

CareNotes™

A Work of Saint Meinrad Archabbey

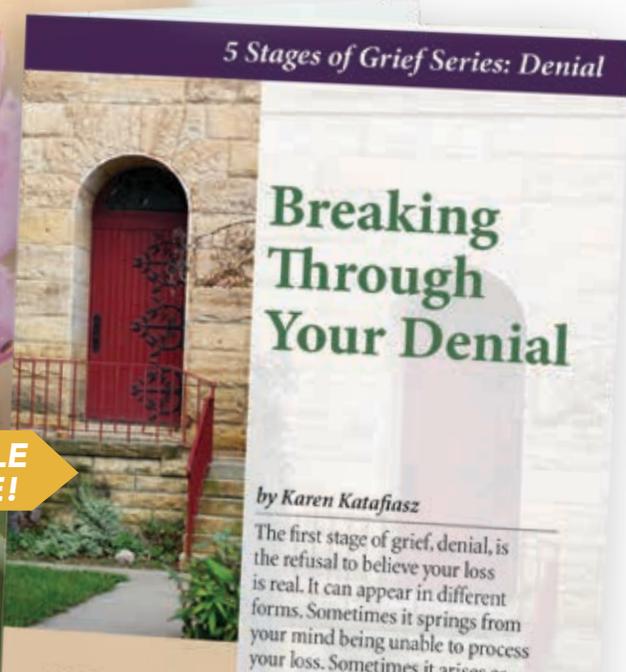
2023 BUYER'S GUIDE

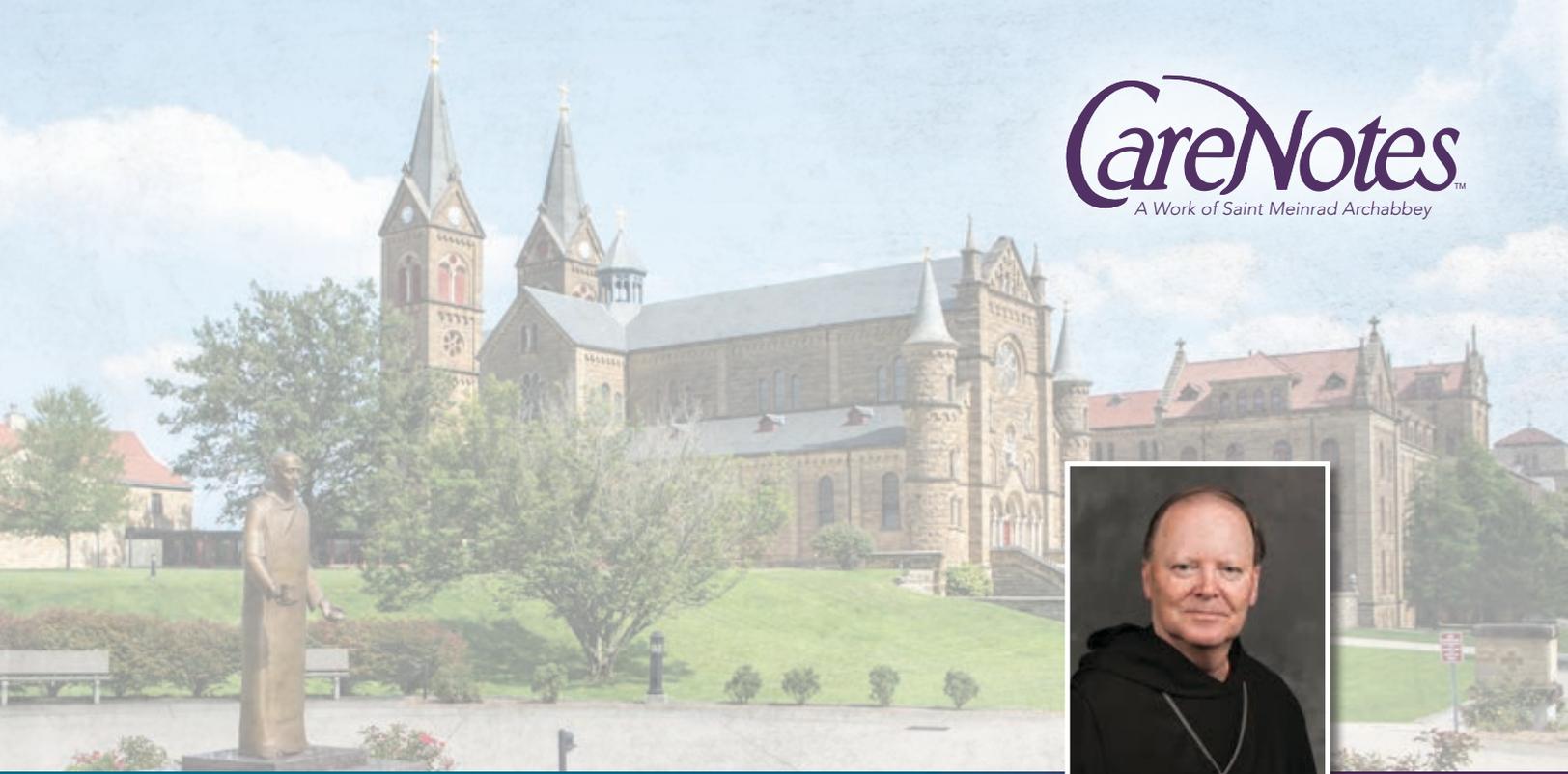
Take One—and take heart.
Give One—and give hope.

Over 300 titles on
Grief Support
Mental Wellness
Health Care
Spirit Care and more!



**SAMPLE
INSIDE!**





A letter from the Abbot...

Dear Friend of Saint Meinrad,

In the Rule of St. Benedict – the guide to living in community that we and other Benedictine monasteries follow – St. Benedict offers much wisdom and advice.

Much of that guidance is still practical and relevant, even 1,500 years after it was written, such as: “Do not grumble or speak ill of others” and “If you have a dispute with someone, make peace with him before the sun goes down.”

Of course, all of us face situations where we feel unprepared and need advice on how best to cope and make the right choices. Perhaps a family member is sick or dying. Maybe someone you know is facing mental health issues that have been heightened by the COVID-19 pandemic, changing work and school schedules, and additional responsibilities.

You and your organization are serving people with these and other concerns. We invite you to look through this buyer’s guide at the wide range of helpful guidance offered in CareNotes. Each booklet offers strength, help and healing for those who are hurting.

This year, we are introducing a series of booklets on the five stages of grief. The first stage, denial, is addressed in the sample CareNote included in this buyer’s guide. Another new CareNote is on the timely topic of “When the Disease is Gone But Its Symptoms Linger.” You’ll find these titles and many others that can offer support and guidance to those you serve every day.

As you work to serve others, we are here to offer you tools of support for the emotional, recovery, health, grief, and eldercare situations that families experience.

Take one – and take heart. Give one – and give hope.

Sincerely in Christ,

+ Kurt Stasiak, OSB

Archabbot Kurt Stasiak, OSB

CareNotes is owned and operated by the monks of Saint Meinrad Archabbey. All CareNotes proceeds support the mission of the monks of Saint Meinrad.

Learn more about Saint Meinrad Archabbey, the prayer and work of the monks, the Seminary and School of Theology, and the spiritual retreats offered at www.saintmeinrad.org.

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Watch for these specially marked titles ...



Proven best-selling title over the past several years!



A Returning Favorite! Previously out of print, but we loved it so much we brought it back!

NEW LOOK!

We've given this title a fresh, new look with the same great content!

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To order - call 800-325-2511 or shop online at www.carenotes.com

VISIT OUR WEBSITE AT WWW.CARENOTES.COM

ADDITIONAL ORDER INFORMATION:

- Free shipping and flat rate shipping applies only to the contiguous U.S. CareNotes Racks are included in free shipping or flat rate offers.
- Customers shipping to Canada, HI, AK, Puerto Rico and Guam will pay standard shipping fees.
- Actual shipping and handling will be charged to APO or FPO addresses.
- Customers who choose next-day, second-day, or three-day shipments will be charged actual higher-rate shipping charges.
- On international orders, actual shipping amount will be charged including customs fee.
- Canada orders must pay in U.S. funds only.
- Sales tax is collected from IN, KY, IL.
- Your satisfaction is guaranteed – but missing items must be reported and/or unwanted items must be returned within 30 days.

Introducing our new additions for 2023!

We are constantly looking to add titles on relevant and relatable topics that we are facing as a society.

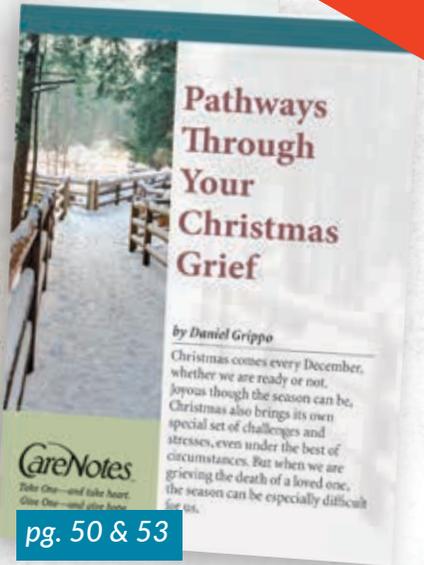
As our offering continues to grow, our wish is that we are able to provide you and your clients with the right words for

Hope, Help and Healing.



pg. 25

23243



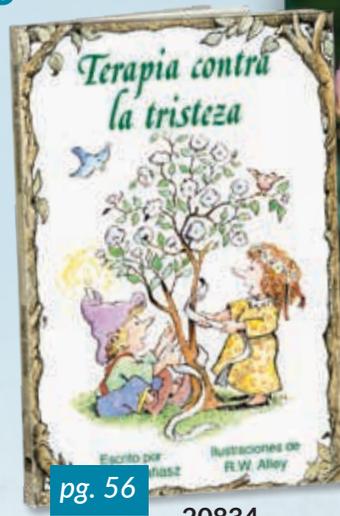
pg. 50 & 53

23242

New Spanish Titles

We have added 7 best-selling titles to our Spanish selection!

If you turn to page 40, you will also notice more of our existing SpanishNotes have been given a fresh, new look!



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26019



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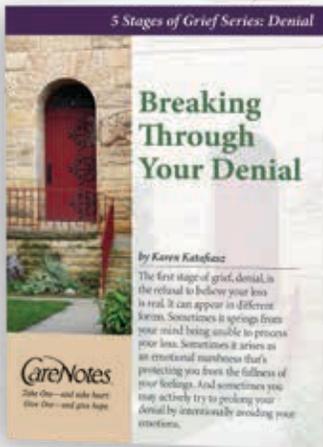
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When you lose a loved one, your own life significantly changes.

Elisabeth Kübler-Ross provided a framework for understanding the grieving process when she first identified the profound responses of patients with terminal illness. The emotional stages they experienced—denial, anger, bargaining, depression, and acceptance—can also explain how people grieve a loved one's death.

The stages of grieving aren't consecutive steps that you take only once and continue on your way. You should retrace your steps and revisit the stages as much as you need to.

This five-part CareNote series by Karen Katafiasz discusses the stages of grief and provides landmarks for your own road to healing.



Breaking Through Your Denial

by Karen Katafiasz

Breaking through denial is an essential beginning to the grieving process. You must open yourself to the vast array of often convoluted and incoherent emotions filling your being. **23244**

Examining Your Unresolved Anger

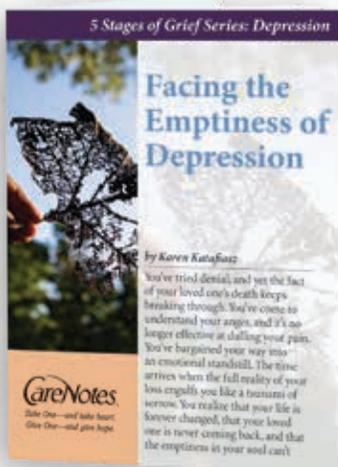
by Karen Katafiasz

This CareNote offers steps that can help to identify your anger and its targets, determine when anger is warranted, express your feelings, and channel your anger with appropriate action. **23245**

Bargaining: Continuing on Your Healing Path

by Karen Katafiasz

The bargaining stage gives you the opportunity to understand how you're making deals and why you're experiencing moments of denial and anger. **23246**



23247



23248



5 Stages of Grief Set

Order as a set to receive 1 of each of the 5 Stages of Grief plus 1 envelope.

23249SET | \$4.95 each

**BEST
SELLER**

Getting Through the First Weeks After the Funeral

by Herbert Weber

The initial period after a funeral is a difficult one. While friends and acquaintances have paid their respects and then moved on, close loved ones are left to realize that the grieving has only truly begun. Fr. Herbert Weber offers support to those enduring this grief with this best-selling CareNote. 21308 (NEW! 26022 SpanishNote)

Five Ways to Get Through the First Year of Loss

by Nancy Stout

“Even though it may not feel this way right now,” writes CareNote author Nancy Stout, a nurse and chaplain, “time, and your own efforts, will begin to heal your heart.” You can achieve a sense of peace after loss. 21410



All CareNotes are eight-page, 5" x 7" booklets.
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**BEST
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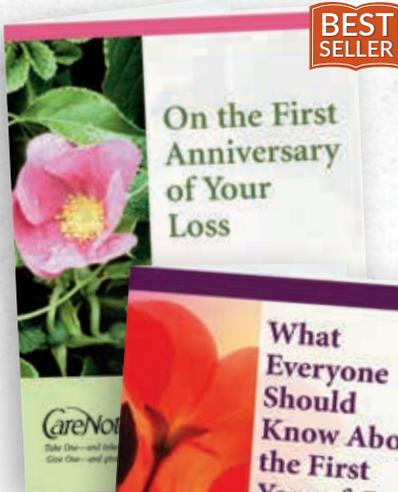
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**BEST
SELLER**

21434
NEW! 26020 SpanishNote

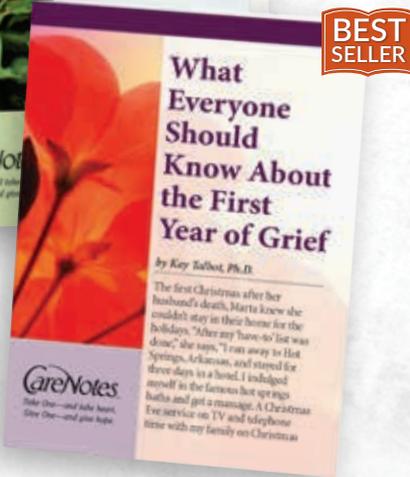
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On the First Anniversary of Your Loss

by Linus Mundy

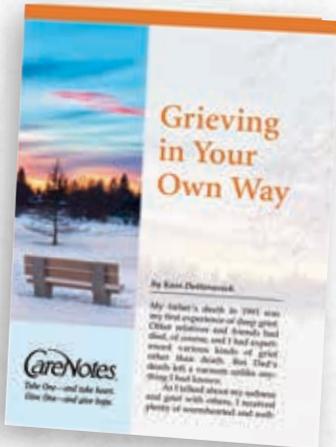
Author Linus Mundy writes that the first anniversary of the death of your loved one is a rite of passage, that is, giving yourself a right to pass to a new stage in your grieving and healing. 21333 (NEW! 26019 SpanishNote)



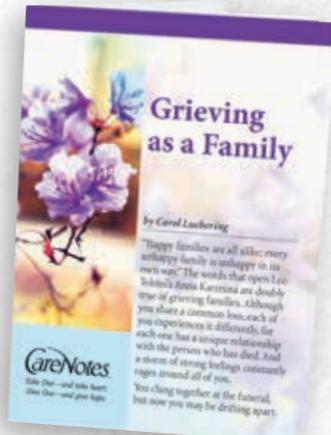
What Everyone Should Know About the First Year of Grief

by Kay Talbot, Ph.D.

