protection, we may be just as emotionally confused by the new terrain as they are, but with a little time to adjust and some outside support, we will find our footing." 21559



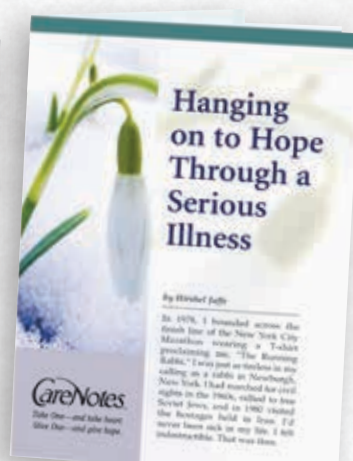
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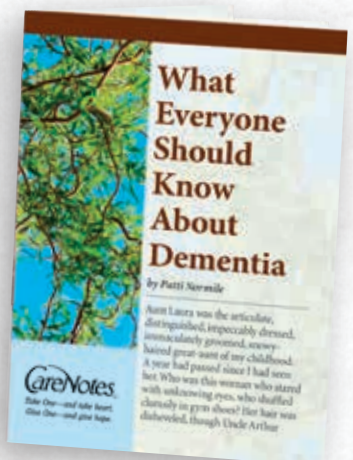
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21407

November is Alzheimer's Awareness Month





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October is Breast Cancer Awareness Month



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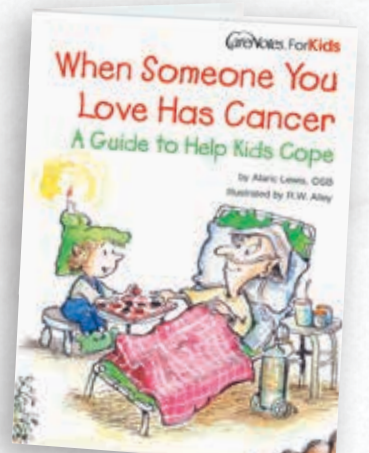
20639  
 26003 SpanishNote - pg. 41



21381



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## Supporting an Elderly Parent From A Distance

by Louisa Rogers

Offering support to an elderly parent from another town or state is a common challenge in the U.S. This CareNote offers insights the author and her family have gained to help the journey be less bumpy and stressful for everyone. 23241

## 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 author 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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21263





November is Hospice Care Month



## Using Hospice Care When a Loved One Is Terminally Ill

by Melissa Kelly

Watching someone you love die is never easy. But with hospice care, your loved one can live those last days in dignity and comfort. Author Melissa Kelly explains hospice care and how it can help you provide compassionate care to your dying loved one. 20655

## What is Palliative Care—And When Is It Called For?

by Rev. Dick Sparks, CSP, PhD

An established specialist in Christian ethics gives a readable and informative understanding of the concept of palliative care. This booklet is sure to serve patients, families, as well as healthcare professionals and pastoral ministers as they consider and advise choices in dealing with pain and suffering of illnesses. 23003



21224



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November is Palliative Care Month



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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



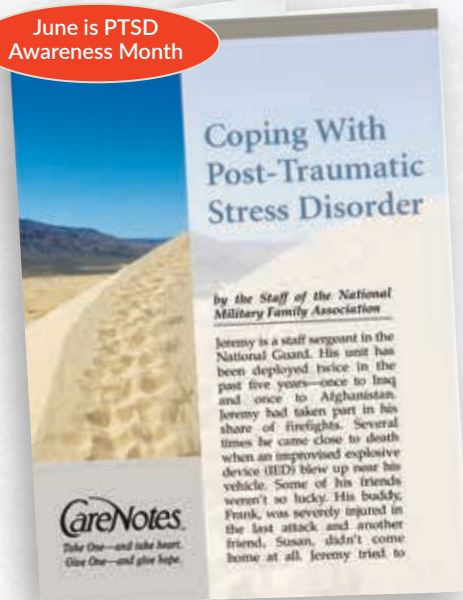


## Finding Support as a Military Family

by Mary T. Scott

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. 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

June is PTSD Awareness Month



## Coping With Post-Traumatic Stress Disorder

by the Staff of the National Military Family Association

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



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Are you a veteran in crisis or concerned about one?

Connect with the Veterans Crisis Line

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.



23109



20688



20692



23018







## “God, Help Me” – A Simple, but Powerful Prayer

by Patti Normile

Sometimes the simplest prayers are the most powerful. In this PrayerNote, author Patti Normile praises the power and versatility of the one-word prayer: “Help.” She reminds the reader that praying for help means acknowledging you choose not to handle your trials alone, trusting God to hear your pleas. Additionally, Normile admits that prayer is not meant to coerce God into doing what we want – rather prayer is a way to keep God close no matter what difficulties we may face. 25082

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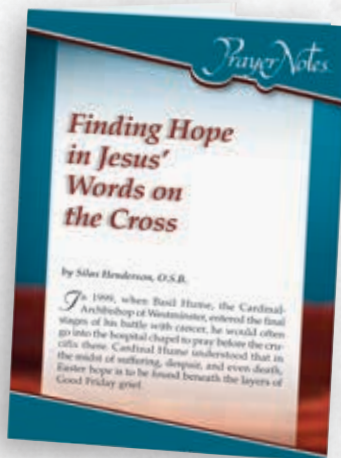
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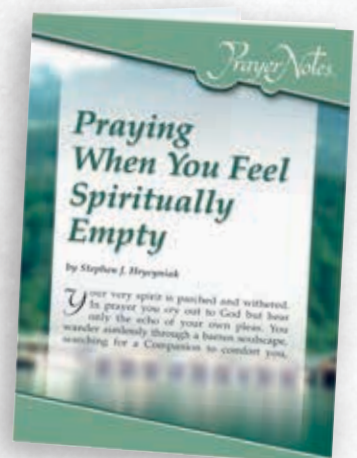
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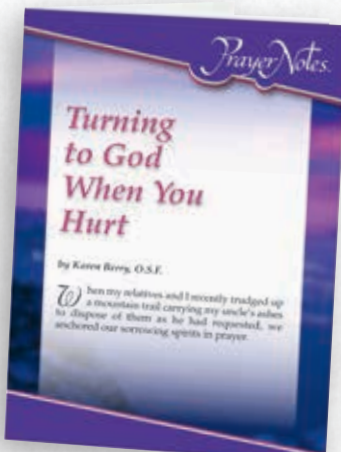
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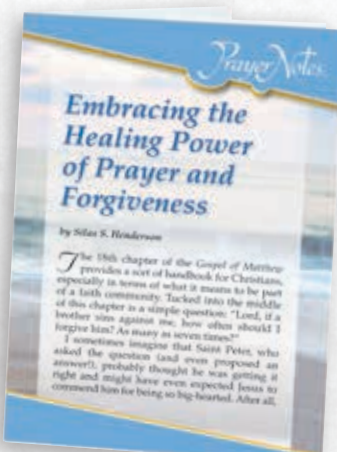
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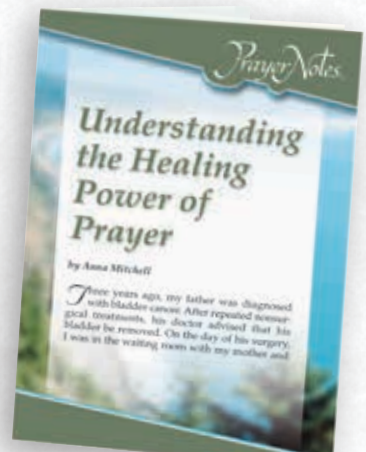
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## Squeezing Prayer Into a Busy Life

