

Grief Resources from Tara Powell Ministries

Day by Day – A Journey Through Grief, is a productive 22 page workbook that will help a person begin and take healthy steps through the journey of grief. Some say grief is a process, but we like the word journey as no two journeys look alike(digital also available).

Heaven- As a Chaplain and a grief counselor, Tara Powell has taken her experiences at the bedside of friends, family and patients as well as the Bible to provide this "frequently asked questions" guide on Heaven.

How to Help Children Grieve- After the death of her son in 1996, Tara Powell devoted her life to helping the hurting, the lost and the dying. Having served as a Chaplain in both nursing homes and hospice care, and seeing families struggle to know how to help their children when a loved one dies.

Purpose Journal- Purpose Journaling is a simple yet powerful way to gain insight into everyday living, accomplish goals and cultivate gratitude.

As a counselor and former Chaplain, Tara Powell has helped many people walk through difficult seasons in their lives using some of the techniques modeled in this book. You will find Purpose Journaling not only a self-reflective resource, but a purposeful and practical tool to help usher in change.

What Shall We Do Today- Having a conversation about death is never easy. But what if you had a guide to help you with this hard conversation? *What Shall We Do Today* is a guide that helps patients and their loved ones talk about meaningful things that should occur before death. It also can be a memory making time with the one who is dying. Knowing the goals and dreams of our beloved can help us make the best of a difficult time. You can focus on a new adventure together instead of spending your days

dreading the end. It will help the one who is sick to feel in control in an uncontrollable situation.

Pocket Full of Faith for Grief - Need some extra encouragement throughout your day in regards to what God says about grief and loss? The size of a business card, *Pocket Full of Faith* is a great accessory to add to your wardrobe every day to remind yourself what God's Word says.

"You will know the Truth, and the Truth will set you free." Carry in your pocket to review throughout your day. A great inspirational item to give as a gift for nurses, chaplains and hospice workers and for yourself.

Pocket Full of Faith for Healing-Need some extra encouragement throughout your day in regards to what God says about healing? The size of a business card, *Pocket Full of Faith* is a great accessory to add to your wardrobe every day to remind yourself what God's Word says.

"You will know the Truth, and the Truth will set you free." Carry in your pocket to review throughout your day. A great inspirational item to give as a gift for nurses and for yourself.

Love Letters- Sabrina Newton has packed a lot in this EP Project which includes the *Love Like Jesus* Conference Theme Song as well as a worship track entitled *Love Letters*, helping you focus on God by worshipping Him in Spirit and Truth. This exercise is a resource from the Restoration Retreat with Tara Powell Ministries.

Love Like Jesus – written and performed by Sabrina Newton, produced by Bob Mayo, Chism Goodrich-Percussion, Rusty Doran & Kevin Marbury-Electric guitar. (c)2020 Abe and Sarah Music (BMI). All Rights Reserved.

The Scripture Project- Hide these Scriptures in your heart. Scripture set to singable melodies written and sung by Sabrina Newton.

Counseling- Tara Powell Ministries, Inc. is now providing counseling to individuals as well as groups. Sessions are available on line and in person. Sometimes life doesn't provide the answers we need especially in times of crisis, hurt or loss. Counseling is a great way to work through the process for your journey whatever that may be.

Tara Powell is a certified grief counselor and licensed minister of the Gospel. But more than that, she has helped others walk successfully through life's struggles because she has been through many herself and allowed God to heal her both spiritually, emotionally, and physically. Since 2010, Tara has authentically helped those in need of counsel through understanding God's word, practical journey exercises, and art therapy.

Topics: Grieving a Spouse

A Beautiful Death: Facing the Future with Peace by Cheryl Eckl, One woman's memoir of her experience with her husband cancer illness and death.

Being a Widow by Lynn Caine, Discusses the early shock of a loved one's death

A Grief Observed by C.S. Lewis, a collection of reflections on the experience of bereavement following the death of his wife.

Widow to Widow: THOUGHTFUL IDEAS FOR REBUILDING YOUR LIFE by Genevieve Davis Ginsburg, from a widow and therapist, a guide to life after losing a husband, with reflections on grief.