The first year of grief can bring many surprises but author Kay Talbot reassures us as to what can be expected. The progress we make unwinds slowly but steadily. 21377



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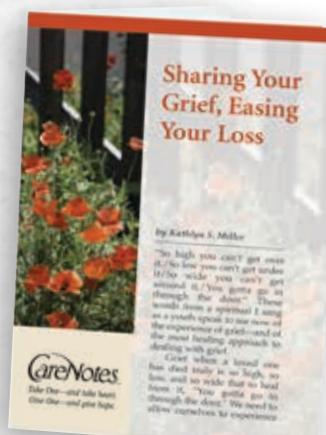
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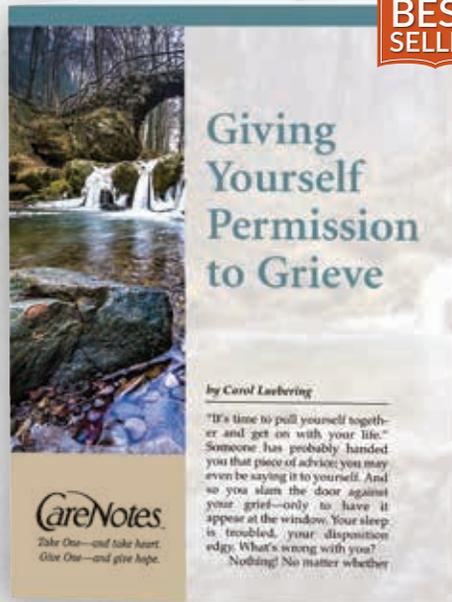
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Giving Yourself Permission to Grieve

by Carol Luebering

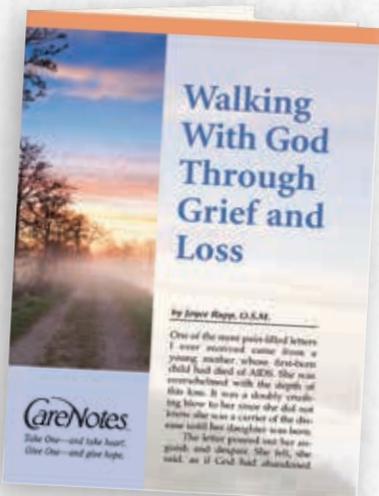
Grief doesn't come with a timetable, nor does it come with an instruction manual. Grief is an emotion unique to each individual who experiences it. And no matter how — or how long — a person finds themselves grieving, the most important thing for him or her to remember is that they have permission to do so. 21326

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26012 SpanishNote



20975
26018 SpanishNote



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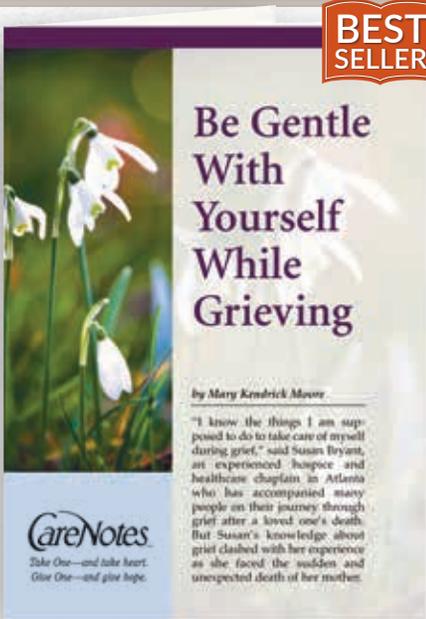
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Be Gentle With Yourself While Grieving

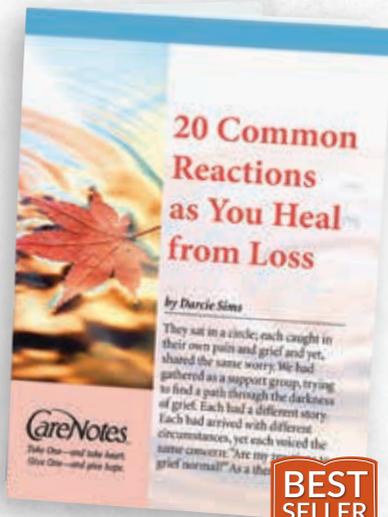
by Mary Kendrick Moore

From the introduction of this CareNote: "We feel certain expectations to move through grief at a certain pace and certain ways. Many of our friends and family will begin to act as if life should be 'back to normal' within weeks or months following a death. While your friends may mean to be supportive, don't be harsh with yourself if you are not doing it their way. The grief is yours, and you will experience it in your own way." 21462 (NEW! 26021 SpanishNote)

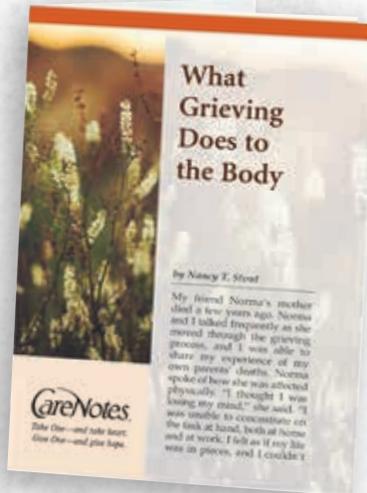


Pro Tip!

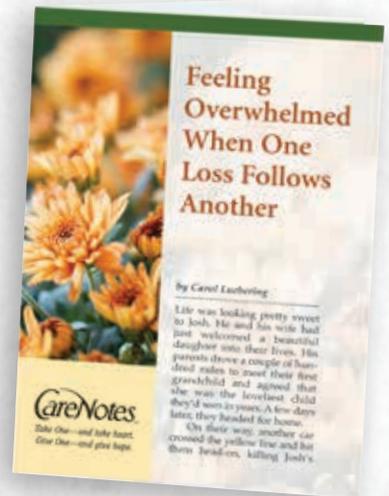
Developing an after-care program is an important way to extend relationships to the community that you serve. Our grief and loss titles or **AfterWords**, a **grief support kit**, (pages 62-63) make it easy for you to reach out to your families in need.



23040
NEW! 26023 SpanishNote



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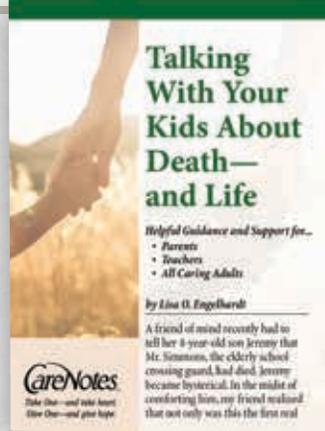
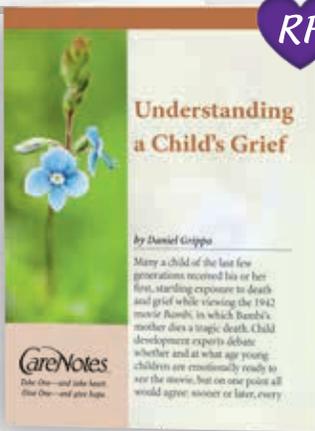


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Grief and Loss



Understanding a Child's Grief

by Daniel Grippo

The concept of death can be difficult for adults to understand—and nearly impossible for children. Understanding how children (of all ages) grieve is key to offering the support and guidance needed to get through a time of loss. 23123

Helping a Child Grieve and Grow

by Carol Luebering

No one can protect their child from the reality of death. The child, like all of us, must face the loss. Author Carol Luebering shares how you can help your child deal with painful feelings and hold on to the good memories. 20670

Talking With Your Kids About Death—and Life

by Lisa O. Engelhardt

As parents, we want to protect our children from anything that may be hurtful, especially news about a death. But death is a part of life and children need to know about it. The author shares tips on talking with your kids about death to give them reassurance and hope in the life that surrounds them. 23240

Talking With a Child About a Loved One's Death

by Cathy O'Connell-Cahill

"Talking with a child about the death of a loved one is something many of us dread," writes O'Connell-Cahill. "We don't want to see our child in pain and grief. We fear saying the wrong thing." This helpful CareNote offers guidance in this difficult situation, giving the reader practical advice and caring thoughts to consider. 21430

Grief Gift Sets

Reach out to those in the early stages of grief



Losing Your Dad Grief Support Set

Each set includes
1 of each CareNote:

Losing Your Dad, Five Ways to Get Through the First Year of Loss, Finding Ways to Celebrate Special Days After Loss, Cherishing Your Memories of a Loved One, What's Really "Normal" When You're Grieving and 1 envelope.

21347SET | \$4.95 Per Set



Losing Your Mom Grief Support Set

Each set includes
1 of each CareNote:

Losing Your Mom, Five Ways to Get Through the First Year of Loss, Finding Ways to Celebrate Special Days After Loss, Cherishing Your Memories of a Loved One, What's Really "Normal" When You're Grieving and 1 envelope.

21328SET | \$4.95 Per Set



Grief Support Set

Each set includes
1 of each:

We Cannot Lose Someone CareCard, Losing Someone Close CareNote, Taking Care of Yourself CareNote, 12 Reflections CareNote and 1 envelope.

26837 | \$4.95 Per Set

Handling the Heartbreak When a Baby Dies

by Jane Marie Lamb, OSF

The author, founder of Share, a group for bereaved parents, provides helpful ways for parents to get through their grief. 21285

Moving Through the Anguish of Perinatal Loss

by Carrie E. Williamson

In this CareNote, Carrie Williamson helps grieving parents begin to heal from their loss, urging couples to communicate openly with one another, to allow each other's individual feelings, and to find a way to move forward without this child that is still very much a part of their family. 23214



October is Pregnancy & Infant Loss Awareness Month.

Share is a community for anyone who experiences the tragic loss of a baby.

They serve parents, grandparents, siblings, and others in the family, as well as the professionals who care for grieving families.

Learn more at www.nationalshare.org.



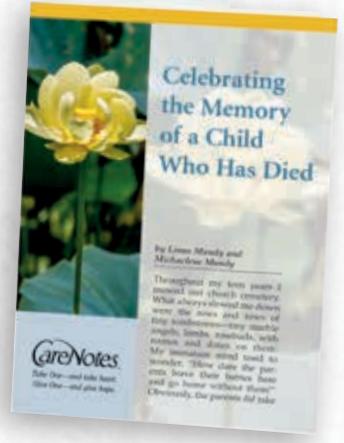
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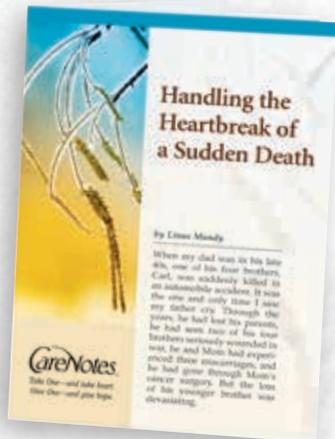
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21234



23005



21304



Losing Your Dad

by Greg Long

In this CareNote, the author helps you work through past issues, present feelings and future understanding in coming to terms with your loss. 21347

Losing Your Mom

by Peggy H. Ekerdt

The author gently reminds us that we are left with much to cherish: memories, personality traits, wisdom and the ability to pass on our mother's love. 21328

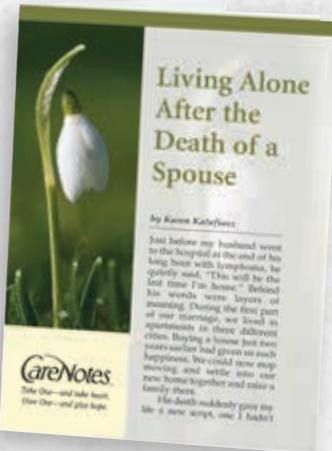
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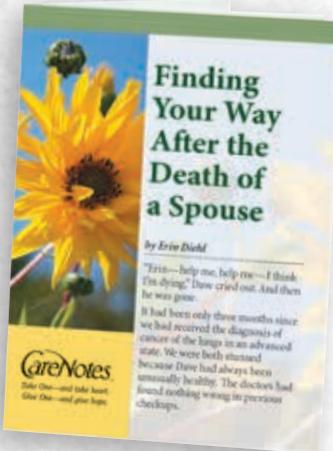
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26001 SpanishNote



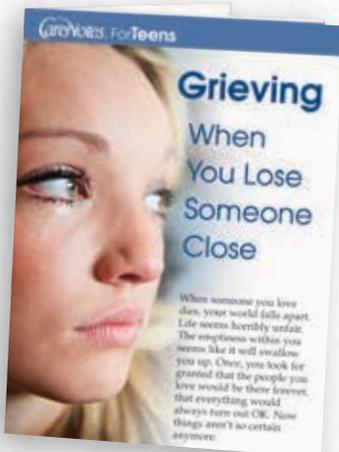
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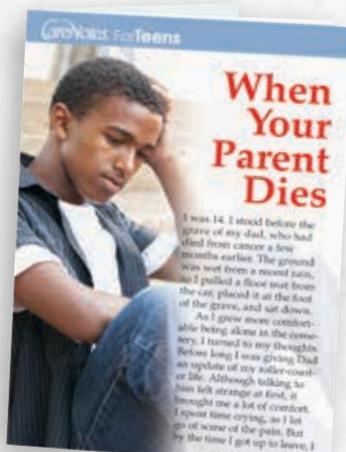
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26006 SpanishNote



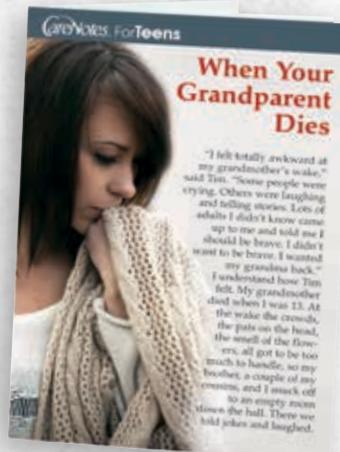
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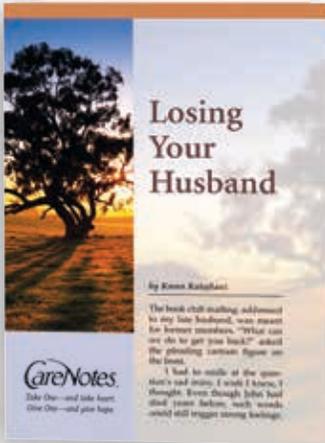
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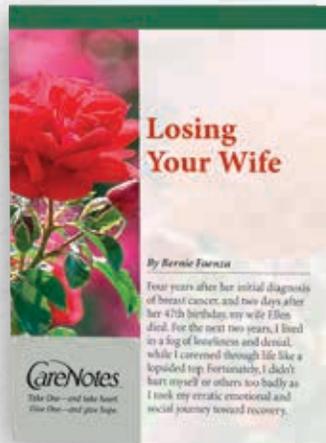


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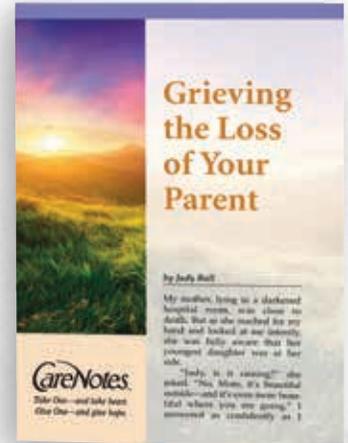
Losing Your Husband
by Karen Katafias

In this hopeful, helpful CareNote, the author suggests ways to find comfort to get through this difficult time. 21334



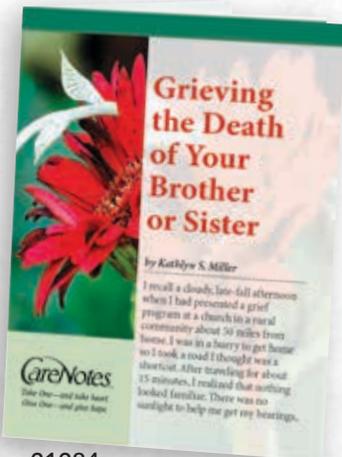
Losing Your Wife
by Bernie Faenza

Author Bernie Faenza identifies the expectations in an effort to bring solace and healing to hurting husbands. 21383



Grieving the Loss of Your Parent
by Judy Ball

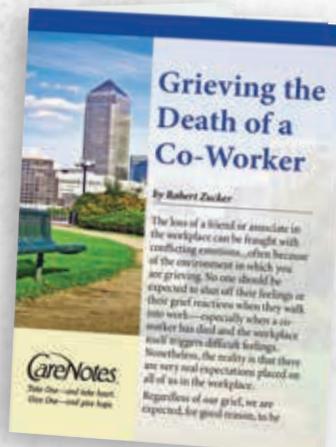
As we move forward through our grief, we also bring along a rich store of treasures from our childhood and adulthood. 21228 (26002 SpanishNote)



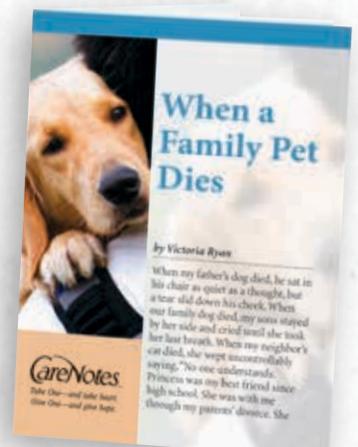
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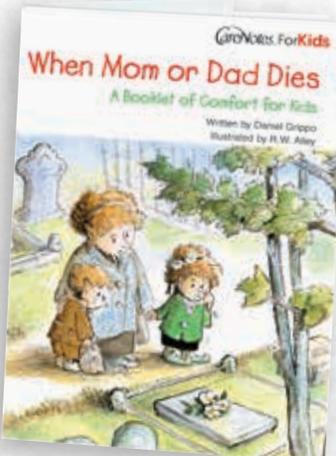
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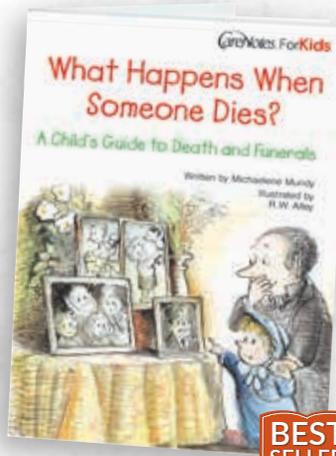
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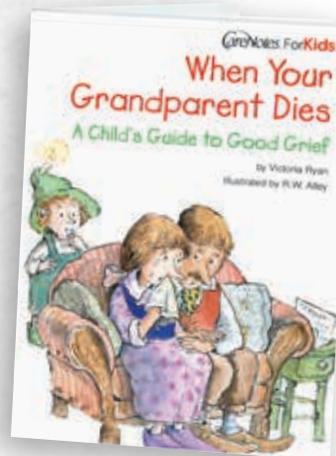
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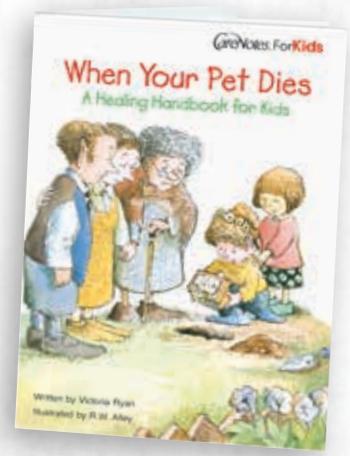
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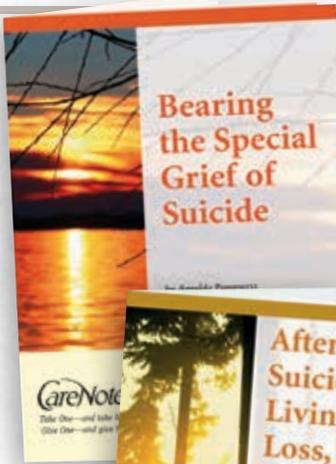
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21609



21614



Bearing the Special Grief of Suicide

Bearing the Special Grief of Suicide

by Arnaldo Pangrazzi

Suicide leaves deep scars on the survivors. This CareNote suggest ways survivors can turn guilt into forgiveness, reach out to others, and rebuild their lives. "You cannot change what has happened," writes Pangrazzi. "You can, however, change your outlook — from backward to forward, from death to life." 20616

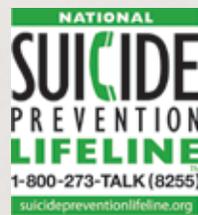


After Suicide... Living With Loss, Healing With Hope

After Suicide... Living With Loss, Healing With Hope

by Victor Parachin

In the instance of a loss to suicide, those left behind experience the obvious emotions of grief and pain. But often feelings of confusion, anger, and shame are present as well, making the healing process even more difficult. Author, minister, and bereavement educator Victor Parachin offers guidance tailored to the unique needs of those enduring this particularly painful loss. 23044



September is Suicide Prevention Awareness Month

We can all help prevent suicide. Every year, mental health organizations and individuals across the U.S. and around the world raise awareness of suicide prevention during September.