by Jim Auer

Learning to fit prayer into a busy life is not easy. You may experience several false starts before adopting a regular prayer life. Author Jim Auer offers ways to fit prayer into your life so that it becomes a way of life. 25006



## 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. 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 hope. 25079



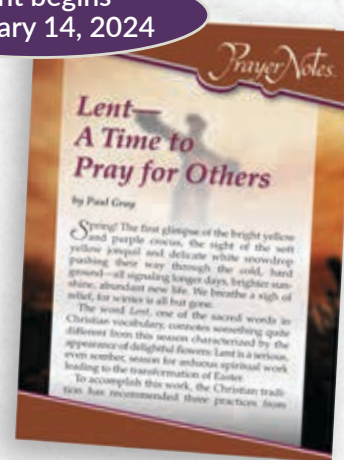
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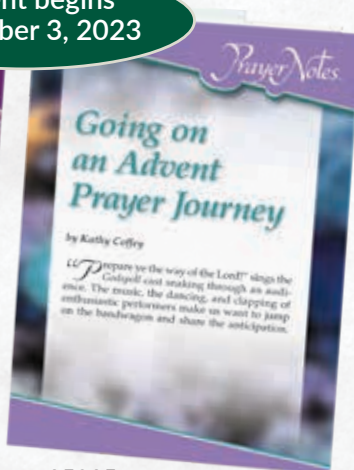


25092

Lent begins  
February 14, 2024



25104



25025

Advent begins  
December 3, 2023



## 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. A prayer and reflections card is also included.

See details on page 55.





## Looking to Mary in Times of Grief and Loss

by Silas Henderson

Reminding the reader that times of grief and loss are not meant to be handled alone, author Silas Henderson writes: "Whatever challenges, loss, or grief we might experience, whatever our sorrows, Mary, our mother and guide, stands with us to help us, offering us her compassion and love." Referencing specific events known as the seven sorrows, he illustrates how Mary's faith, resilience, courage, and hope allowed her to trust in God, even in the most troubling of times. 20975 (26018 SpanishNote - pg. 41)

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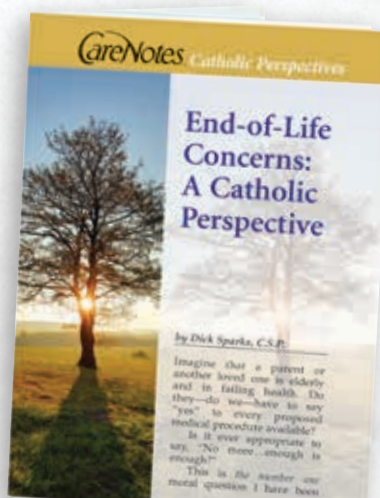
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## How the Grace of Confession Can Change Your Life

by Archabbot Kurt Stasiak, OSB

The author, who is the archabbot of Saint Meinrad Archabbey and an accomplished author on the sacraments, offers readers a fresh look at confession. The Sacrament of Reconciliation, he tells us, "reminds us that our sin is not an excuse to feel distant from God but a reason and a means to draw closer." 20924



**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.



20916



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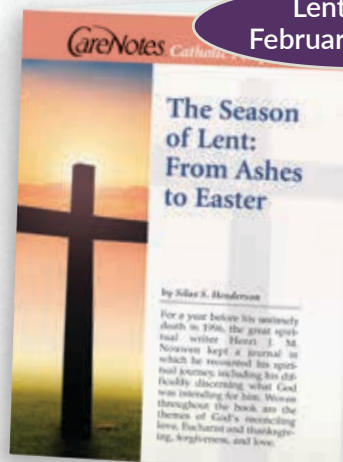
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20970

Lent begins  
February 14, 2024





## Grieving When You Lose Someone Close

by Marianna Kane Neal

The way you feel now—sad, angry or even guilty—is known as grief. Grief is a natural but painful process that happens after you lose someone or something very important to you. The author offers positive steps to help you find strength to get through one day at a time. 22009



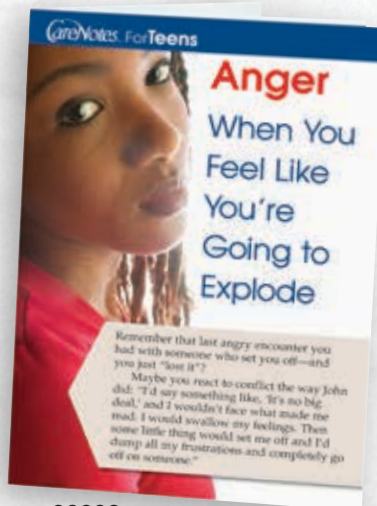
### Pro Tip!

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 43.

