

Preface

1 When Hope Is Hard

Stage One: We Are in a State of Shock

2. To Stand at a Distance

3. When You Don't Feel "Wonderfully Made": Shock and Yourself

4. If You Want to Talk: Shock and Others

5. In Bodies So Breakable: Shock and Creation

6. Draw Near, O Love: Shock and God

Stage Two: We Express Emotion

7. Sighs Too Deep for Words

8. Sometimes We Need Yells: Emotions and Yourself

9. Wounded Healers All: Emotions and Others

10. Dialogues with the World Around Us: Emotions and Creation

11. Being Honest with God: Emotions and God

Stage Three: We Feel Depressed and Lonely

12. A Necessary Slowing Down

13. Sometimes, a Stranger: Depression and Yourself

14. An Invisible Blanket: Depression and Others

15. When the Full Moon Is Hidden: Depression and Creation

16. Take My Hand, Precious Lord: Depression and God

Stage Four: We May Experience Physical Symptoms of Distress

17. I Am Weary with My Crying

18. I Just Don't Feel Like Myself: Your Body and Yourself

19. He Looks Up and Says "Thanks": Your Body and Others

20. To Rest in the Grace of the World: Your Body and Creation

21. Touched by God's Own Presence: Your Body and God

Stage Five: We May Become Panicky

22. Am I Losing My Mind?

23. When We Feel Powerless: Panic and Yourself

24. The Presence of One Who Shares: Panic and Others

25. The Promise of the Rainbow: Panic and Creation

26. A Healing Voice: Panic and God

Stage Six: We Feel a Sense of Guilt about the Loss

27. Create in Me a Clean Heart

28. We Can't Avoid It: Guilt and Yourself

29. We Do Have Options: Guilt and Others

30. To Blame or to Accept: Guilt and Creation

31. Steadfast Love and Mercy: Guilt and God

Stage Seven: We Are Filled with Anger and Resentment

32. A Gap ... An Emptiness

33. Wrestling Our Resentments: Anger and Yourself

34. We Don't Need a Scapegoat: Anger and Others

35. The Ability to Say Goodbye: Anger and Creation

36. Disappointed?: Anger and God

Stage Eight: We Resist Returning

37. To Remember, To Forget

38. Who Am I?: Returning and Yourself

39. Go Home to Your Friends: Returning and Others

40. For the Winter Is Now Past: Returning and Creation

41. An End to Childish Ways: Returning and God

Stage Nine: Gradually Hope Comes Through

42. Something Quite Unexpected

43. The Blue Water Ahead: Hope and Yourself

44. Friendships—New and Renewed: Hope and Others

45. All Nature Sings: Hope and Creation

46. Simple Things: Hope and God

Stage Ten: We Struggle to Affirm Reality

47. Not as Those Who Have No Hope

48. A New Home: Reality and Yourself

49. People Who Need People: Reality and Others

50. A Renewed World: Reality and Creation

51. The Day the Lord Has Made: Reality and God

52. Grief and Hope