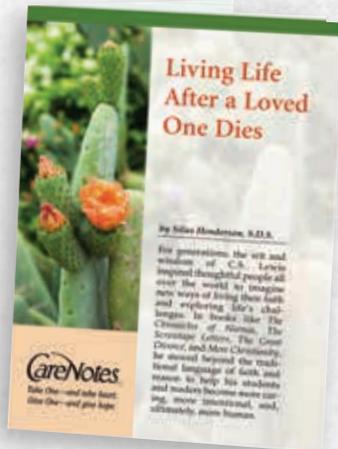
For ways to promote suicide prevention awareness, visit www.suicidepreventionlifeline.org.



Dealing With Family Conflict After a Loved One's Death

CareNotes
Take One—and take heart.
Give One—and give hope.

23185



Living Life After a Loved One Dies

CareNotes
Take One—and take heart.
Give One—and give hope.

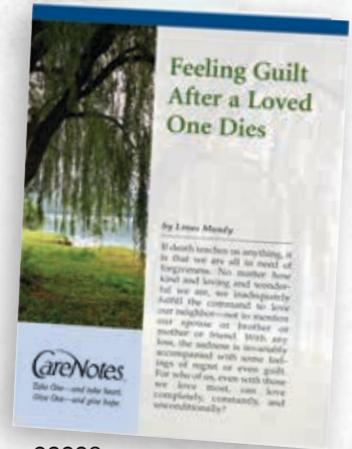
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Dealing With the Anger That Comes With Grief

CareNotes
Take One—and take heart.
Give One—and give hope.

21300



Feeling Guilt After a Loved One Dies

CareNotes
Take One—and take heart.
Give One—and give hope.

23229



The Ten Biggest Myths About Grief

CareNotes
Take One—and take heart.
Give One—and give hope.

21394



Resolving to Find Healing for Your Grief

CareNotes
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Give One—and give hope.

23226



Grieving With a Grateful Heart

CareNotes
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Give One—and give hope.

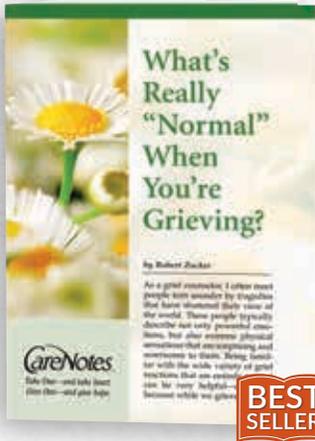
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Healing Thoughts to Soothe a Grieving Heart

CareNotes
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Give One—and give hope.

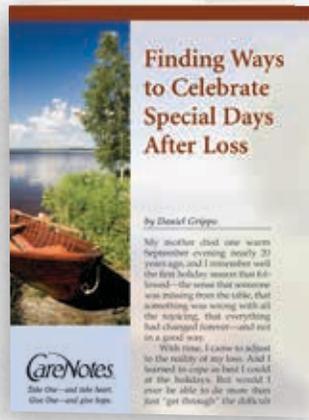
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What's Really "Normal" When You're Grieving

by Robert Zucker

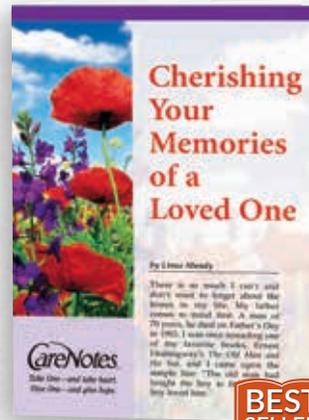
When we are grieving, we don't need to fit into anyone's preconceived mold; our grief journey is as unique as we are. But there are some predictable responses to loss as we struggle to face what has become an unthinkable new world. 21564



Finding Ways to Celebrate Special Days After Loss

by Daniel Grippo

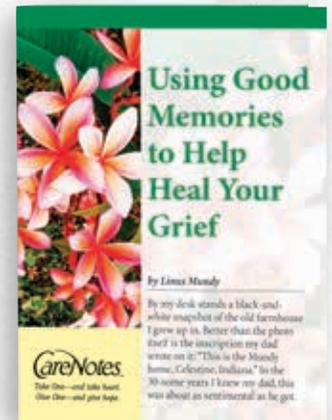
In this CareNote, Daniel Grippo offers ways to not simply "get through" the holidays. Rather, he shows the reader that these occasions offer opportunities to honor a special person, and explains how this can ultimately lead to healing. He presents ways to make the most of several occasions on the calendar, including Memorial Day, birthdays, Christmas, and others. 23110



Cherishing Your Memories of a Loved One

by Linus Mundy

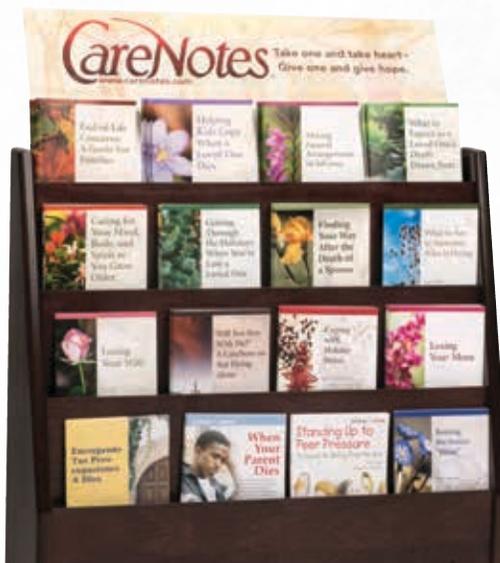
"The highest tribute to the dead is not grief but gratitude," wrote playwright Thornton Wilder. Learn how to keep your loved one's finest qualities alive using simple ceremonies and rituals in this comforting CareNote. 21276 (NEW! 26024 SpanishNote)



Using Good Memories to Help Heal Your Grief

by Linus Mundy

When we lose people important to us, it's natural to miss them. But how we deal with that grief, and with our memories of our loved ones, can make all the difference. The grief and pain we have experienced are now part of who we are. And so we look back with care. 21440



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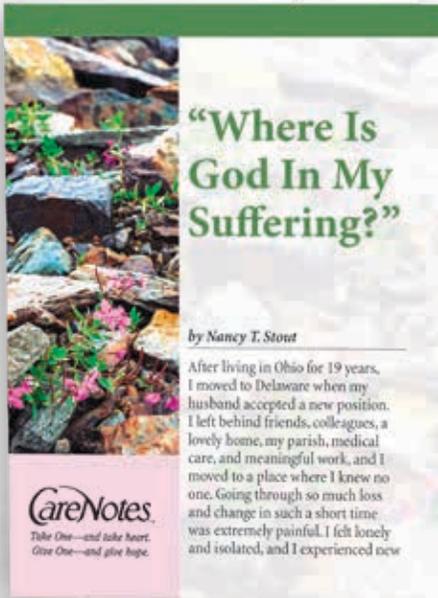
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“Where Is God In My Suffering?”

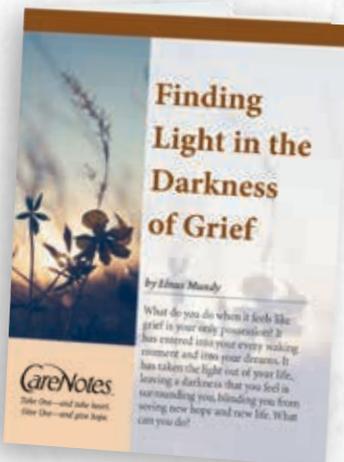
by Nancy Stout

How can we reconnect to that invisible cord that binds us to God even during times when God seems to disappear into the darkness? Here are some “truths” the author has learned about finding God in the midst of suffering, both from her own experience and from stories others have shared: God cries with you in your suffering; God touches you through other people; God meets you in prayer; God helps bring meaning to suffering. 21497



Pro Tip!

Display CareNotes in places where your clients and staff can easily pick up relevant titles, such as in reception areas, lobbies, break rooms and lounges, waiting rooms, restrooms, or conference rooms. Providing them in areas such as restrooms allows people to select the titles that speak to them in private. See display options on page 43.



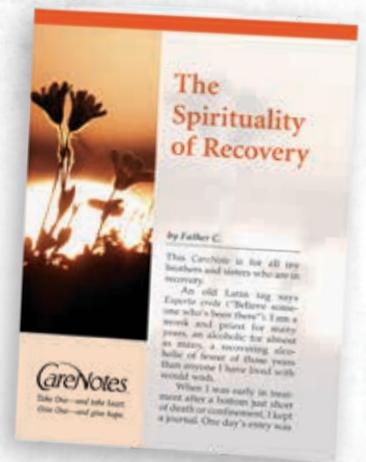
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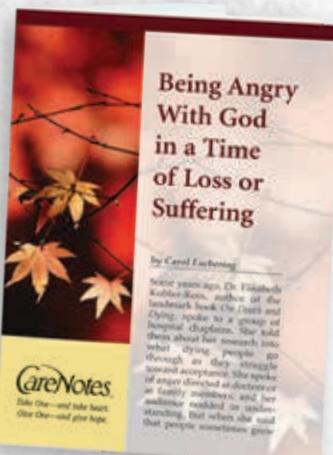
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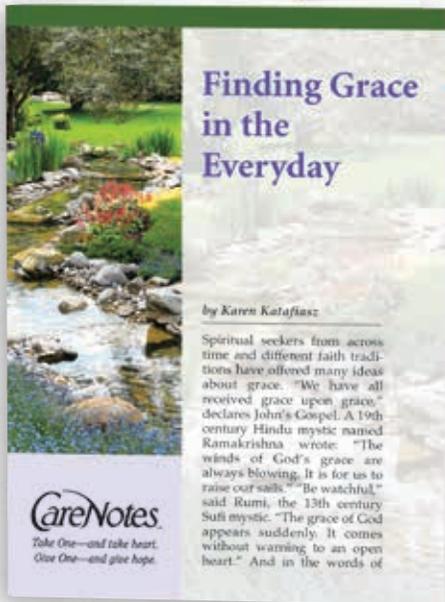
21204
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21339



23228



Finding Grace in the Everyday

by Karen Katafiasz

“With often overcrowded schedules and minds occupied by all the concerns of daily life, do we even notice when moments of grace occur amid the routine?” asks CareNotes author Karen Katafiasz. In this booklet, she explains that opportunities for grace, the benevolence or favor that God bestows on human beings, are all around us. And she helps readers not only recognize these moments, but also respond to them in ways that can enrich, enhance, and even transform one’s life. 23230

All CareNotes are eight-page, 5” x 7” booklets.

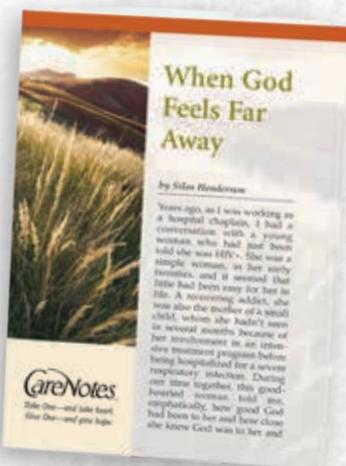
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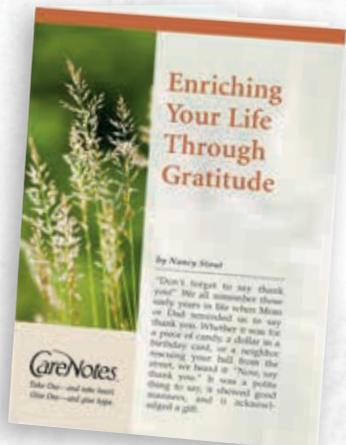
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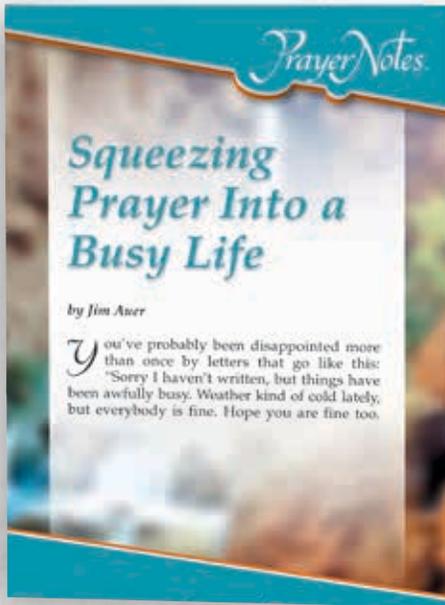
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Squeezing Prayer Into a Busy Life

by Jim Auer

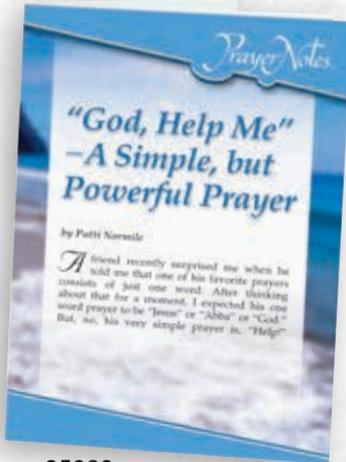
Learning to fit prayer into a busy life is not easy. You may experience several false starts before adopting a regular prayer life. Author Jim Auer offers ways to fit prayer into your life so that it becomes a way of life. 25006

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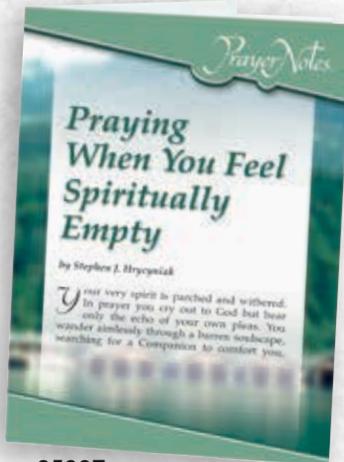
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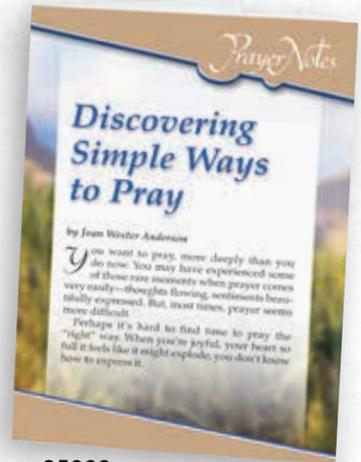
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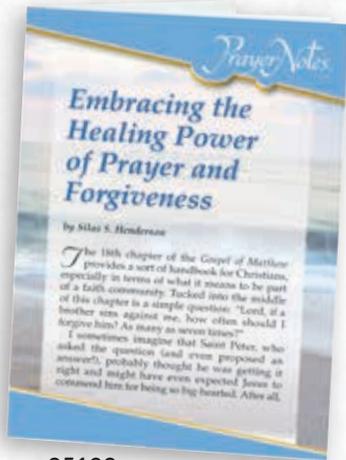
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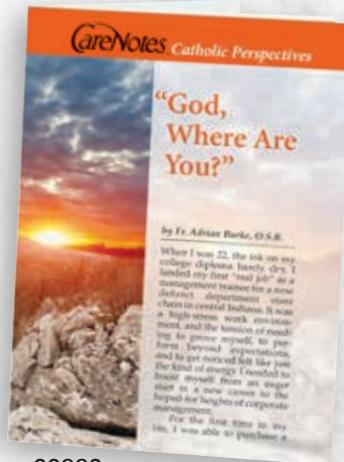
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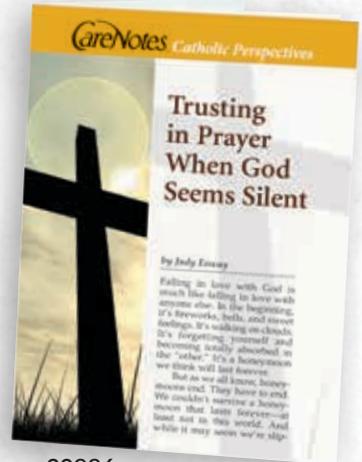
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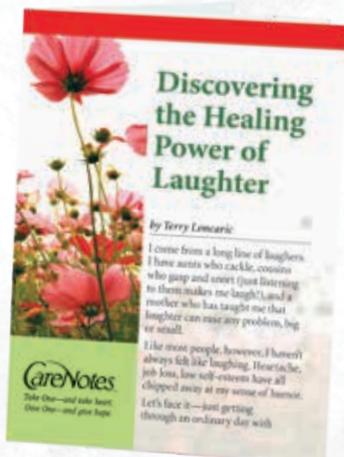
Healing Your Body, Mind, and Spirit Together

by Robert L. Kinast

Author Robert Kinast shares helpful ways to put all the various dimensions of our self, body, mind and spirit, at work toward healing at times of brokenness. 21256