October is National Bullying Prevention Month



22077



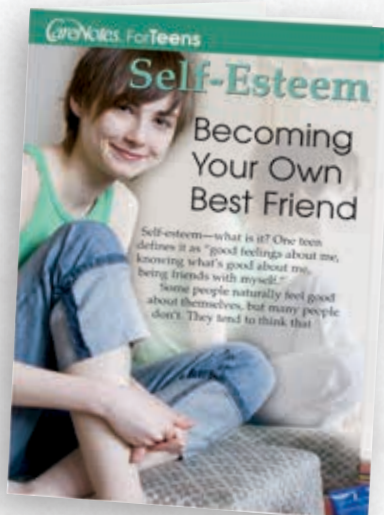
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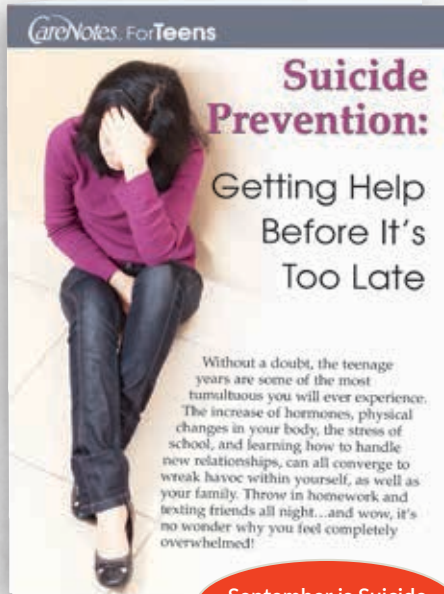


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September is Suicide Prevention Month

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

by Judith E. Courtney, MPS, MA, LPC

It's completely normal for teens' emotions to run the gamut, from the highest highs to the lowest lows. But when a teen's mood seems unable to shift out of those 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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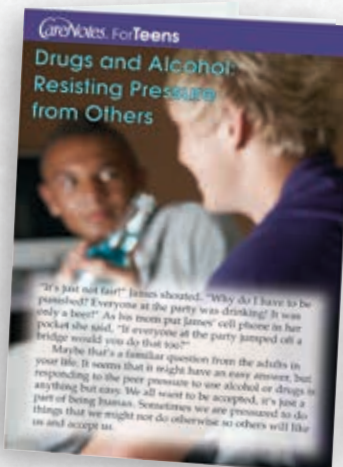
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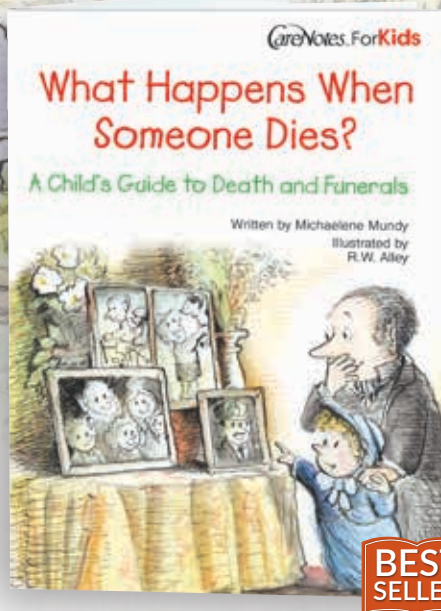


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## What Happens When Someone Dies?

by Michaelene Mundy

The author of the top-selling "Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing With Loss," here helps children as they first experience the reality—and the mystery—of death and funerals. She carefully explains to children how we celebrate the life of a departed one through both sadness and joy. Through her experience as a counselor, teacher, mother, and accomplished children's author, Michaelene Mundy offers a loving and truly helpful guide for kids. 21629

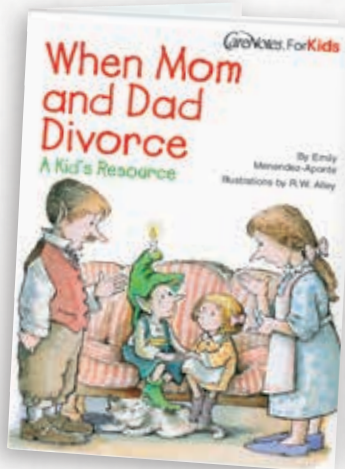
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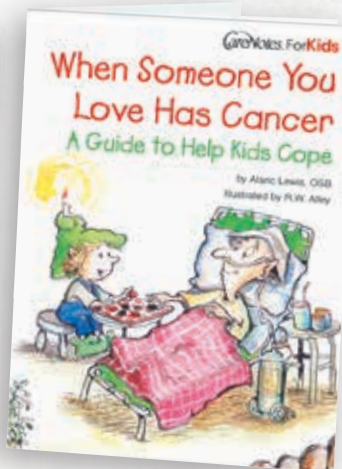
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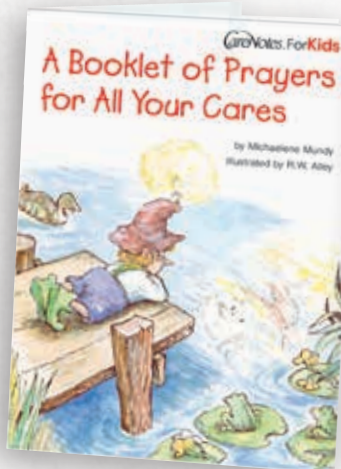
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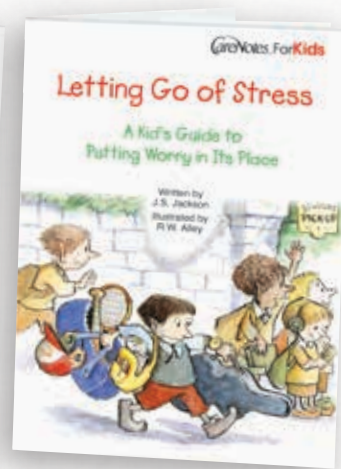
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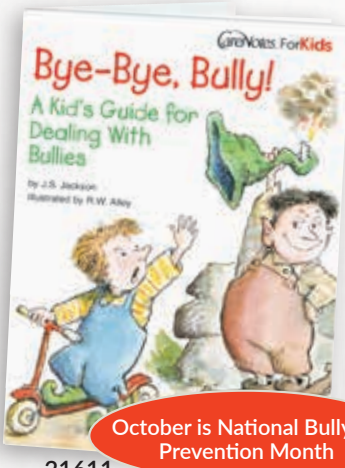
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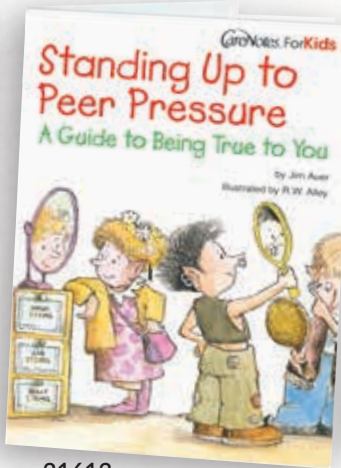
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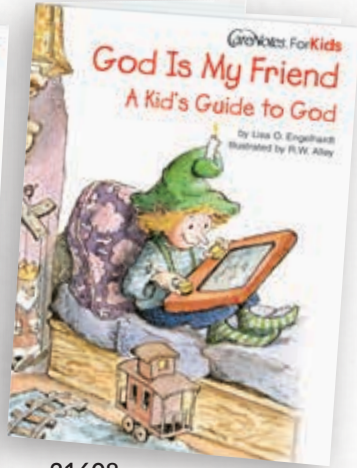
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October is National Bullying Prevention Month

