

## Grief—a few resources

gathered by Patti Muldoon, ARCH@NEYM.org, 1/18/24  
Suggestion—just scan the list to see if anything appeals.  
Your recommendations are most welcome.

*I began to know my story then. Like everybody's, it was going to be the story of living in the absence of the dead. What is the thread that holds it all together? Grief, I thought for a while. And grief is there sure enough, just about all the way through. From the time I was a girl I have never been far from it. But grief is not a force and has no power to hold. You only bear it. Love is what carries you, for it is always there, even in the dark, or most in the dark, but shining out at times like gold stitches in a piece of embroidery.* ~ Hannah Coulter by Wendell Berry

*Grief is love's souvenir. It's our proof that we once loved. Grief is the receipt we wave in the air that says to the world: Look! Love was once mine. I love well. Here is my proof that I paid the price.* ~ Love Warrior by Glennon Doyle Melton

## VIDEO

*Living Without the One You Cannot Live Without*, Research on Aging, Natasha Josefowitz, PhD; also the title of her book <https://www.youtube.com/watch?v=VlxYj8FEZ34>

## QUAKER

<https://neym.org/faith-and-practice/dying-death-and-bereavement>

<https://neym.org/faith-and-practice/appendices/death-dying-7> guidance for Friends

<https://qfp.quaker.org.uk/passage/22-80/> through the chapter, quotes on bereavement

<https://qfp.quaker.org.uk/chapter/17/> funerals and memorial meetings

“How to Help the Bereaved After a Loved One’s Death”—among many resources  
[http://langleyhillquakers.org/death\\_decline.aspx](http://langleyhillquakers.org/death_decline.aspx)

## SONGS

“With You,” Natasha Hickman <https://www.youtube.com/watch?v=UvaEe160LMM>

“Keep Me in Your Heart for a While,” Warren Zevon (he was dying as he sang it)  
<https://www.youtube.com/watch?v=UotS7F0Orks>

“Just Breathe,” Pearl Jam <https://www.youtube.com/watch?v=Eo-UKCxGgIg>

“Hallelujah” Leonard Cohen <https://www.youtube.com/watch?v=12IW5JNv9SI>

“Nothing Compares 2 U,” Sinéad O'Connor <https://www.youtube.com/watch?v=0-EF60neguk>

“All By Myself,” Celine Dion <https://www.youtube.com/watch?v=N0hRfTpwehQ>

“Memory” Barbra Streisand <https://www.youtube.com/watch?v=VLScTPAb54>

“Vincent” (Starry, Starry Night) Don McLean  
<https://www.youtube.com/watch?v=oxHnRfhDmrk>

“The Great Gig in the Sky,” Pink Floyd’s Dark Side of the Moon, with Claire Torry  
[https://www.youtube.com/watch?v=mPGv8L3a\\_sY](https://www.youtube.com/watch?v=mPGv8L3a_sY)

“The Scientist,” Coldplay for powerful video, <https://www.youtube.com/watch?v=RB-RcX5DS5A> / Willie Nelson for singing  
<https://www.youtube.com/watch?v=v525UGbA448>

“Hurt” Johnny Cash <https://www.youtube.com/watch?v=8AHCfZTRGil>

“Done Too Soon,” Neil Diamond <https://www.youtube.com/watch?v=XSmJH1kxiHQ>

## **BOOKS**

No Time for Tears: coping with grief in a busy world, 2015, Judy Heath

The Art of Condolence: what to write, what to say, what to do at a time of loss, 1991,  
Leonard Zunin

## **MISC. ONLINE OFFERINGS**

Mary Oliver (brief poem. “For Tom Shaw SSJE 1945–2014”)  
<https://firstfullmoon.tumblr.com/post/617831506611716096/mary-oliver-for-tom-shaw-ssje-1945-2014>

*Grief Belongs in Social Movements*, 2021 (article with gorgeous graphic)  
<https://inthesetimes.com/article/freedom-grief-healing-death-liberation-movements>

*Caregiver Emotional Toolkit* <https://www.capc.org/toolkits/emotional-ppe/>

Grief online course: <https://harris-psychological-services-llc.mykajabi.com/grief-anatomy-toolkit>

Ritual gatherings: <https://letsreimagine.org/>

## **GRIEF COUNSELORS**

<https://www.griefrecoverymethod.com/>

<https://evermore.org/grief-support-directory/>