Don't forget ENVELOPES

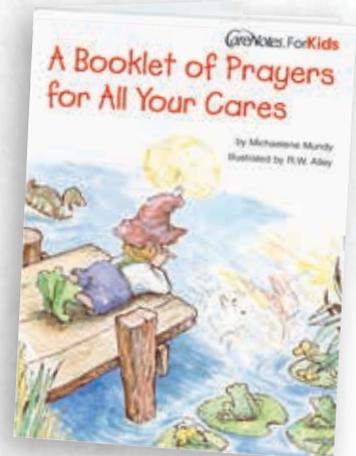
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21242



21922



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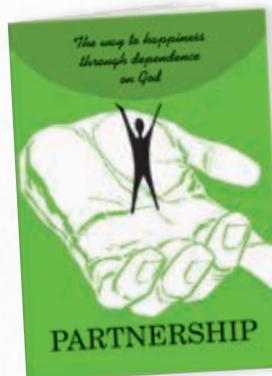
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Dealing With Financial Stress

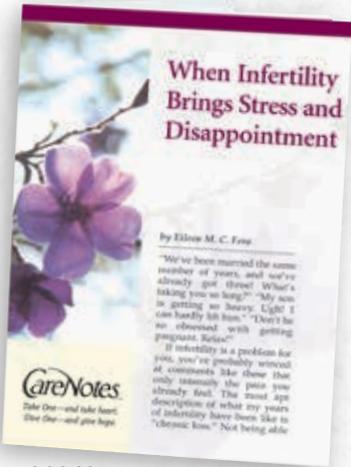
by Linus Mundy

Buying things and experiences has become a major part of modern life. Regardless of financial situation or personal belief, those who live in today's culture are subtly pushed to spend and spend. It can lead to falling behind with no readily available way to get ahead. Those committed to getting out of this vicious cycle can find helpful guidance in this CareNote. 23136

Why We Need To Tell the Story of the One We Lost

by M. Donna MacLeod

"Suffering in silence only intensifies the pain of grieving," writes author M. Donna MacLeod. Of course, opening up about one who's passed isn't always easy. In this booklet, the author offers practical, sensitive guidance on "telling the story" of a lost loved one—whether it's by simply speaking about the pain of loss, or by doing something to commemorate and celebrate the person's life. 23112



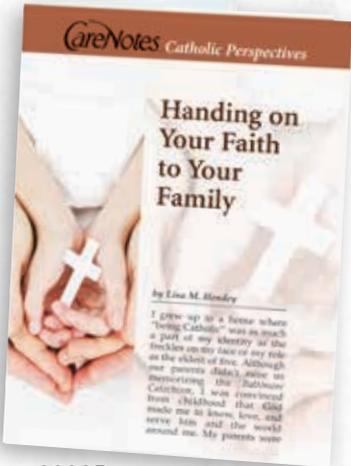
21348



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21929

What our customers are saying...

"Just want to say thank you for making these available. I love the idea of sending them to my friends as a spiritual support during this stressful time. Thank you for your company and your authors and artists. Right in this moment, I am grateful for your company."

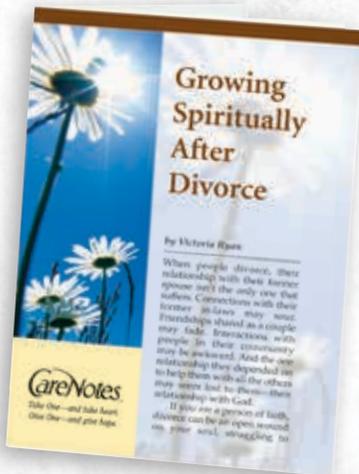
-Angeline DeWald



Coping with the Challenges of Kinship Foster Care

by Jim Auer

Caregiving of any kind is far from simple or easy. Kinship caregiving presents special challenges. The physical, emotional, and financial demands are often daunting. CareNotes author Jim Auer offers guidance to those who find themselves faced with the challenges foster care presents. 21701



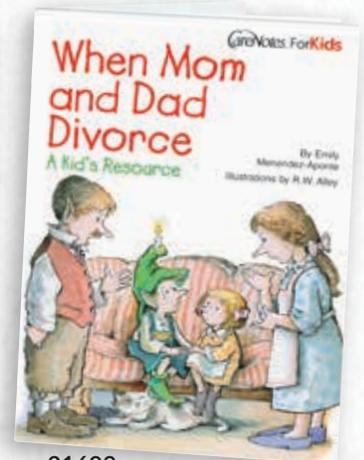
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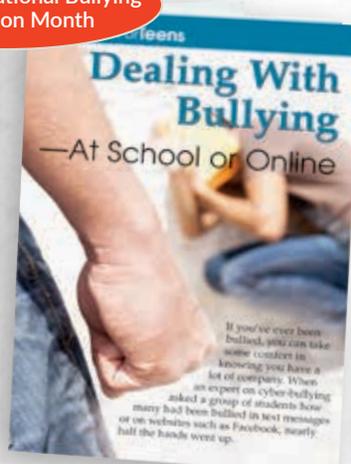
October is National Bullying Prevention Month



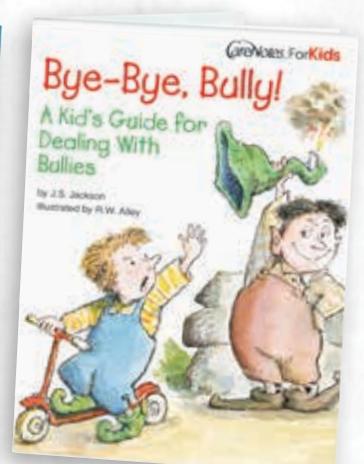
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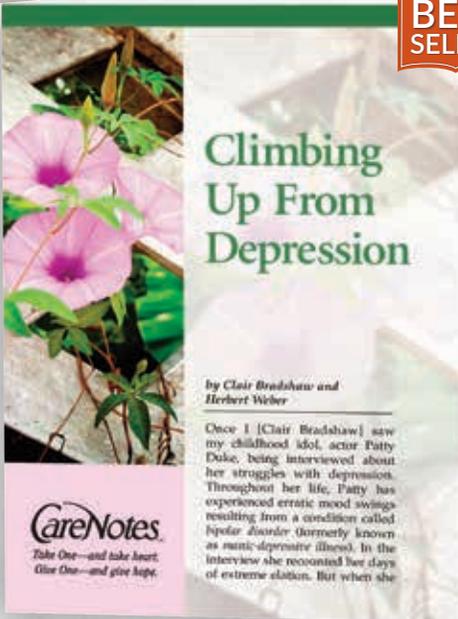


22077



21611

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Climbing Up From Depression

by Clair Bradshaw and Herbert Weber

Emerging from depression is very much a “climb.” There are no easy fixes for those down feelings, especially those that linger on and on. This booklet offers comprehensive, proven guidance for those ready to begin the journey to healing. 20601 (26007 SpanishNote)



2-Tier Display Stand

Utilize every small space with the 2-Tier Display Stand to highlight your two favorite CareNotes titles. The stand holds approximately 120 CareNotes booklets and measures 10”H x 5 1/2”W x 4 1/2”D. CareNotes sold separately.

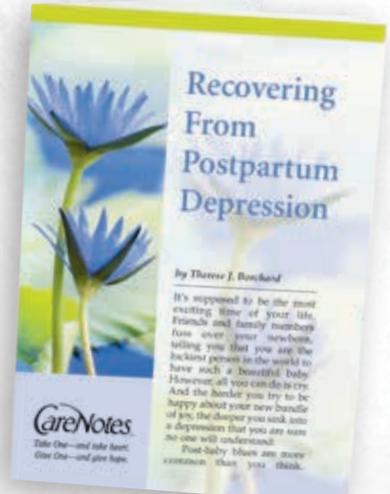
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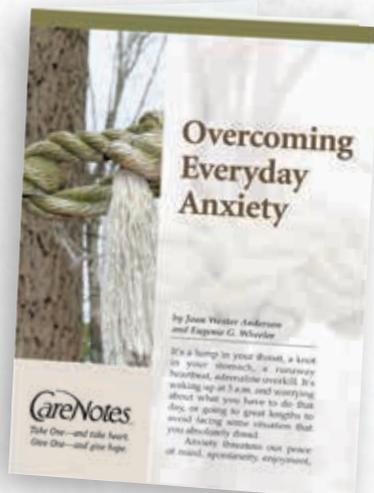
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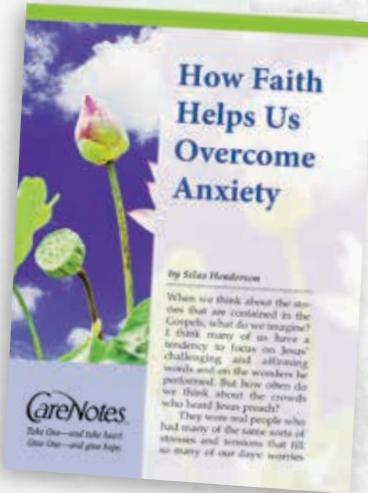
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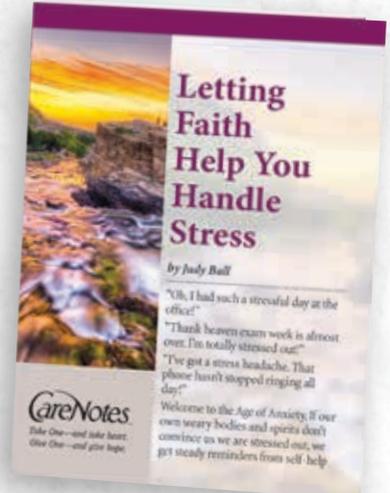
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Responding to Life's Challenges that are Out of Your Control

by Diane Pharo, SCN

In this best-selling CareNote, the author reminds us that, even in times of darkness and uncertainty, we have within us the light and love and hope to sustain our inner being. 23237

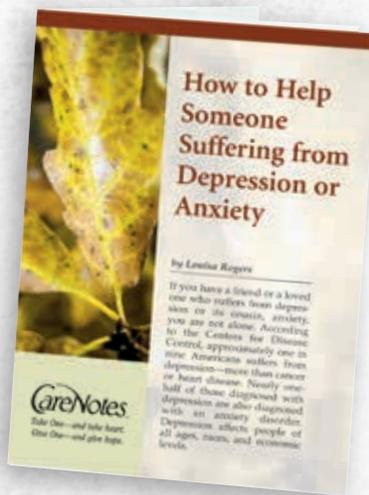
Finding Peace in the Present Moment

by Jenny Cromie

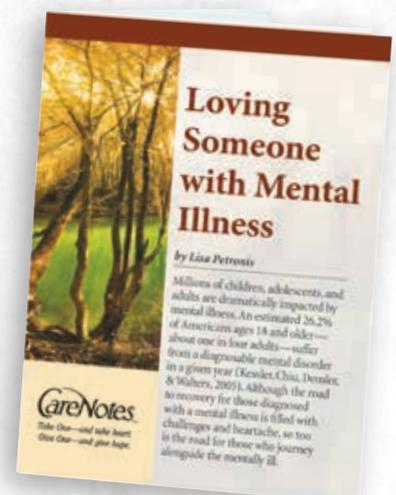
Author Jenny Cromie offers readers guidance for faithfully staying in the present moment and finding healing and comfort as they confront a loss. 23161



23219



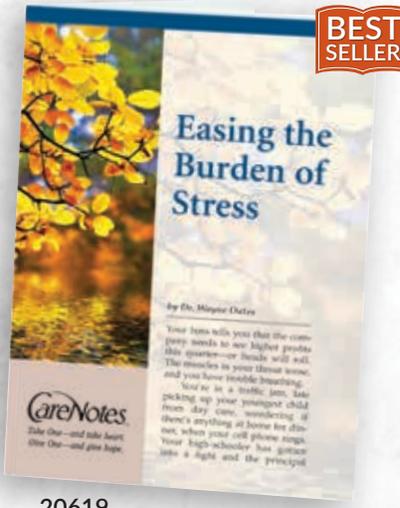
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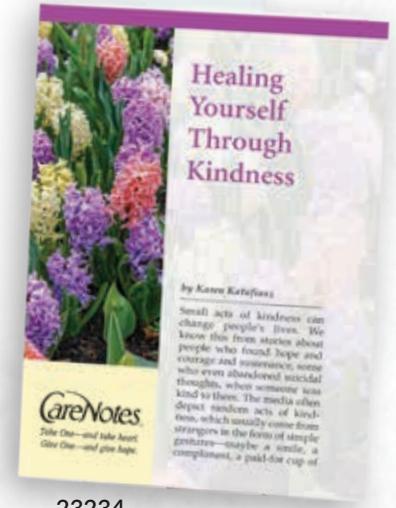


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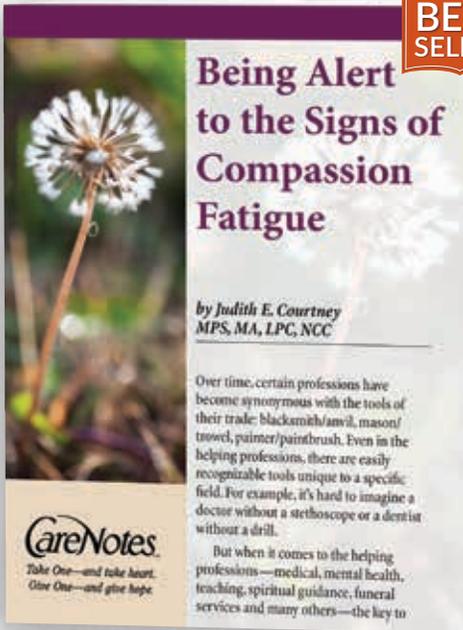
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26005 SpanishNote

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23234

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Being Alert to the Signs of Compassion Fatigue

by Judith E. Courtney
MPS, MA, LPC, NCC

Over time, certain professions have become synonymous with the tools of their trade: blacksmith/anvil, mason/trowel, painter/paintbrush. Even in the helping professions, there are easily recognizable tools unique to a specific field. For example, it's hard to imagine a doctor without a stethoscope or a dentist without a drill.

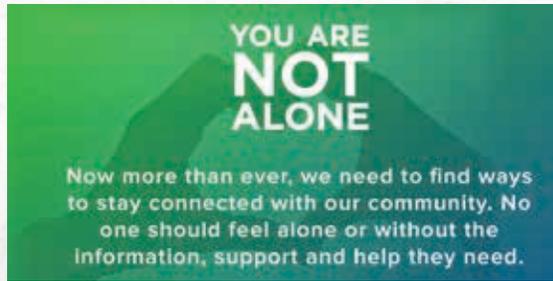
But when it comes to the helping professions—medical, mental health, teaching, spiritual guidance, funeral services and many others—the key to

CareNotes
Take One—and take heart.
Give One—and give hope.

Being Alert to the Signs of Compassion Fatigue

by Judith E. Courtney, MPS, MA, LPC, NCC

Taking care of yourself makes it possible for you to help take care of others. In this CareNote, author Judith Courtney outlines signs of burnout and steps you can take to alleviate the effects so you may continue caring for others with energy and compassion. 23239



YOU ARE NOT ALONE

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need.

May is Mental Health Awareness Month

For more information on mental health awareness and support, visit the National Alliance of Mental Health at www.nami.org.



Losing Someone You Love to Addiction

by Cynthia Galois

Tom and Jan describe it as having witnessed a slow motion train wreck that they felt powerless to stop. For several years, their creative, energetic, bright daughter Amy was consumed in a maze of drug addiction. During that time, Amy frayed and lost work, interest and self-respect, got clean and "relapsed," and never stopped loving Amy, their relationship with her was deteriorated by lies, manipulation, and their eventually, Tom and

CareNotes
Take One—and take heart.
Give One—and give hope.

23156



Getting Help With an Addiction

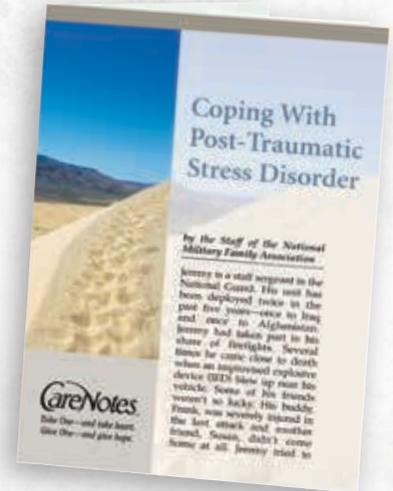
by Jim Anst

"It was the best of times, it was the worst of times." Every person recovering from an addiction can fashion time when remembering the day, perhaps even the moment, of deciding to face their addiction and seek help.