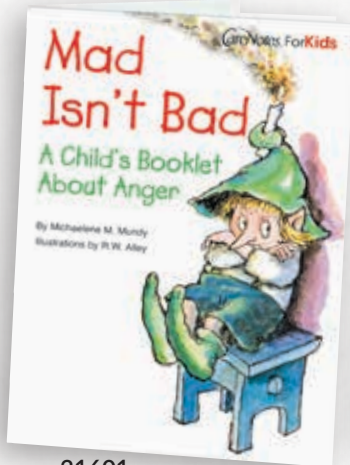




## Sad Isn't Bad

by Michaelene M. Mundy

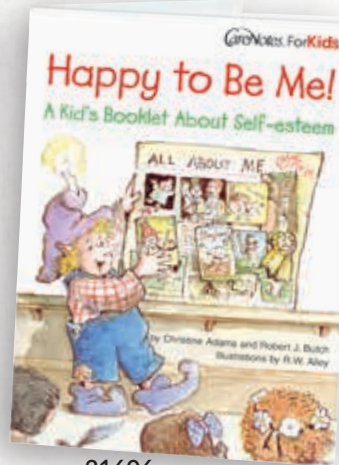
Even though this may be a child's first experience of death and its permanence, as adults we have the "benefit" of having coped with past losses and survived. This hard-won wisdom and lived experience can help us to give a bereaved child the gift of good grief. 21600 (26016 SpanishNote - pg. 40)



21601



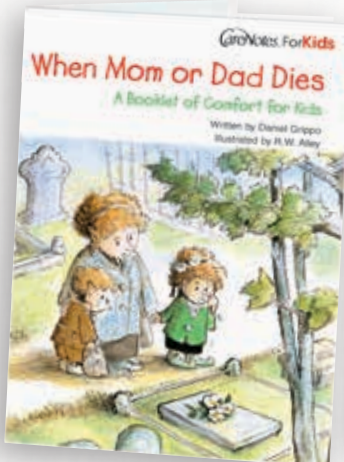
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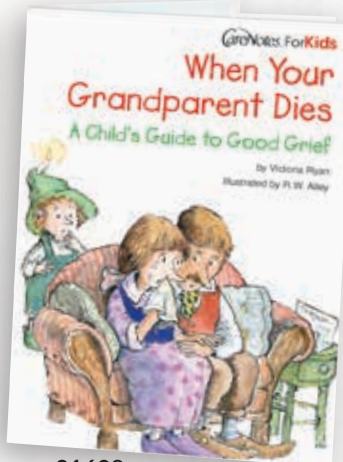
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26017

## 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. Author Linus Mundy writes that the first anniversary of the death of your loved one is a right of passage, that is, giving yourself a right to pass to a new stage in your grieving and healing. 26019

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

by staff of Kairos Support for Caregivers

It's nearly impossible for caregivers, those by profession and by chance, to perform their best when their own mental or physical health is compromised. In this CareNote, the Kairos staff stresses the importance of self-care and offers sound, practical guidance for tending to one's own needs. 26017



26001 - Losing Someone Close



26002 - Grieving the Loss of Your Parent



26006 - Finding Your Way After Death of a Spouse



26021 - Be Gentle With Yourself While Grieving



26012 - Walking With God Through Grief and Loss



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



26016 - CareNotes for Kids: Sad Isn't Bad



26022 - Getting Through the First Weeks After the Funeral



# Our best-selling CareNotes ... in Spanish



26020



26018



26023 - 20 Common Reactions  
as You Heal from Loss



26024 - Cherishing Your Memories  
of a Loved One

## 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. 26020

## Looking to Mary in Times of Grief or Loss

by Silas Henderson, SDS

Reminding the reader that times of grief and loss are not meant to be handled alone, author Silas Henderson references specific events known as the seven sorrows. He illustrates how Mary's faith, resilience, courage, and hope allowed her to trust in God, even in the most troubling of times. 26018

## SpanishNotes Sample Set

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  - 26024 Cherishing Your Memories of a Loved One
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- 26004 Tratando La Ira/Dealing with Anger
- 26005 Soltando la Carga del Estrés/Easing the Burden of Stress
- 26007 Saliendo De La Depresión/Climbing Up From Depression
- 26010 Entregando Tus Preocupaciones/Giving Your Worries to God
- 26011 Encontrando el Sentido al Sufrimiento/Making Sense Out of Suffering
- 26013 Alfigiéndose en Navidad: Una Guía para la Familia/Grieving at Christmastime: A Family Guide
- 26014 Por qué la Oración es una Buena Medicina/Why Prayer is Good Medicine



