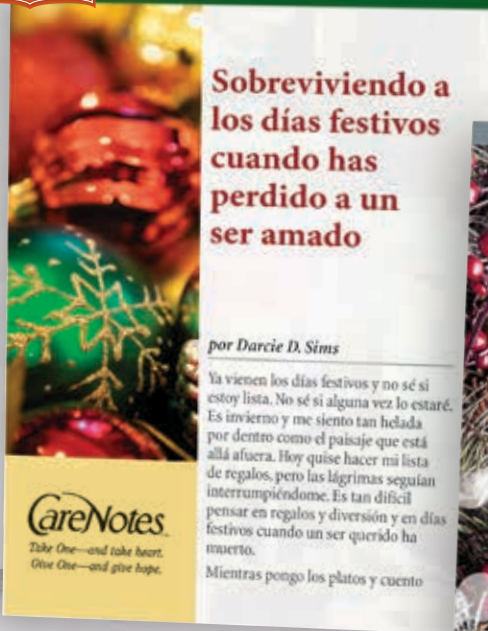




21306



26008

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



23075

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

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

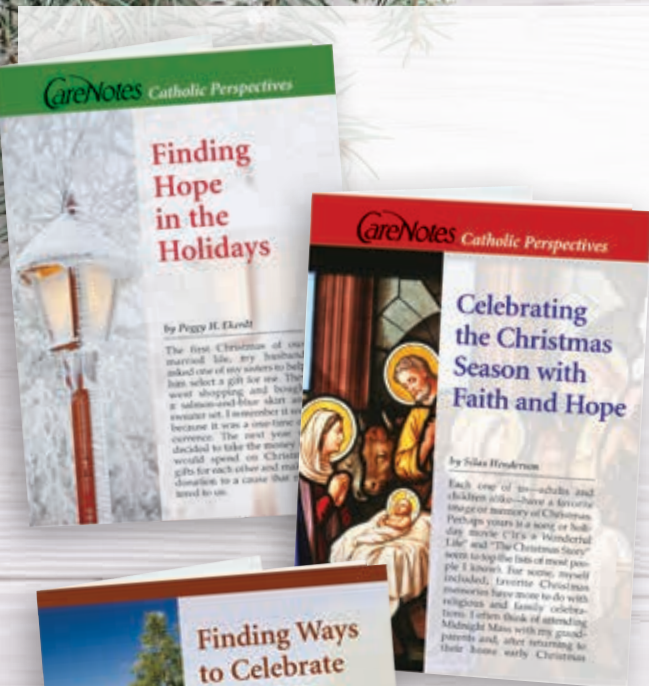
by Silas Henderson

"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

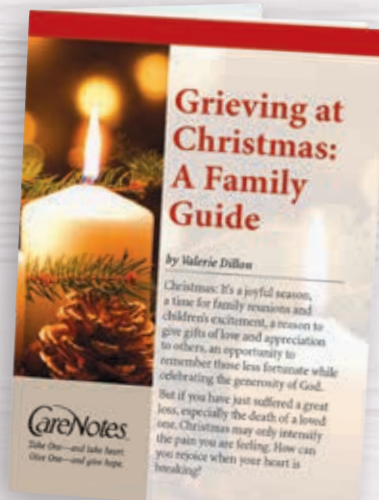
Finding Ways to Celebrate Special Days After Loss

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



23130

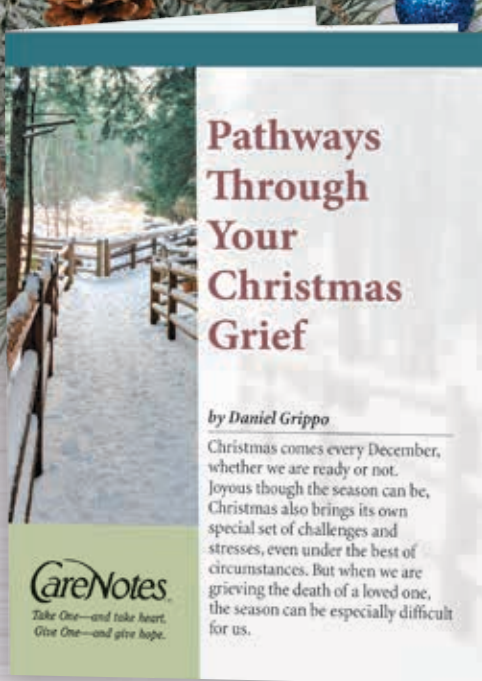


21482

26013 SpanishNote - pg. 41



21593



Pathways Through Your Christmas Grief

by Daniel Grippo

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

Sympathy

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

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-2 Thessalonians 3:16

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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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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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"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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