It was "the worst of times" because the addiction had increasingly impeded or even destroyed many of the truly pe-

CareNotes
Take One—and take heart.
Give One—and give hope.

21918



Coping With Post-Traumatic Stress Disorder

by the Staff of the National Military Family Association

Jeremy is a staff sergeant in the National Guard. His unit has been deployed twice in the past five years—once in Iraq and once in Afghanistan. Jeremy had taken part in his share of firefights. Several times he came close to death when an improvised explosive device (IED) blew up near his weapon's ho. Some of his buddies' friends, now severely injured in the last attack and another friend, "Sassan," didn't come home at all. Jeremy tried to

CareNotes
Take One—and take heart.
Give One—and give hope.

23072



Dealing With Anger

by Lemmie Rogers

Anger. The very word makes us pause. Not to be human is to know anger. Anger helps us to defend our rights and protect our freedoms—as individuals and as a society. For all the positive aspects of anger, though, we know only too well the destructive things it can do: take physical and emotional violence, depression, even illness.

CareNotes
Take One—and take heart.
Give One—and give hope.

20684
26004 SpanishNote



Angry? Lonely? Anxious? Dealing with Difficult Emotions

by Cynthia Galois

Bob describes himself as a "mess." For the past month he has been a bundle of insecurities. Yesterday he fretted all afternoon because he has been asked his an ordinary question. Bob usually likes a challenge. He enjoys the gentle buzz of anxiety that sharpens his focus when he is working on a tricky project. Yet this anxiety is different. It saps his energy rather than concentrates it, and spreads to every area of his life—home, work, and friendships.

CareNotes
Take One—and take heart.
Give One—and give hope.

23018

**BEST
SELLER**



Six Steps to Work Through Anger

by Daniel Grippo

Perhaps you've heard the story about the girl with a temper whose father told her to hammer a nail in the back yard fence every time she lost her temper. The girl eventually learned to control her anger, so her father suggested she remove one nail for every day she went without losing her temper. One day the girl proudly declared the fence free of nails, at which point her father took her to look at

CareNotes
Take One—and take heart.
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23222

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When the Disease is Gone But Its Symptoms Linger

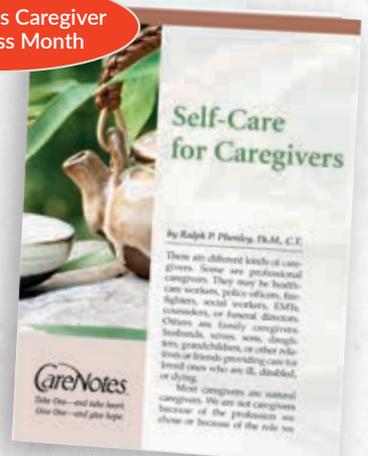
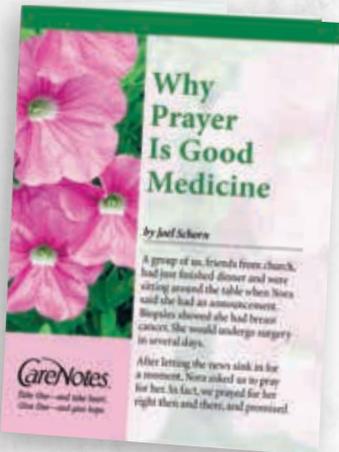
by Jim Auer

This CareNote aims to pass along the experience of people who have survived a serious illness, but its symptoms or significant damage remain, in the hope that some insights and suggestions may prove useful. 23243

Becoming a More Confident Caregiver

by Patti Normile

Many find themselves thrust into the role of "caregiver" without the proper training or experience. Along with the worry and stress that come with simply having a sick or injured loved one comes the reality of being the one responsible for his or her care. Author Patti Normile recalls her own experiences of being a hesitant caregiver and offers guidance to readers. 23147



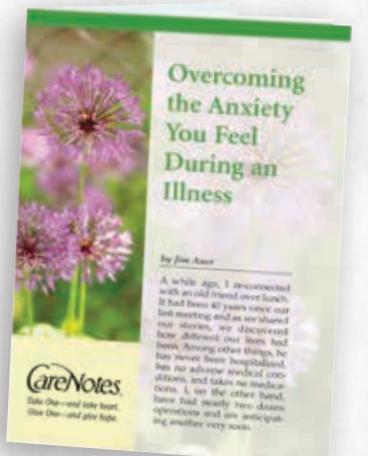
November is Caregiver Awareness Month

21560
(26014 SpanishNote)

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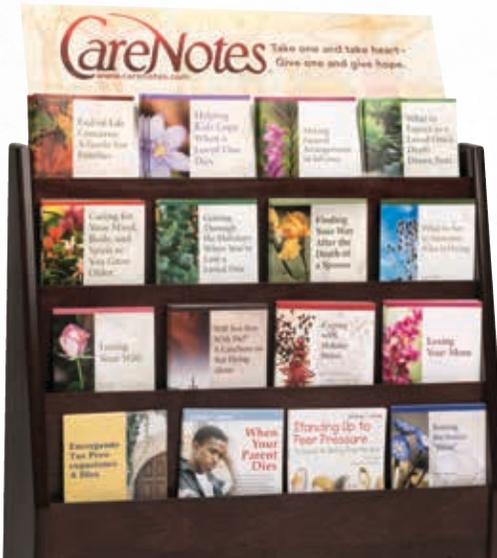
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23220



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See page 42 for our entire selection of assortment topics.

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21262



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23085

October is Breast Cancer Awareness Month

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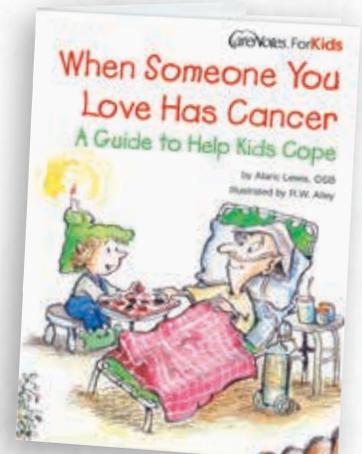
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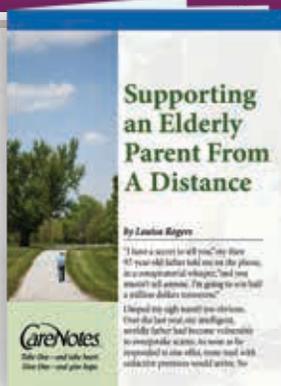
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21621



Supporting an Elderly Parent From A Distance

by Louisa Rogers

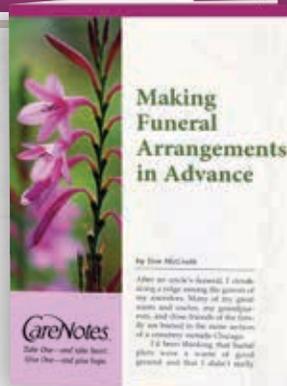
Offering support to an elderly parent from another town or state is a common challenge in the U.S. This CareNote offers insights the author and her family have gained to help the journey be less bumpy and stressful for everyone. 23241



Role Reversal—Caring for an Aging Loved One

by Patti Normile

Making the transition to an almost parental position can leave both parties feeling confused and anxious. Author Patti Normile, herself a caregiver for her 98-year-old mother, offers practical guidance for those embarking on this new phase of life. 23191



Making Funeral Arrangements in Advance

by Tom McGrath

No one likes to think about their death, let alone making funeral plans in advance. But as author Tom McGrath notes, "making your funeral arrangements in advance is one last wonderful gift you can give the loved ones who will be left behind." 21330



End-of-Life Concerns: A Guide for Families

by Rev. Daniel H. Grosseohme, BCC

The suggestions in this concise booklet can help lay the ground work for someone to die, "comforted by knowing that he or she has done what was possible to prepare the way for a quiet and holy passage home to the Creator." 21406



23223



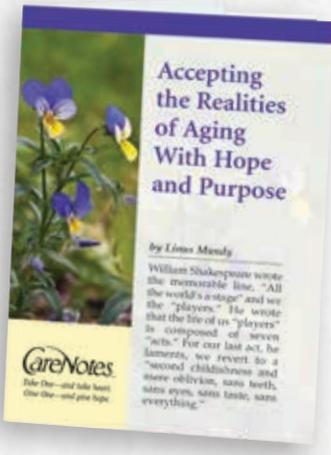
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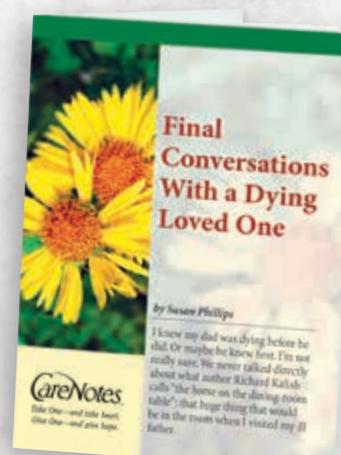
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21224



21982



21263



Hospice and Aging Care Assortment Refill Packs

Choose from a 16-Title Assortment that includes 10 each of sixteen various titles or a 9-Title Assortment that offers 10 each of nine various titles all offering hope, help and healing. Titles in each assortment may vary. Display rack not included. See page 42 for more details.



See display options on page 43.

16-Title Assortment Hospice Care - 26951
Aging Care - 26952
 \$85.00 - Only 53¢ each!

9-Title Assortment Hospice Care - 26915
Aging Care - 26917
 \$54.95 - Only 61¢ each

Ask about our **SAMPLE SET**, which includes 1 copy of each title in our Assortments.

November is Hospice Care Month



20655

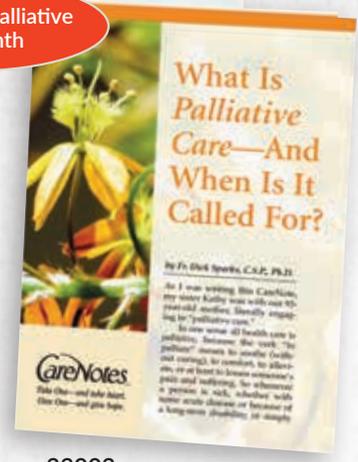


21444

November is Palliative Care Month



23190



23003

HOSPICE STARTER KITS DISPLAY RACK INCLUDED

SAVE UP TO **35%**

Make ordering simple and save with the best-selling hospice titles **PLUS display rack included!**

Choose from a 16- or 9-title Hospice Starter Kit that **includes a display rack** and our top-selling hospice-related titles. We'll choose the best titles to get you started and you'll be on your way to providing comfort and compassion to those who need it most. Titles in assortment will vary.

16-Title Hospice Starter Kit
 Includes a 16-title display rack, 10 each of sixteen various hospice-related titles.
26951K \$162.00
ONLY 45¢ PER BOOKLET
 (EXCLUDING DISPLAY COST)

9-Title Hospice Starter Kit
 Includes a 9-title display rack, 10 each of nine various hospice-related titles.
26915K \$119.70
ONLY 53¢ PER BOOKLET
 (EXCLUDING DISPLAY COST)

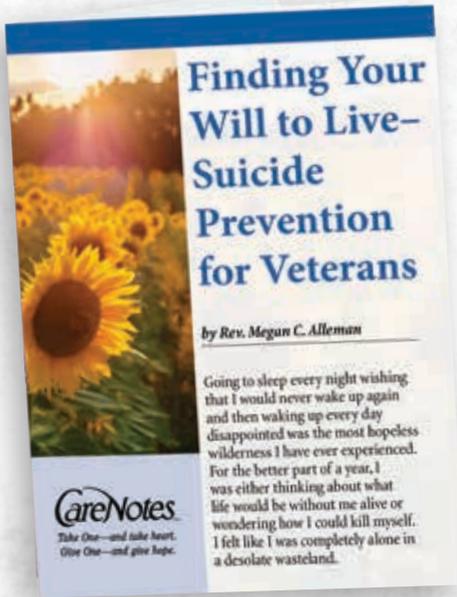


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500–999	67¢ each	5000+	call for prices
1000–2499	56¢ each		

FREE SHIPPING ON ORDERS OF \$70 OR MORE

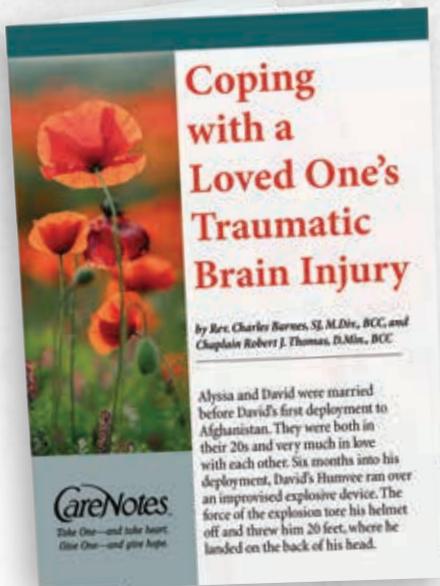
**Are you a VA
healthcare
provider?
Contact us for
special pricing!**



Finding Your Will to Live— Suicide Prevention for Veterans

by Rev. Megan C. Alleman

The emotional pain that accompanies human suffering, like trauma from war and abuse, is common for veterans. Just like physical pain, emotional pain can make it impossible to remember that there are reasons to live. CareNote author Rev. Megan C. Alleman offers ways to remind yourself that you can stay safe, stay alive and keep the faith that your life can get better. 21644



Coping with a Loved One's Traumatic Brain Injury

by Rev. Charles Barnes, SJ, M.Div., BCC
and Chaplain Robert J. Thomas, D.Min., BCC

One of the most devastating things people face when dealing with a loved one's traumatic brain injury is that their injured loved ones may look "normal" or "uninjured," but not behave like they used to. Many families grieve, but are unsure of what they should be grieving, or are confused about what it is they have lost. In this CareNote, there are seven helpful ways you can help a loved one cope with TBI: "Remember that you are not alone," "It's OK to grieve," "Know their limits—and yours," "Keep a memory book," "Spirituality and prayer can be vital," "Take care of yourself," and "Watch for signs something may be wrong." 21643



Moving Forward When a Loved One Suffers From PTSD

by Geoffrey Tyrrell, D.Min.

Once a person recovers from the immediate effects of trauma, there may be an invisible impression left behind in their nervous system. That's the root of PTSD, which is a way in which the trauma comes back in unwelcome, disturbing ways. CareNote author Geoffrey Tyrrell offers ways to help a loved one move forward when they are suffering from PTSD. Helpful sections include: "Be on the lookout for changes," "Good relationships can happen," "Take time to listen," "Be honest with your feelings," "Exercise has many benefits," "Therapy can be healing," and "Take care of yourself." 21645

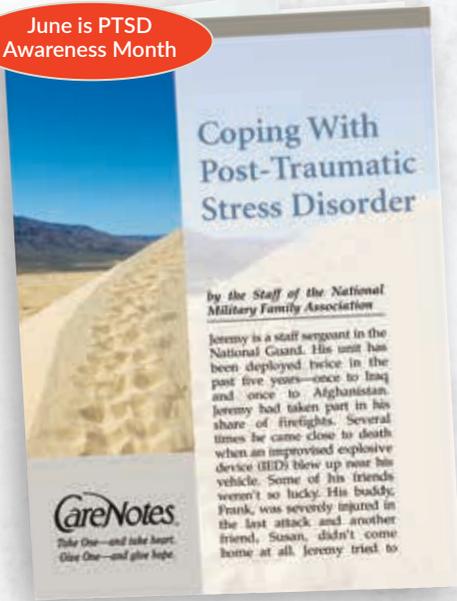


Finding Support as a Military Family

by Mary T. Scott

Don't be afraid to ask friends for help. Don't attempt to take on more than you can manage. Take care of your health — the first person in the family support chain is you and if you miss meals, lose sleep, or become a couch potato, your health will suffer. This CareNote is a valuable read for military families, detailing sources of support for the variety of needs that can arise during a family member's deployment. 23059

June is PTSD Awareness Month



Coping With Post-Traumatic Stress Disorder

by the Staff of the National Military Family Association

Whether due to the experiences of combat, abuse, loss, or other trauma, PTSD can disrupt a person's livelihood, relationships, and general well-being. This CareNote offers both the sufferer and his or her loved ones a thorough overview of the disorder and provides proven resources and avenues for getting help. 23072



**Veterans
Crisis Line**
1-800-273-8255 **PRESS 1**

Are you a veteran in crisis or concerned about one?

Connect with the Veterans Crisis Line

to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are veterans themselves. Visit www.veteranscrisisline.net for more information.