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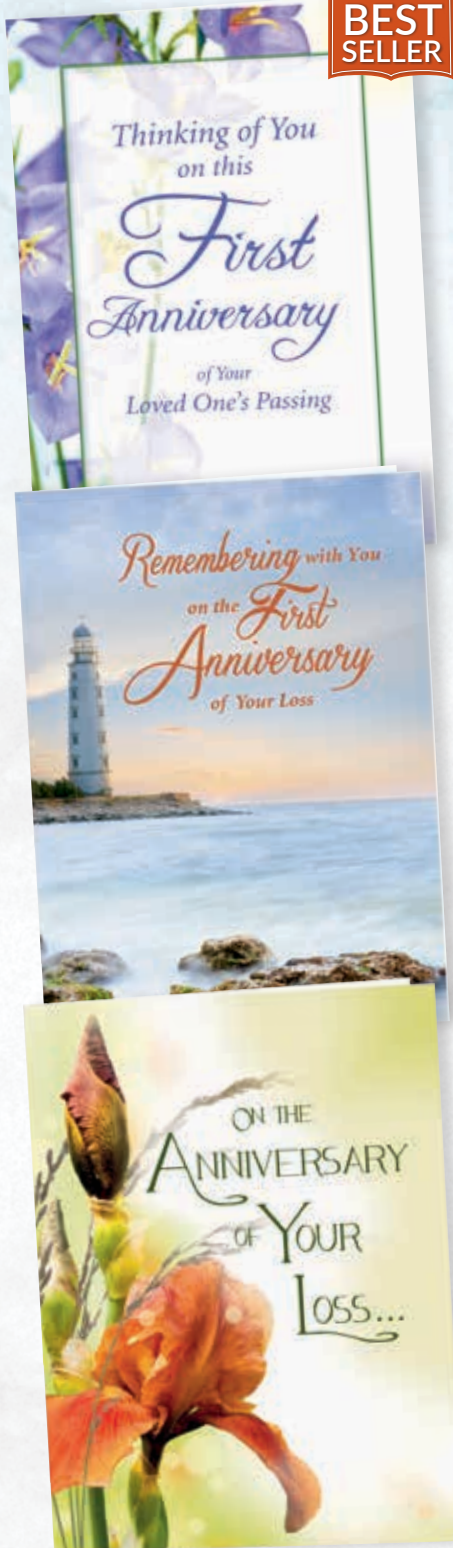
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### On the Anniversary of Your Loss

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.

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 12 Reflections CareNote and  
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### 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*

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### 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*

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### 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*

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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*

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

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

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### 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*

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in your heart  
forever.*



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

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–Psalm 119

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21306

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26008

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



23075

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*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. Author Darcie 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





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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, S.D.S.

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

## Praying Our Way to Christmas—And Beyond

by Sybil MacBeth

Advent is not just a time for preparing our heads, hearts, and bodies for the coming of our Savior. It also serves as the opening season of the liturgical year, a time to recommit to a life of prayer, not just in the weeks leading to Christmas, but for the entire 365 days. This booklet helps readers enrich their Advent traditions and carry the experiences past December 25. 25099

Advent Begins  
December 3, 2023



## Finding Hope in the Holidays

by Peggy H. Ekerdt

Today's holiday celebrations are often big on show, but lacking in substance. Author Peggy Ekerdt directs readers to the Gospels that record the stories of Jesus' birth, finding in them insights and inspiration that can shape the season in a much more meaningful way. 20974

## Celebrating the Christmas Season with Faith and Hope

by Silas Henderson

"How do we balance all the pre-Christmas cheer with the deeper truths that are at the heart of Advent, Christmas, and Epiphany?" This CareNote provides answers, exploring the deeper meanings of these seasons and how we can truly celebrate a more faith-filled and meaningful Christmas season. 20988

## Finding Ways to Celebrate Special Days After Loss

by Daniel Grippo

In this CareNote, Daniel Grippo offers ways to not simply "get through" the holidays. Rather, he shows the reader that these occasions offer opportunities to honor a special person, and explains how this can ultimately lead to healing. He presents ways to make the most of several occasions on the calendar, including Memorial Day, birthdays, Christmas, and others. 23110

### 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. The next year, he asked me to select a gift for him. I remember it so well because it was a one-time occurrence. The next year, I decided to take the money I would spend on Christmas gifts for each other and instead to use it to help someone in need.

### Celebrating the Christmas Season with Faith and Hope

by Silas Henderson

Each one of us adults and children who share a favorite stage 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 list 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

### Finding Ways to Celebrate Special Days After Loss

by Daniel Grippo

My mother died one warm September evening nearly 20 years ago, and I remember well the first holiday season that followed—the sense that someone was missing from the table, that something was wrong with all the rejoicing, that everything had changed forever—and not in a good way. With time, I came to adjust to the reality of my loss. And I learned to cope as best I could at the holidays. But would I ever be able to do more than just "get through" the difficult

### Coping with Holiday Stress

by Theresa J. Berchard

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 trying to Uncle Tom about how delicious his fruit-cake was—pile on top of each other to create undue stress. Before long, you want to hurl the mixture at a certain relative and shut off the radio every time you hear a Christmas carol.

### 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?

### 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,

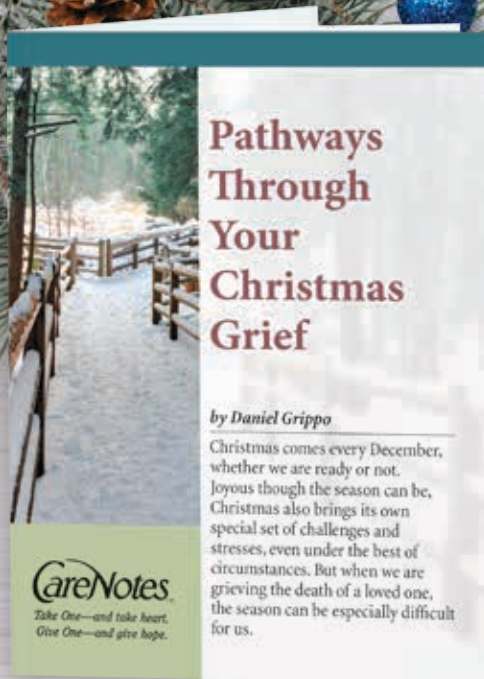
23130

21482

26013 SpanishNote - pg. 41

21593





## Pathways Through Your Christmas Grief

by Daniel Grippio

This CareNote is written to provide practical, hope-filled pathways through the season while you are grieving. Sprinkled throughout are simple ideas and action steps that will help you experience the season while also respecting the sadness and grief in your heart.

