

Dear Funeral Director:

Thank you for choosing to make our Comfort and Healing booklets part of your after-care program. We cannot over-emphasize how important it is to include a letter, signed by the funeral director who served the family, with each booklet. The letter should be on funeral home letterhead.

You may be a whiz at writing letters like this, and if you have such talent, this is the time to use it. However, if you need an idea starter, here are some suggestions for each letter:

To accompany booklet one: Am I supposed to feel like this? (sent 3 weeks after death)

Dear _____,

You have been in my thoughts and prayers often during the past few weeks since _____'s funeral, and I want to express my continuing sympathy for your loss.

The enclosed booklet, "Am I supposed to feel like this?" may help you at this time. It's a short little booklet that describes and explains the issues and feelings you may be experiencing during this time immediately following _____'s death.

I know you will find this booklet a quick read, but I hope you will also find that it offers reassurance now and in the days and weeks to come. You may even refer back to it from time to time.

May the love of those around you help you through these difficult days.

Sincerely,

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To accompany booklet two: Seeing through the tears (sent 3 months after death)

Dear _____,

A couple of months ago I sent you the first of four Comfort and Healing booklets. I hope it was helpful to you following _____'s funeral.

In the first few months after a funeral—and the rest of the world seems to have gone back to “life as usual”—you may be wondering what “usual” means anymore.

The enclosed booklet, “Seeing through the tears” may help you at this time. It looks at what you can expect after the early shock of the death of a loved one has receded and the reality of loss sinks in. It’s not a lengthy booklet, but I hope it provides encouragement to you now.

May the love of friends and family surround you and lift your spirits at this time.

Sincerely,

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To accompany booklet three: A time for healing (sent 6 months after death)

Dear _____,

Enclosed is the third Comfort and Healing booklet. This one is called “A time for healing” and I hope you will find it reassuring. It is important for you to know that

your feelings of grief following the funeral of _____ are normal and expected, and are a part of the healing process following a death.

When you have lost someone you love, six months seems like no time at all. This booklet will reassure you that it is best for you if you take all the time to grieve that you need. Healing takes the time it takes, so don't let others dictate the schedule.

May your heart continue to heal in the months to come.

Sincerely,

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To accompany booklet four: Hope and renewal (sent 11 months after death)

Dear _____,

I know it will soon be a year since _____ died. The first anniversary of the loss of a loved one can be a difficult day. The enclosed book, "Hope and renewal," can help you address the anxiety that surrounds this time.

You should know—and this booklet points out—that you are the only one who can determine how long you will grieve. Let yourself grieve for as long as you need to.

The loss of a loved one changes us, and rebuilding your life is an important part of the grief process. That's another important point made by this little booklet.

I was honored that I was able to assist you in arranging _____'s funeral, and my concern for you continues. May your memories of _____ continue to be a blessing to you.

Sincerely,