

Oregon Synod Brief Grief Resource List:

Articles/Websites

1. Guidance about Grief and Remembrance of Loved Ones: Dealing with Families During the COVID-19 Pandemic by *Alan Wolfelt, Ph.D., C.T.*
<https://www.nfda.org/Portals/o/News%20Images/Wolfelt%20-%20Dealing%20with%20Families%20COVID-19.pdf?ver=2020-03-24-144947-980>
2. Visitations and Funerals: National Funeral Directors Association
<https://www.nfda.org/covid-19/visitations-funerals>; great resource page with links to many articles on range of topics
3. The Geography of Sorrow: Author Francis Weller on Navigating our Losses.
<https://www.thesunmagazine.org/issues/478/the-geography-of-sorrow>
4. We're Not Ready for This Kind of Grief: The coronavirus pandemic will leave lasting emotional scars.
<https://www.theatlantic.com/ideas/archive/2020/04/were-not-ready-for-this-kind-of-grief/609856/>
5. Supportive Care Coalition: Cultivating Professional Resilience, organizational website with links to amazing resources on Advance Care Planning, and Professional Self-care to include:
<https://supportivecarecoalition.org/cultivating-professional-resilience-1/2020/4/14/finding-gratitude-when-it-is-scarce>
6. When Your World is Already Upside Down: Supporting Grieving Children and Teens During COVID-19, <https://www.dougy.org>. The Dougy Center is an amazing resource on the affect of loss on children/teens with both info on their website and services for kids and families.

Books

1. The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief, Francis Weller
2. Finding Meaning: The Sixth Stage of Grief by David Kessler
3. A Grief Observed by C.S. Lewis
4. The Year of Magical Thinking by Joan Didion
5. When Things Fall Apart: Heart Advice for Difficult Times by Pema Chodron

For a more detailed listing of resources or if you have any questions, please contact Deacon Sue Best, LCSW, at thetallgirl@mac.com