23242

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## Feeling Depressed at Christmastime

by Lisa Engelhardt

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



## Your First Christmas After a Loved One Dies

by Karen Katafiasz

The first Christmas after the death of a loved one can be a heart-wrenching time. Author Karen Katafiasz, who has experienced this pain herself, offers sound advice to help readers "find meaning and solace during these challenging days." 21932



## Overcoming the "Blues" at Christmastime

by Karen Katafiasz

"For many people, Christmas is the highlight of their year," writes author Karen Katafiasz. "Christmas can put a lot of stress on individuals to accomplish much and to smile while doing so." And that stress can lead to depression. In this CareNote, Katafiasz reminds readers that these feelings are both common and acceptable. 23160





## 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 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



## How Christmas Memories Can Bring Healing to Your Grief

by Karen Katafiasz

Our memories of Christmases past can soothe the hurt, make the spirit of our loved one present, and help us integrate our loss into our lives. This CareNote offers some suggestions for using our Christmas memories to heal our grief. 21962



## Giving New Life to Your Christmas Celebration

by Karen Katafiasz

Author Karen Katafiasz reminds readers that their best Christmases are not behind them. She offers ways to remember fondly those celebrations of the past and rekindle the excitement for this year's festivities. 23224



## Rediscovering the Many Gifts of Christmas

by Karen Katafiasz

The pressure of holiday preparations, the crass commercialism, the association of Christmas with a painful personal situation or memory. There are many reasons a person might have lost his or her joy. This booklet offers ways to renew this happiest time of year, showing the enduring, life-giving values that Christmas embodies. 23189



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### Promise of Christmas

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*Now may the Lord of peace himself give you peace at all times in all ways.*

*-2 Thessalonians 3:16*

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### To remember a departed loved one at Christmas...

Inside: May peace and love, the gifts of God's abiding presence, strengthen and sustain you during this holy season and all your days.

*Now may the Lord of peace himself give you peace at all times in all ways.*

*-2 Thessalonians 3:16*

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### 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*

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### 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*

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### 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*

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## 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

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### Beauty of the Season

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

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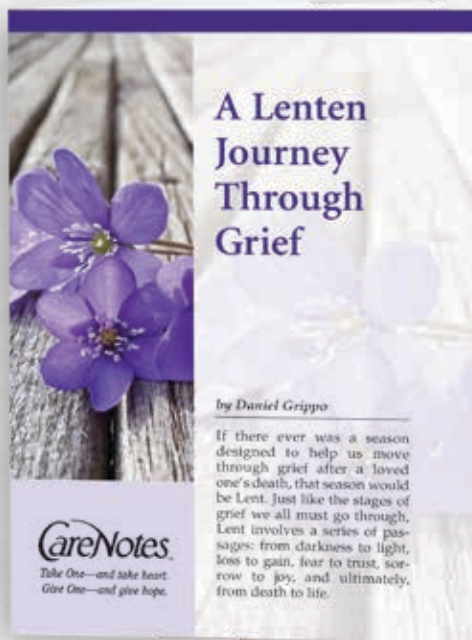


27143



26997





## A Lenten Journey Through Grief

by Daniel Grippio

CareNotes author Dan Grippio 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

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## Praying the Bible During Lent

by James D. Findlay

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

by Tom McGrath

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

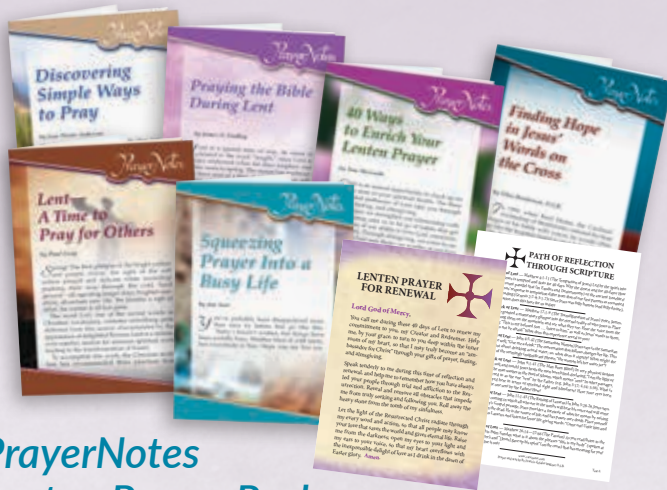
by Paul Gray

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



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- 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

**\$4.95 | 27101**



## Did you know?

The Readings in each Mass are divided into 3 separate years, Years A, B and C.

One of the simplest ways to determine the cycle year is

to add the digits of the calendar year and see if they are divisible by three. If it is divisible by three, then it is "Year C." Once you figure that out, the rest of the years are easy to determine.

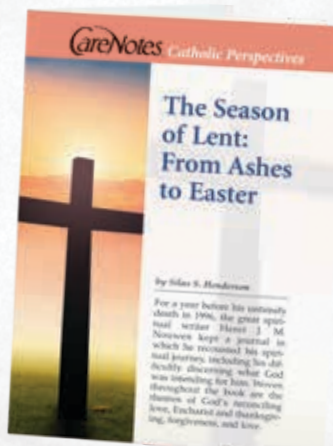


20970



20995

**CLEARANCE**  
Only **40¢** ea.



20989



20924



# 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.

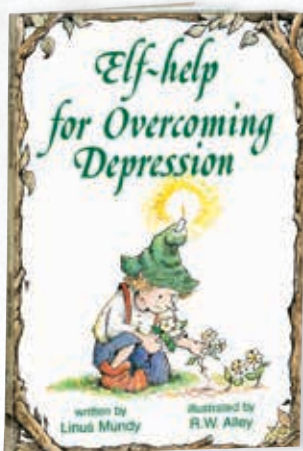
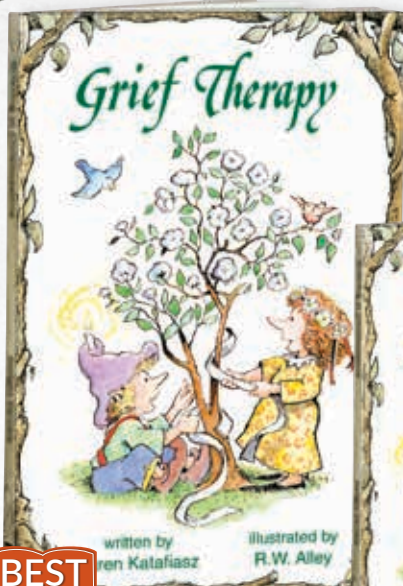
All Elf-help Therapy books measure 4 x 6 inches.