Healing a Spouse's Grieving Heart: 100 PRACTICAL IDEAS AFTER YOUR HUSBAND OR WIFE DIES by Alan D. Wolfelt PhD

I'm Grieving As Fast As I Can: HOW YOUNG WIDOWS AND WIDOWERS CAN COPE AND HEAL by Linda Feinberg

The Year of Magical Thinking an account of the year following the death of the author's husband. by Joan Didion's

Grieving a Child:

Holding On To Hope by Nancy Guthrie, The author shares her real-life struggle with the death of her daughter and what she learned from the book of Job to give her hope.

Bereaved Parent by Harriet Schiff, practical supportive advice for bereaved parents and the professionals who work with them.

Grief with Alzheimer's:

The Long Goodbye by Patti Davis, describes her tribute to her father, Ronald Reagan

Grief unspecified:

The One Year Book of Hope by Nancy Guthrie, devotion for the grieving.

After Goodbye: HOW TO BEGIN AGAIN AFTER THE DEATH OF SOMEONE YOU LOVE by Ted Menten, Describes how to begin life again after the death of a loved one.

Five Cries of Grief: One Family's Journey to Healing by Strommen and Strommen, After a tragic unexpected a family attempts to heal.

Good Grief: CONSTRUCTIVE APPROACH TO THE PROBLEM OF LOSS by Granger Westburg, a helpful handbook for how to find comfort and rediscover hope after loss.

The Grief Recovery Handbook: The Grief Recovery Method by J. James and F. Cherry The Action Program for Moving Beyond Death, Divorce, and Other Losses including Health, Career, and Faith.

The Empty Chair: Handling Grief on Holidays by Susan J. Zonnedbelt, a guide book for navigating special occasions after a loss.

Arise from Darkness: What to Do When Life Doesn't Make Sense by Benedict J. Groeschel, C.F.R, If you are struggling with fear, anxiety, grief, loss of loved ones, hurt, anger or anything that makes life difficult or the road through it dark.

Imagine Heaven by John Burke, an inspirational journey through the Bible's picture of heaven, colored in with real-life stories of heaven.

Everything Happens for a Reason and Other Lies I've Loved by Kate Bower, articulates the grief we feel as we contemplate our own mortality

Life Lessons: How Our Mortality Can Teach Us About Life and Living by Elisabeth Kubler-Ross, David Kessler, the perspective we do not achieve until its too late.

Faith with Grit by AmyLu Riley discusses when health battles become spiritual battles

Amylu-riley.com for more on faith/chronic illness and healing resources

High loss environment

Brief Companions by Joy Ufema, An RN and Thanatologist, noted for her work with terminally ill

Insights on Death & Dying by Joy Ufema, shares stories of her work with the dying.

Heaven

Glimpses of Heaven by Trudy Harris, stories from her work as a Hospice RN.

90 Minutes in Heaven by Don Piper documents the author's death and resurrection experience.

Heaven is For Real by Lynn Vincent and Todd Burpo, Astounding story of His trip to heaven and back.

Professional Organizations

***Tara Powell Ministries has no affiliation with these organizations

Alzheimer's Association

866-AFA-8484

<http://alz.org>

American Academy of Hospice and Palliative Medicine

847-375-4712

<http://www.aahpm.org>

American Association of Suicidology

800-237-TALK(8255)

<http://www.suicidology.org>

American Foundation of Suicide Prevention

888-333-2377

<http://www.afsp.org>

American SIDS Institute

239-431-5425

<http://www.sids.org>

ARCH National Respite Network

703-256-2084

<http://www.archrespite.org>

National Alliance for Caregiving

800-366-2223

<http://www.caregiving.org>

National Cancer Institute, National Institutes of Health

800-4-CANCER (800-422-6237)

<http://www.cancer.gov>

National Center for Post-Traumatic Stress Disorder (PTSD)

United States Department of Veterans Affairs

802-296-6300

<http://www.ptsd.va.org>

National Hospice and Palliative Care Organization

703-837-1500

<http://nhpco.org>

National Organization of Parents of Murdered Children, Inc.

888-818-POMC (7662)

<http://www.pomc.org>

National Sudden and Unexpected Infant/Child Death & Pregnancy Loss

866-866-7437

<http://sidscenter.org>

National Suicide Prevention Hotline

800-273-TALK (8255)

<http://www.suicidepreventionlifeline.org>

Bereaved Parents of the USA

708-748-7866

<http://www.bereavedparentsusa.org>

The Compassionate Friends

877-969-0010

<http://www.compassionatefriends.org>

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