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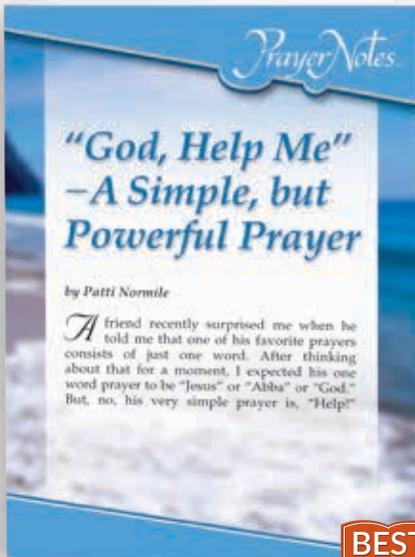


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**BEST
SELLER**

“God, Help Me” – A Simple, but Powerful Prayer

by Patti Normile

Sometimes the simplest prayers are the most powerful. In this PrayerNote, author Patti Normile praises the power and versatility of the one-word prayer: “Help.” She reminds the reader that praying for help means acknowledging you choose not to handle your trials alone, trusting God to hear your pleas. Additionally, Normile admits that prayer is not meant to coerce God into doing what we want – rather prayer is a way to keep God close no matter what difficulties we may face. 25082

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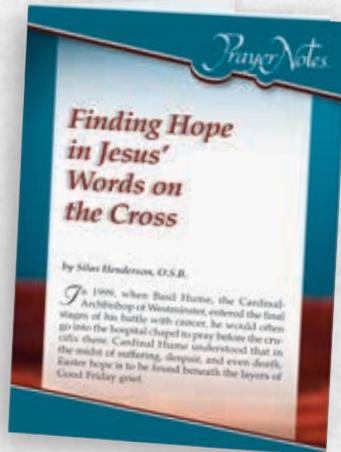
10-499.....70¢ each	2500-499951¢ each
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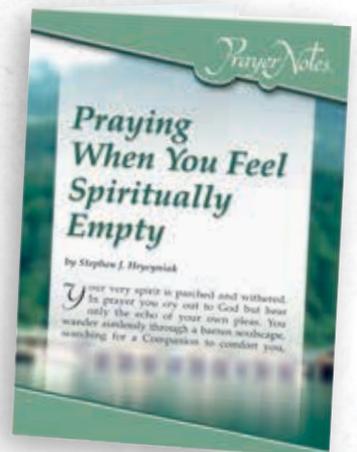
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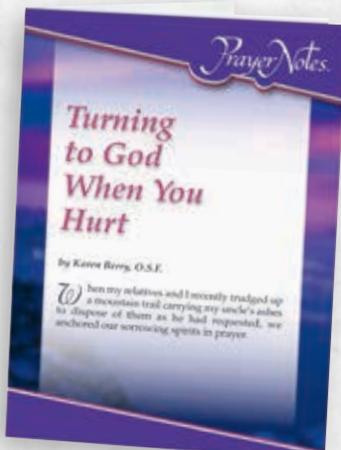
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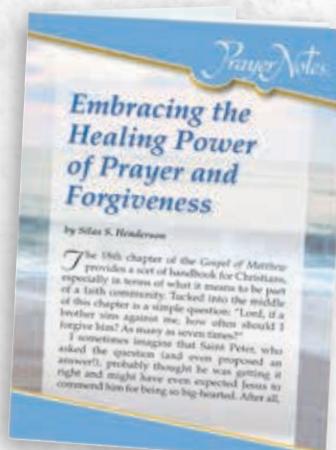
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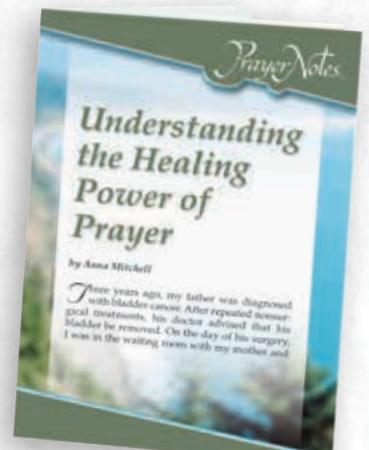
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Squeezing Prayer Into a Busy Life

by Jim Auer

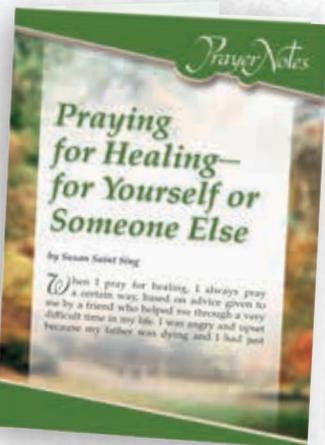
Learning to fit prayer into a busy life is not easy. You may experience several false starts before adopting a regular prayer life. Author Jim Auer offers ways to fit prayer into your life so that it becomes a way of life. 25006



Comforting Prayers for Times of Pain or Suffering

by Joel Schorn

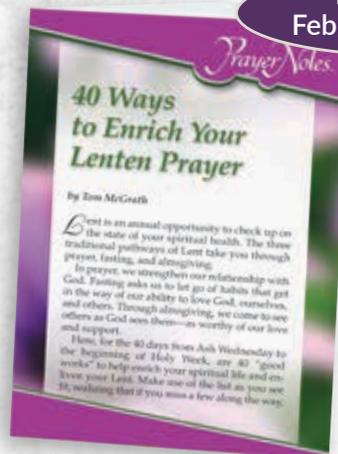
Times of pain and suffering may challenge our faith, but they also are invitations to deeper prayer. This PrayerNote offers short meditations on how to place yourself under God's protective care, so that you may be led along the path of hope, comfort, and strength to find healing and hope. 25079



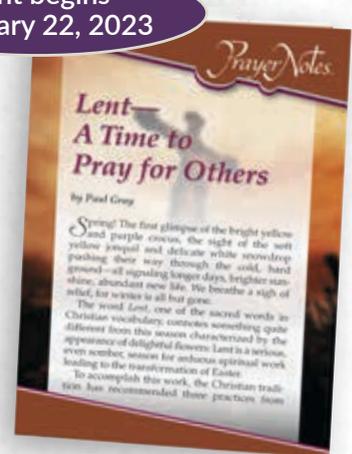
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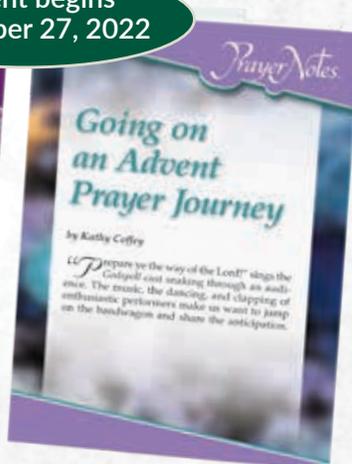
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Lent begins
February 22, 2023

Advent begins
November 27, 2022



25104



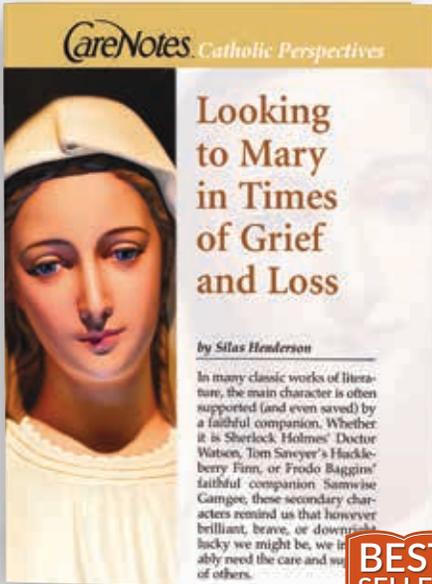
25025



Lenten Prayer Packs

Special selections of six PrayerNotes or Catholic Perspectives titles, one for each week, designed to help families, individuals and prayer groups prepare for and celebrate Lent. A prayer and reflections card is also included.

See details on page 55.



Looking to Mary in Times of Grief and Loss

by Silas Henderson

Reminding the reader that times of grief and loss are not meant to be handled alone, author Silas Henderson writes: "Whatever challenges, loss, or grief we might experience, whatever our sorrows, Mary, our mother and guide, stands with us to help us, offering us her compassion and love." Referencing specific events known as the seven sorrows, he illustrates how Mary's faith, resilience, courage, and hope allowed her to trust in God, even in the most troubling of times. 20975

by Silas Henderson

In many classic works of literature, the main character is often supported (and even saved) by a faithful companion. Whether it is Sherlock Holmes' Doctor Watson, Tom Sawyer's Huckleberry Finn, or Frodo Baggins' faithful companion Samwise Gamgee, these secondary characters remind us that however brilliant, brave, or down-right lucky we might be, we probably need the care and support of others.

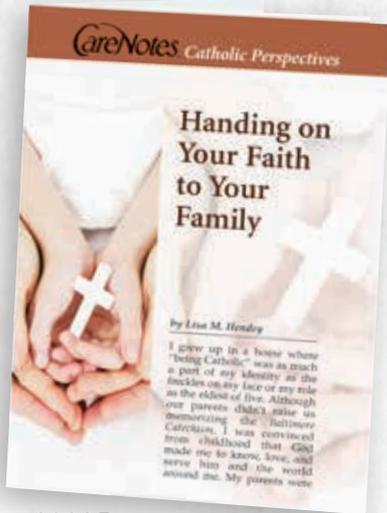


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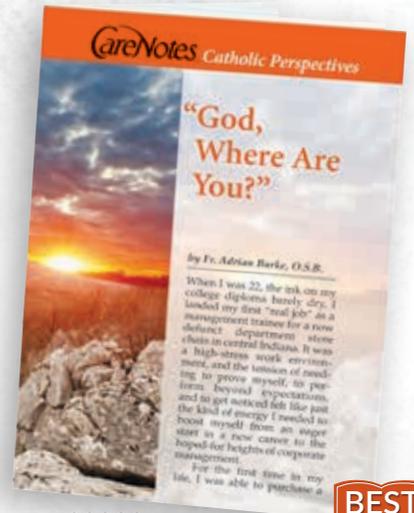
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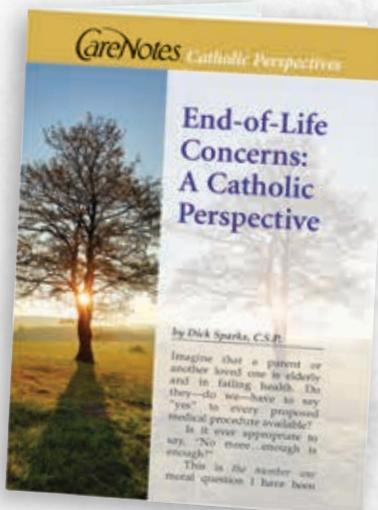
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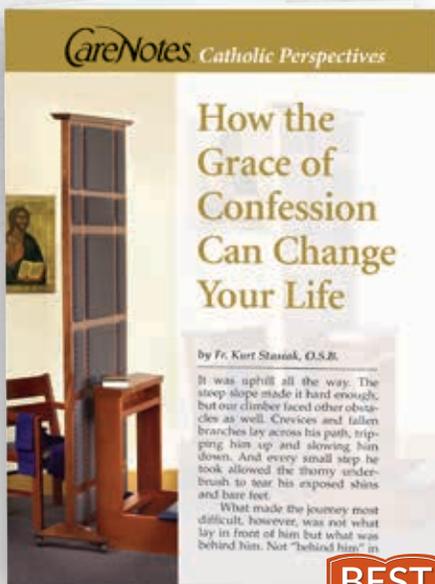


20993

Advent begins
November 27, 2022



20968



How the Grace of Confession Can Change Your Life

by Archabbot Kurt Stasiak, OSB

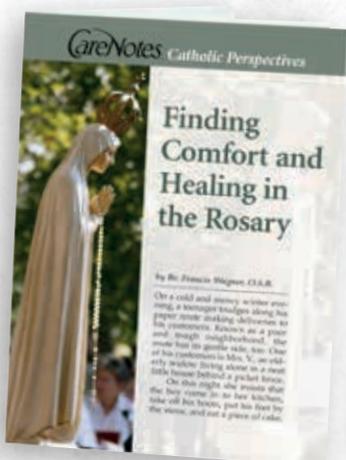
The author, who is the archabbot of Saint Meinrad Archabbey and an accomplished author on the sacraments, here offers readers a fresh look at confession. The Sacrament of Reconciliation, he tells us, "reminds us that our sin is not an excuse to feel distant from God but a reason and a means to draw closer." 20924



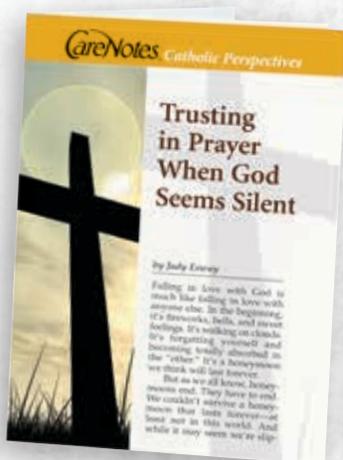
Pro Tip!

Incorporate *Catholic Perspectives* titles into Bible studies or prayer groups as a way to engage and further discussions within the group. Or facilitate a retreat based on a particular title that your congregation has expressed interest in.

**BEST
SELLER**



20916



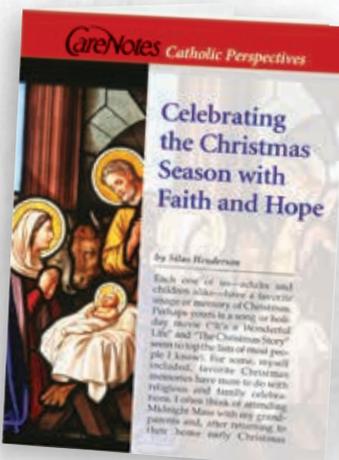
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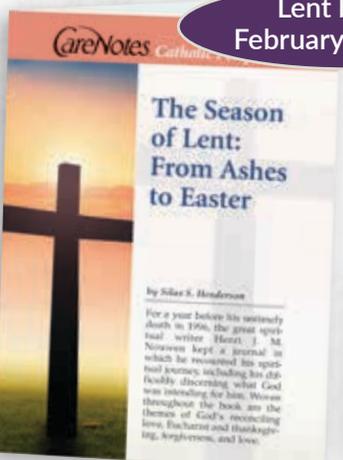
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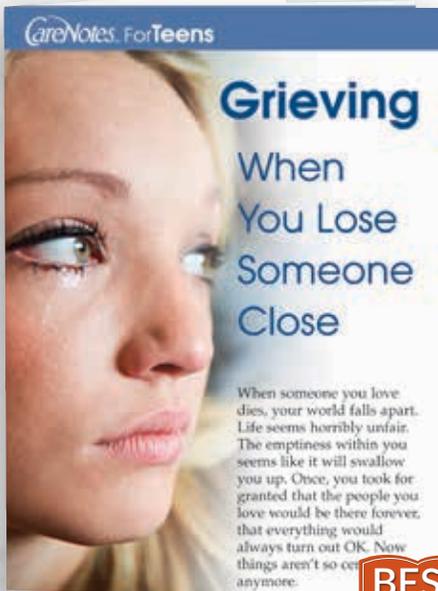


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20970

Lent begins
February 22, 2023



Grieving When You Lose Someone Close

When someone you love dies, your world falls apart. Life seems horribly unfair. The emptiness within you seems like it will swallow you up. Once, you took for granted that the people you love would be there forever, that everything would always turn out OK. Now things aren't so certain anymore.

**BEST
SELLER**

Grieving When You Lose Someone Close

by Marianna Kane Neal

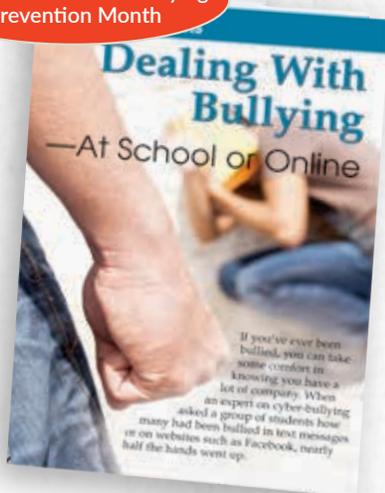
The way you feel now—sad, angry or even guilty—is known as grief. Grief is a natural but painful process that happens after you lose someone or something very important to you. The author offers positive steps to help you find strength to get through one day at a time. 22009



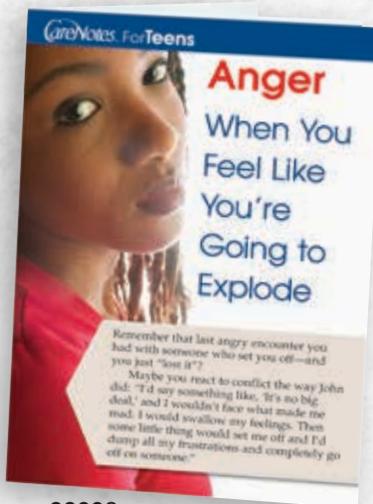
Pro Tip!

Use our TeenNotes to help guide discussions in youth group settings and focus on issues that teens are facing in their everyday lives. Make them available for teens to pick up in fellowship halls, cafeterias, parish centers and even restrooms – to give a bit of privacy to those seeking guidance. See display options on page 43.