Elf-help Therapy books are \$5.95 each.

### Grief Therapy

by Karen Katafiasz

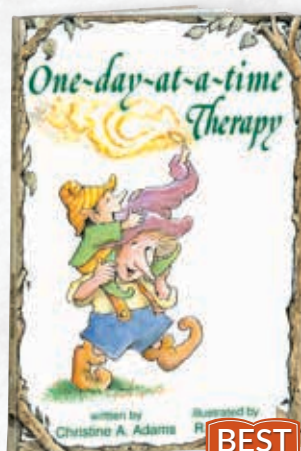
A self-help book that has helped hundreds of thousands of readers. Its succinct, meaningful guidelines and hope-filled illustrations have reassured those who grieve that out of their pain can come profound, transforming healing. 20178 (20834 Spanish Grief Therapy)



20134



20093



20204



20153

Wholesale pricing available – call 800.325.2511 to learn more!



20184



20203



20164



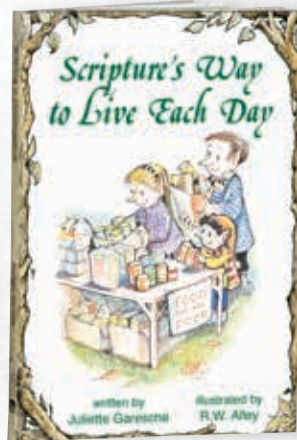
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## Elf-help Therapy Books are \$5.95 each



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20444



### Encourage last-minute purchases...

by placing this 3-Title Corrugated Display on the checkout counter. Holds approx. 12 Elf-help books (not included). 5.5"W x 11"H x 7.5"D  
\$19.00 | 30000K

### 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!

Elf-help coloring books provide a whimsical escape from 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"  
\$7.99 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"  
\$7.99 Each | 20485C



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SELLER**

## Sad Isn't Bad

A Good-Grief Guidebook  
for Kids Dealing With Loss

Written by  
Michaelene Mundy  
Illustrated by  
R.W. Alley



### 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 cup, 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 and love did you learn from this special person?



## Elf-help Books for Kids

The delightful Elf children confront difficult situations, and rely on adults in their world to 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.

Elf-help Kids books are \$7.95 each.

## 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

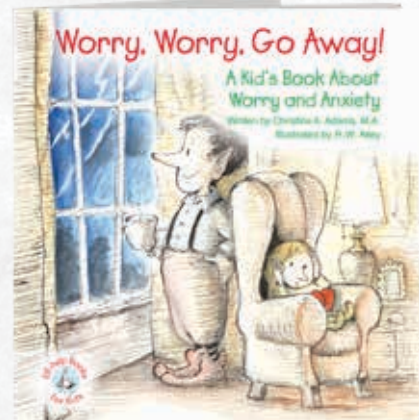


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20073

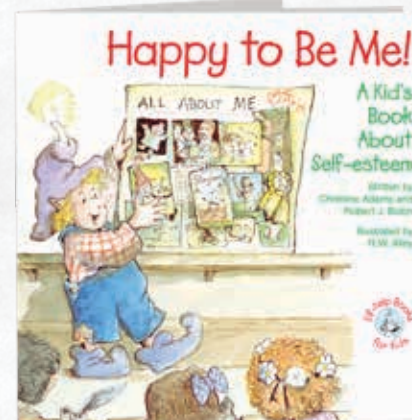


20445



20106

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20084



20050

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Elf-help Kids Books are \$7.95 each

## What Happens When Someone Dies?

A Child's Guide to Death and Funerals

Written by Michaelene Mundy

Illustrated by R.W. Alley



**BEST  
SELLER**

## When Bad Things Happen

A Guide to Help Kids Cope

Written by Ted O'Neal

Illustrated by R.W. Alley



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SELLER**

## What Happens When Someone Dies?

by Michaelene Mundy

The author of the top-selling "Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing With Loss" helps children as they first experience the reality—and the mystery—of death and funerals. Author Michaelene Mundy carefully explains to children how we celebrate the life of a departed one through both sadness and joy. 20372

## When Bad Things Happen

by Ted O'Neal

Truly bad things happen in life. And while we cannot shelter children from every hurt and harm, we can reassure them that they, like the little elves in these pages, will always be loved and cared for. We can teach children the skills needed for coping with life's biggest challenges and changes. And we can restore children's trust that life, after all, is good. 20071

**Wholesale pricing available – call 800.325.2511 to learn more!**

## Learning About Virtues

A Guide to Making Good Choices

Written by Judith Garmen Cohen

Illustrated by R.W. Alley



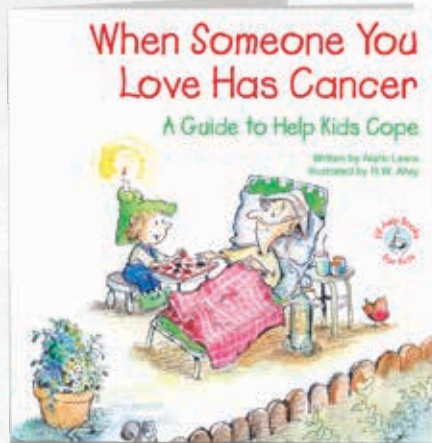
20370

## When Someone You Love Has Cancer

A Guide to Help Kids Cope

Written by Helen Lewis

Illustrated by R.W. Alley



20051

## Forgiving Is Smart for Your Heart

A Guide to Making Good Choices

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)**

20057 Learning to Be a Good Friend  
20067 Standing Up to Peer Pressure  
20086 Respect  
20104 When Mom and Dad Divorce  
20362 Jealousy Is Not For Me  
20471 Feeling Bad, Getting Better

20479 It's Not Fair!  
20499 Growing Into A Family  
20821 Letting Go of Stress  
20826 You Are You, I Am Me  
20833 Fair Play, Good Sports







## Big Topics for Little People

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

Each 8" x 8" 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.

Just For Me Kids books are \$7.95 each.

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

by Linus Mundy

For children, who are "new" at so many things, it can be a very difficult experience to lose a loved one. For the very young, the finality of death is hard to understand. Author Linus Mundy offers practical coping skills to help young readers understand their feelings of grief and reassurance that, some way, somehow, things can be good again. 20456

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

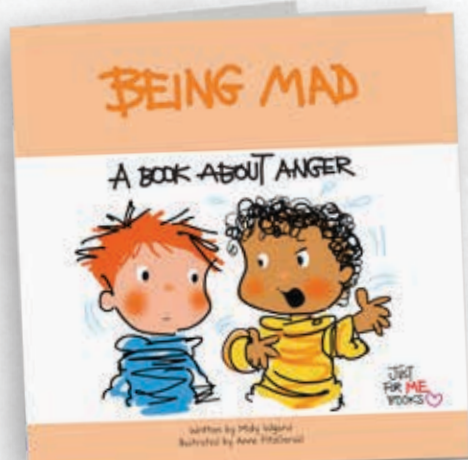
by Michaelene Mundy

We want our kids to be safe, happy, and well-adjusted. But we all know that our children, like us, have to face a lot of difficult things in their lives. And one of them is fear. *Sometimes I'm Afraid: A Book About Fear* 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 Mad: A Book About Anger

by Molly Wigand

Children's anger can be upsetting and unsettling to the grown-ups in their worlds. We've all dealt with tantrums and pouting at the least convenient times. 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*, author Molly Wigand helps children learn to understand accept their anger and to express their anger in healthy ways. 20457



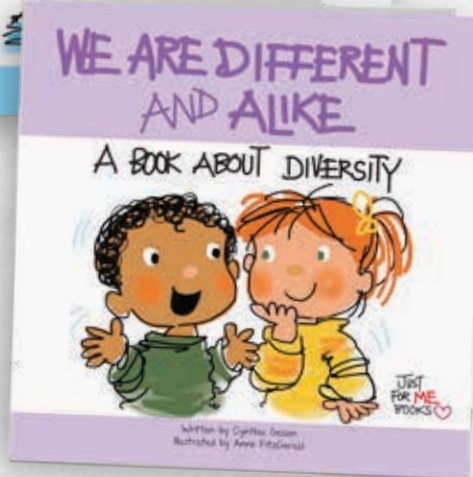




## What Is God Like? A Book About God

by Cynthia Geisen

God is a mystery and, although our attempts to define or explain God always fall short, we can describe our experiences of God. In *What Is God Like? A Book About God*, author Cynthia Geisen 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

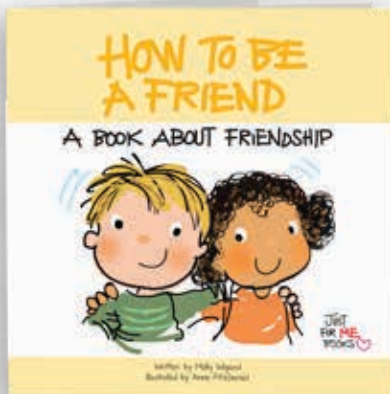


## We Are Different And Alike: A Book About Diversity

by Cynthia Geisen

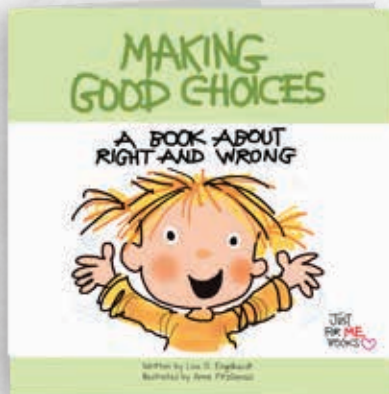
We only have to look at the world around us to find diversity: cats, dogs, birds, people...no two of us are exactly alike. Every creature is unique and every person has their own individual personality, talents, and interests. In *We Are Different And Alike: A Book About Diversity*, author Cynthia Geisen helps young people understand and appreciate the diversity of the world around us and its many expressions in families, faiths, races, and cultures. 20477

**Wholesale pricing available – call 800.325.2511 to learn more!**



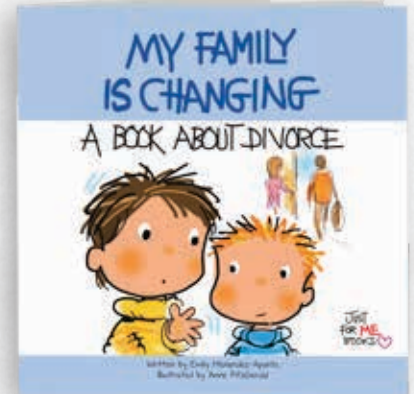
## How To Be A Friend: A Book About Friendship

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

### BEST VALUE!

Less than \$6.00 per family for 5 mailings a year!

### #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?

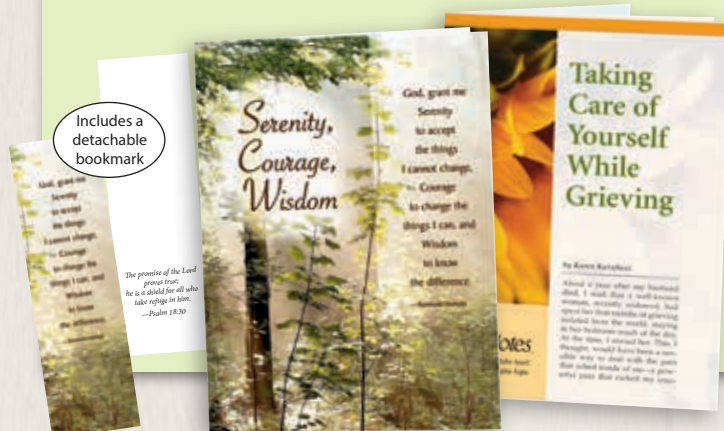
### Mailing 1: Two weeks after funeral

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.



### 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)  
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