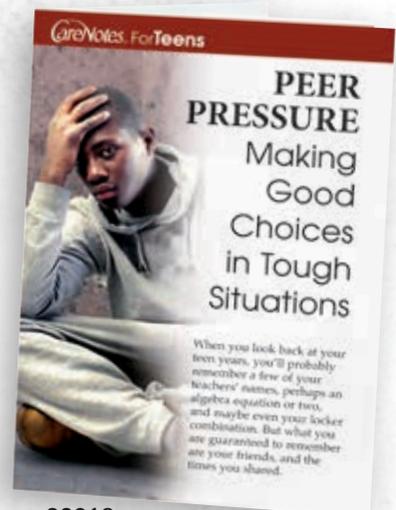
October is National Bullying Prevention Month



22077



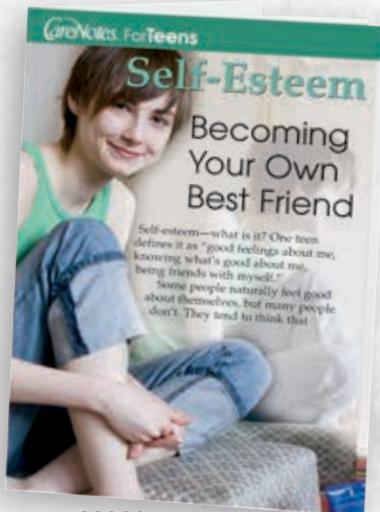
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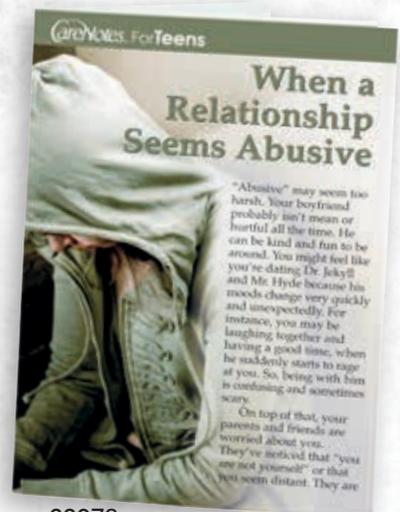
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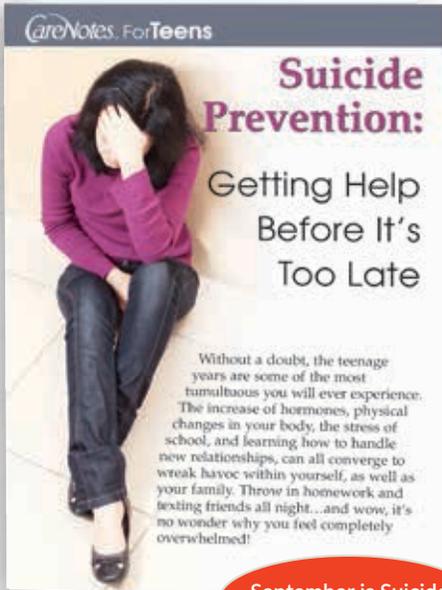
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September is Suicide Prevention Month

Suicide Prevention: Getting Help Before It's Too Late

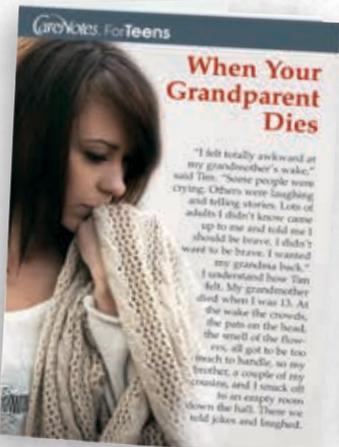
by Judith E. Courtney, MPS, MA, LPC

It's completely normal for teens' emotions to run the gamut, from the highest highs to the lowest lows. But when a teen's mood seems unable to shift out of those lows, it could be a warning sign of suicidal behavior – and a sign that it's time for friends and family to get involved. Knowing the signs and knowing that people are there to help can make all the difference in the world to a teen in need. 22080

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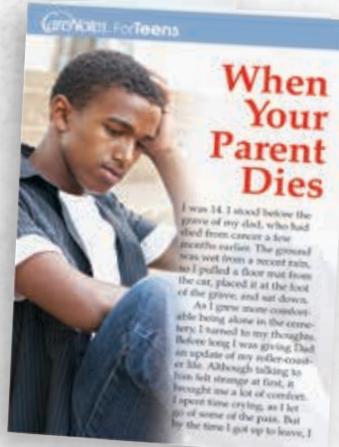
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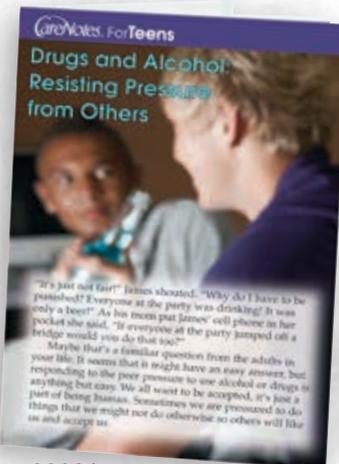
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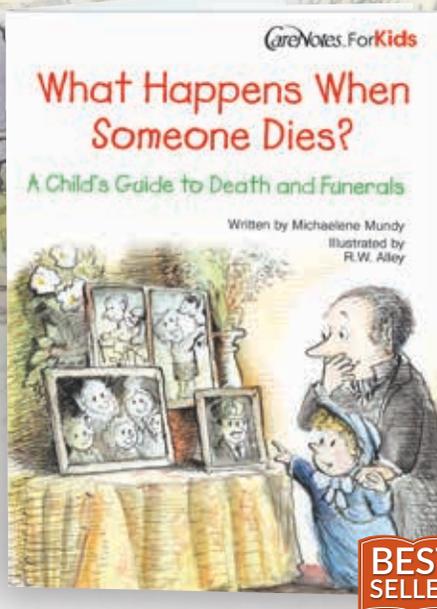
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BEST SELLER

What Happens When Someone Dies?

by Michaelene Mundy

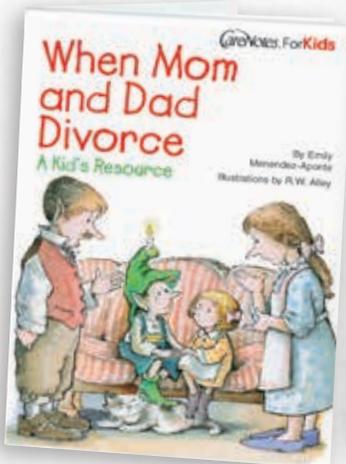
The author of the top-selling “Sad Isn’t Bad: A Good-Grief Guidebook for Kids Dealing With Loss,” here helps children as they first experience the reality—and the mystery—of death and funerals. She carefully explains to children how we celebrate the life of a departed one through both sadness and joy. Through her experience as a counselor, teacher, mother, and accomplished children’s author, Michaelene Mundy offers a loving and truly helpful guide for kids. 21629

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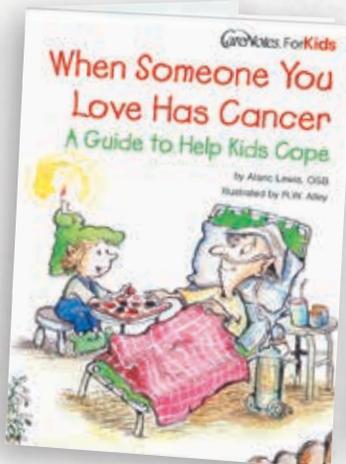
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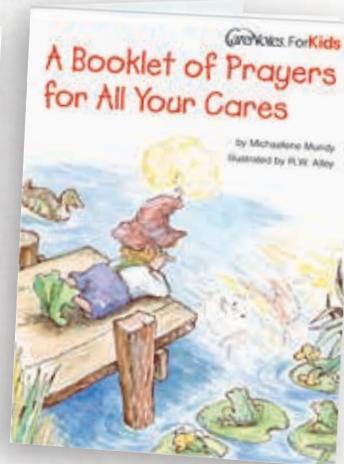
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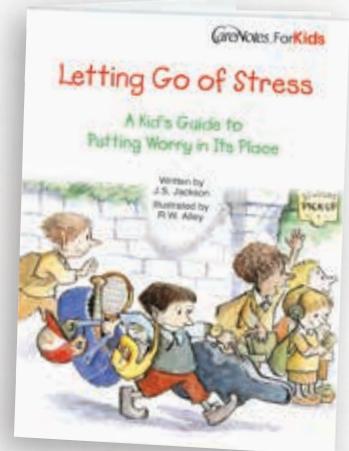
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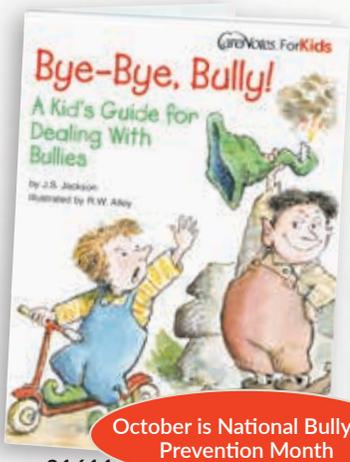
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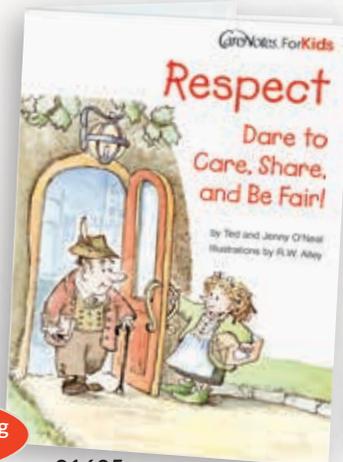


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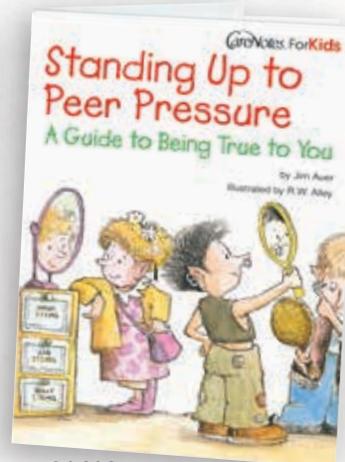


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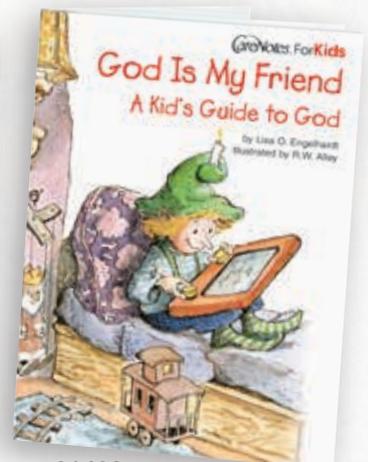
October is National Bullying Prevention Month



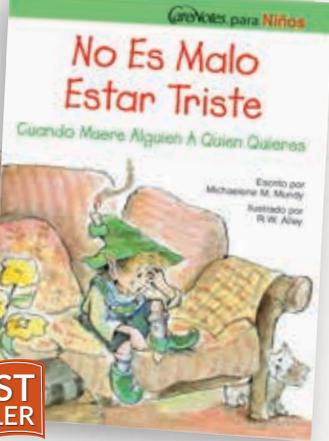
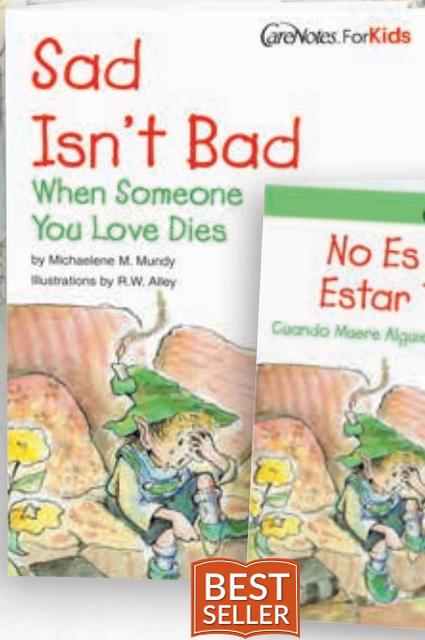
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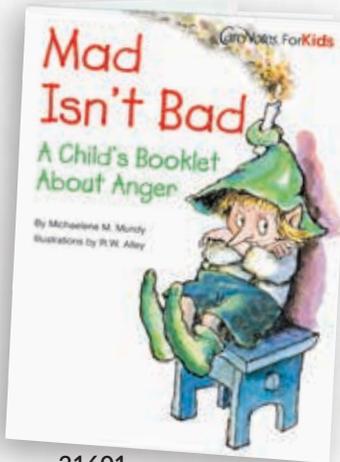
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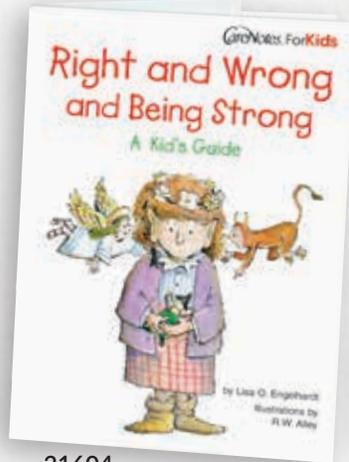
Sad Isn't Bad

by Michaelene M. Mundy

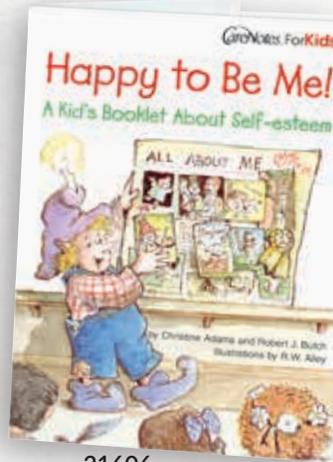
Even though this may be a child's first experience of death and its permanence, as adults we have the "benefit" of having coped with past losses and survived. This hard-won wisdom and lived experience can help us to give a bereaved child the gift of good grief. 21600 (26016 SpanishNote)



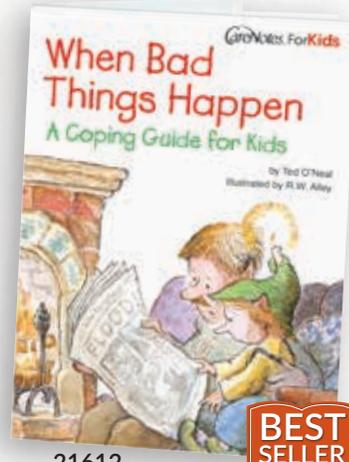
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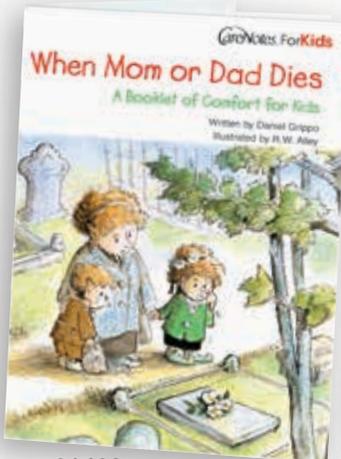
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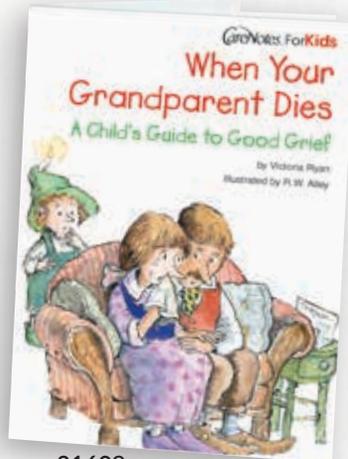
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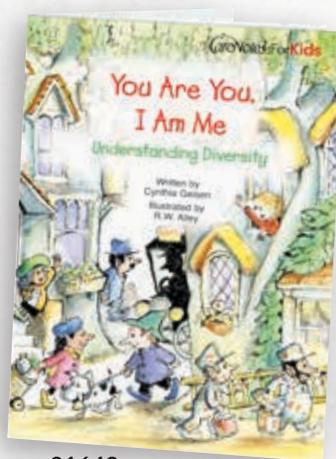
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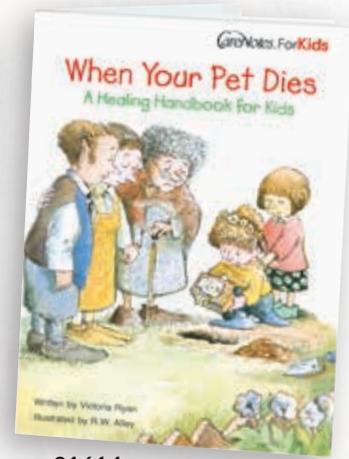
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21609



21642



21614



On the First Anniversary of Your Loss

by Linus Mundy

Grief doesn't follow a calendar, even though you may feel pressure to move on after one year. Author Linus Mundy writes that the first anniversary of the death of your loved one is a right of passage, that is, giving yourself a right to pass to a new stage in your grieving and healing. 26019

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26001 - Losing Someone Close



26002 - Grieving the Loss of Your Parent



26006 - Finding Your Way After Death of a Spouse



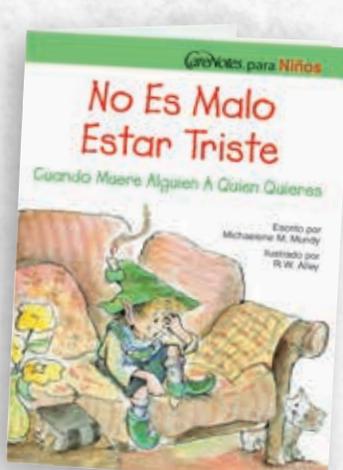
26021 - Be Gentle With Yourself While Grieving



26012 - Walking With God Through Grief and Loss



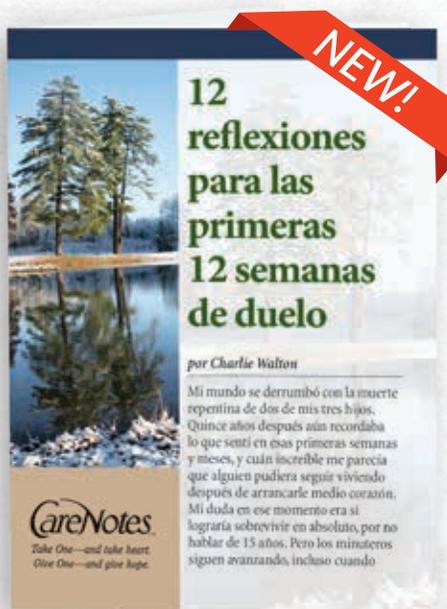
26008 - Getting Through the Holidays When You've Lost a Loved One



26016 - CareNotes for Kids: Sad Isn't Bad



26022 - Getting Through the First Weeks After the Funeral



12 Reflections for the First 12 Weeks of Grief

by Charlie Walton

"You are going to live and even be glad you did," writes the compassionate author of this beautiful booklet of help and hope. Charlie Walton himself lost two sons and had "half a heart torn away." Here he reflects on 12 all-important themes and discoveries helpful to healing and coping during the critical first weeks and months. 26020



SpanishNotes Sample Set

This new SpanishNotes Sample Set includes 1 of each of the following SpanishNotes:

- 26019 On the First Anniversary of Your Loss
 - 26020 12 Reflections for the First 12 Weeks of Grief
 - 26021 Be Gentle With Yourself While Grieving
 - 26022 Getting Through the First Weeks After the Funeral
 - 26023 20 Common Reactions as You Heal From Loss
 - 26024 Cherishing Your Memories of a Loved One
 - 26012 Walking With God Through Grief and Loss
 - 26002 Grieving the Loss of Your Parent
 - 26008 Getting Through the Holidays When You've Lost a Loved One
- 26025P | \$6.30**



26023 - 20 Common Reactions as You Heal from Loss



26024 - Cherishing Your Memories of a Loved One

See our entire SpanishNotes selection at www.carenotes.com

- 26003 Enfrentando Al Cáncer Como Familia/Facing Cancer as a Family
- 26004 Tratando La Ira/Dealing with Anger
- 26005 Soltando la Carga del Estrés/Easing the Burden of Stress
- 26007 Saliendo De La Depresión/Climbing Up From Depression
- 26010 Entregando Tus Preocupaciones/Giving Your Worries to God
- 26011 Encontrando el Sentido al Sufrimiento/Making Sense Out of Suffering
- 26013 Alfigiéndose en Navidad: Una Guía para la Familia/Grieving at Christmastime: A Family Guide
- 26014 Por qué la Oración es una Buena Medicina/Why Prayer is Good Medicine
- 26017 Cuida de ti Mismo Cuando Estás Cuidando a Alguien Enfermo/Caring for Yourself When You're Caring for Someone Ill
- 26018 Mirando a María en Tiempos de Dolor y Pérdida/Looking to Mary in Times of Grief or Loss



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*Hospice Care

- 16-Title Assortment 26951
- 9-Title Assortment 26915

*Cancer Care

- 16-Title Assortment 26950
- 9-Title Assortment 26936

*Aging/Long-Term Care

- 16-Title Assortment 26952
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* Titles in each assortment may vary.

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- NEW!** SpanishNotes - 26025P



CareNotes 9-Title Display Rack

This 9-Title CareNotes Display Rack is designed for tabletop use or wall mounting. Rack holds 370 or more booklets.



Measures 16" W x 21 3/4" H x 5 3/4" D

Display header included.

CareNotes booklets not included; sold separately.

\$125.00 includes standard shipping.

28586K



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Our Most Popular CareNotes Display! Provide CareNotes to those in need conveniently and with a comforting level of anonymity. For tabletop use or wall mounting, the rack holds 480 or more booklets. Can be used in waiting rooms, back of church, lobby, office, entry, near the water cooler, or anywhere people gather.



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CareNotes booklets not included; sold separately.

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899112K



CareNotes 16-Title Wooden Display Rack

This handcrafted wooden display rack is ideal for waiting rooms, back of church, lobbies and offices. This 16-title display rack is crafted of poplar wood with a cherry finish, and is an elegant way to display CareNotes. The rack holds 480 or more booklets.

Measures 24" W x 21" H x 6 1/4" D

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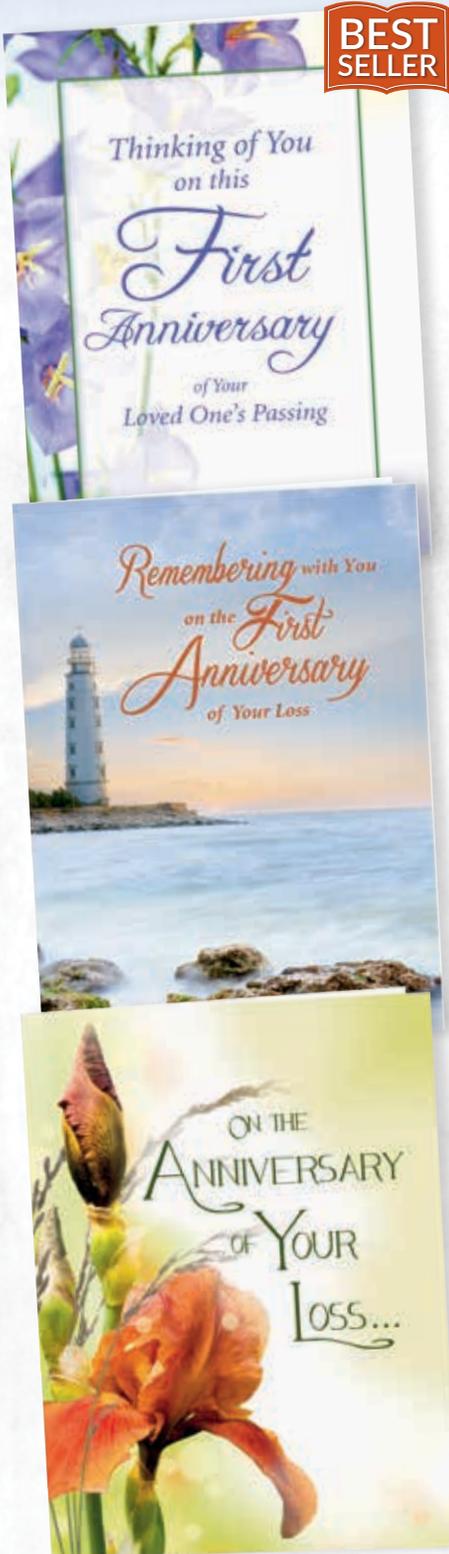
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Abbey Caskets, a work of Saint Meinrad Archabbey, handcrafts caskets, urns and custom furnishings for churches, homes and offices. The wooden CareNotes display racks are built in our own woodworking shop. Learn more at www.abbeycaskets.com.

Sympathy



CareCards (one design) and envelopes; 5" x 7".
\$12.95 Per Pack of 20 Cards/21 Envelopes
\$7.50 Per Pack of 10 Cards/11 Envelopes
FREE SHIPPING ON ORDERS OF \$70 OR MORE

First Anniversary of Your Loved One's Passing

Inside: May you find comfort in your cherished memories ... and may love be what you remember most of all. Holding you in thought and prayer.

The memory of the righteous is a blessing. –Proverbs 10:7

- 20564 10 Pack - \$7.50
- 20564K 20 Pack - \$12.95

Remembering with You on the First Anniversary of Your Loss

Inside: No matter how short, no matter how long, a life lived is never lost to those who remember.

Blessed are those who mourn, for they will be comforted. –Matthew 5:4

- 20570 10 Pack - \$7.50
- 20570K 20 Pack - \$12.95

On the Anniversary of Your Loss

Inside: I wish you prayers, flowing softly through your tears. I wish you remembering, gently bringing back each smile. I wish you comfort, the solace that God alone can give. I wish you love, giving you strength to carry on. I wish you dawn, lighting each tomorrow with hope.

- 20538 10 Pack - \$7.50
- 20538K 20 Pack - \$12.95

Grief Support Set

Each set includes 1 of each:
 We Cannot Lose Someone CareCard,
 Losing Someone Close CareNote,
 Taking Care of Yourself CareNote,
 12 Reflections CareNote and
 1 envelope.

26837 | \$4.95 Per Set



As the pain of your grief remains with you...

Inside: May you find continued comfort in the support of those close to you and solace in knowing loved ones who have gone before us remain with us always in our hearts and memories.

We look not at what can be seen but at what cannot be seen; for what can be seen is temporary, but what cannot be seen is eternal. -2 Corinthians 4:18

20572 10 Pack - \$7.50
20572K 20 Pack - \$12.95



May God hold you ...

Inside: We cannot lose someone we love, For whoever touches our hearts deeply is a part of us forever. With Deepest Sympathy

The Lord bless you and keep you; the Lord make his face to shine upon you, and be gracious to you; the Lord lift up his countenance upon you, and give you peace. -Numbers 6:24-26

20539 10 Pack - \$7.50
20539K 20 Pack - \$12.95



We cannot lose someone we love...

Inside: May you find healing in God's tender embrace, and in knowing others remember and care.

So you have pain now; but I will see you again, and your hearts will rejoice, and no one will take your joy from you. -John 16:22

20574 10 Pack - \$7.50
20574K 20 Pack - \$12.95



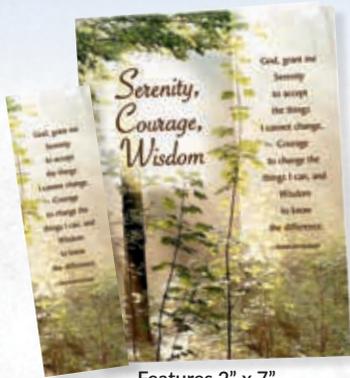
May You Find Comfort and Consolation...

Inside: At this time of deep sadness, know that our thoughts and prayers are with you.

I will turn their mourning into joy, I will comfort them, and give them gladness for sorrow. -Jeremiah 31:13

20568 10 Pack - \$7.50
20568K 20 Pack - \$12.95

Thinking of You



Features 2" x 7" detachable bookmark.

Serenity, Courage, Wisdom

Inside: May you draw strength and comfort from these words as you face challenging days, trusting in the promise of a brighter tomorrow.

The promise of the Lord proves true; he is a shield for all who take refuge in him. -Psalm 18:30

20569 10 Pack - \$7.50
20569K 20 Pack - \$12.95



A Caring Message...

Inside: We meet the challenges life poses for us sometimes through our actions, sometimes through the passage of time, always through love.

May the words in this caring message help in some small way to give you the courage to act, the patience to endure, and the comfort of knowing someone cares.

20515 10 Pack - \$7.50
20515K 20 Pack - \$12.95



Features 2" x 7" detachable bookmark.

Prayer of Healing

Inside: May the God who makes all things new grant you healing and wholeness.

Those who wait for the LORD shall renew their strength, They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint. -Isaiah 40:31

20566 10 Pack - \$7.50
20566K 20 Pack - \$12.95



Pro Tip!

The Pet Sympathy CareCard is the perfect way for veterinarians or groomers to extend their condolences to their loyal clients. Let them know you care during their time of loss.



We love our pets as a part of our family. Show your support when a loved one loses a pet with our pet sympathy card.

By your side for awhile...

Inside: Until one has loved an animal part of their soul remains unawakened. -Anatole France
Sorry for your loss.

This is my comfort in my distress, that your promise gives me life.
-Psalm 119

77152 10 Pack - \$7.50
77152K 20 Pack - \$12.95

CareCard & CareNote Sets

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Each set includes 10 EACH of CareCard and CareNote shown, plus 11 envelopes.

FIRST ANNIVERSARY OF LOSS



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BEREAVEMENT



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GET WELL



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Only \$11.95 per 10-pack set

PET SYMPATHY FOR FAMILY



Perfect for vet offices and grooming facilities. Let your clients know you're thinking of them!

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PET SYMPATHY FOR CHILD



A thoughtful way to support a child who has recently lost their best friend.

Order 27145
Only \$11.95 per 10-pack set



21306

26008

*Getting Through the Holidays
When You've Lost a Loved One*

23075

*This Christmas...
be there for those who are suffering.*

Getting Through the Holidays When You've Lost a Loved One

by Darcie D. Sims

Although the holidays can be a painful time after losing a loved one, they can also be a time to cherish fond memories and traditions. Author Darcie Sims guides you through the holidays and beyond so that your focus will be on your loved one's life, not their death. 21306 (26008 SpanishNote)

Christmas: A Time to Remember Those We've Loved and Lost

by Patricia Normile

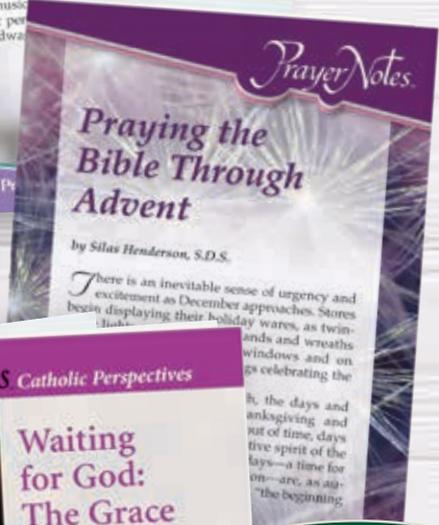
Author Patricia Normile draws upon her own experiences of losing her father at Christmas to offer guidance and support for experiencing the holidays without a loved one. 23075



Going on an Advent Prayer Journey

by Kathy Coffey

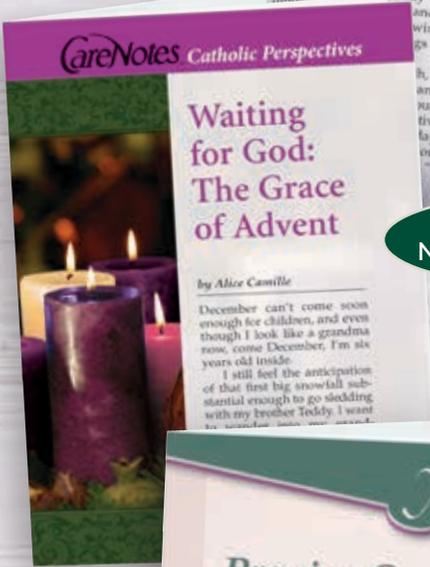
“Prepare ye the way of the Lord!” sings the Gospelist cast snaking through an audience. The music is enthusiastic performance on the hardw...



Praying the Bible Through Advent

by Silas Henderson, S.D.S.

There is an inevitable sense of urgency and excitement as December approaches. Stores begin displaying their holiday wares, as twinkling lights and wreaths and garlands and snow globes and nativity scenes and...



Waiting for God: The Grace of Advent

by Alice Camille

December can't come soon enough for children, and even though I look like a grandma now, come December, I'm six years old inside. I still feel the anticipation of that first big snowfall substantial enough to go sledging with my brother Teddy. I want to...

Advent Begins November 27, 2022



Praying Our Way to Christmas— and Beyond

by Sybil MacBeth

Prepare. Watch. Wake Up. Pray. Repent. Listen. Pay Attention. Hope. These are the urgent, jostling verbs of Advent. But how do my family and I prepare spiritually and prayerfully for the birth and coming of Jesus when there are gifts to wrap, a tree to decorate, meals to plan, cookies to bake, and social events to attend? Holiday arrangements and activities distract us from time set apart for prayer and reflection. There is little time left for watching, listening, repenting, and waking up.

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Going on an Advent Prayer Journey

by Kathy Coffey

Advent prayer prepares our hearts to receive new life. In this PrayerNote, the author helps us prepare for Christ through the prayers of blessing, mystery and hope. 25025

Praying the Bible Through Advent

by Silas Henderson, SDS

This PrayerNote, using the four great Advent “virtues” of hope, peace, joy, and love, shows readers how the themes and images of Scripture can guide and inspire our Advent celebrations as we prepare for Christmas. 25104

Waiting for God: The Grace of Advent

by Alice Camille

Contrasting her Christmases as a child to those she’s celebrated as an adult, author Alice Camille admits to pining for those early holiday memories — and the anticipation that went with them. She recognizes, however, that “while some elements of a child’s Advent season escape our grasp as grownups ... other aspects of the season deepen and bloom for us veterans of many Decembers.” 20968

Praying Our Way to Christmas— And Beyond

by Sybil MacBeth

Advent is not just a time for preparing our heads, hearts, and bodies for the coming of our Savior. It also serves as the opening season of the liturgical year, a time to recommit to a life of prayer, not just in the weeks leading to Christmas, but for the entire 365 days. This booklet helps readers enrich their Advent traditions and carry the experiences past December 25. 25099

Finding Hope in the Holidays

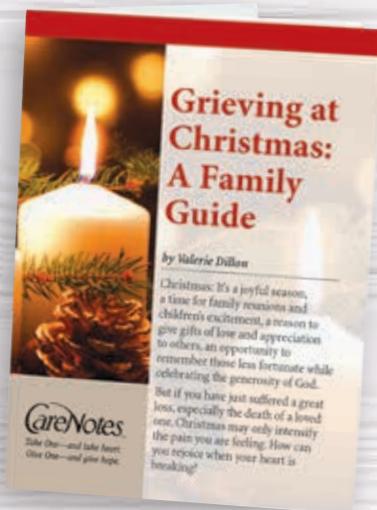
by Peggy H. Ekerdt

Today's holiday celebrations are often big on show, but lacking in substance. Author Peggy Ekerdt directs readers to the Gospels that record the stories of Jesus' birth, finding in them insights and inspiration that can shape the season in a much more meaningful way. 20974

Celebrating the Christmas Season with Faith and Hope

by Silas Henderson

"How do we balance all the pre-Christmas cheer with the deeper truths that are at the heart of Advent, Christmas, and Epiphany?" This CareNote provides answers, exploring the deeper meanings of these seasons and how we can truly celebrate a more faith-filled and meaningful Christmas season. 20988



Coping with Holiday Stress

by Therese J. Borchard

Familial obligations, financial concerns, self-imposed pressures; many issues can conspire to dampen holiday cheer. Author Therese Borchard suggests that, by acknowledging these issues and adjusting our expectations for the season, we can reclaim the cheer we thought was lost. 23130

Grieving at Christmas: A Family Guide

by Valerie Dillon

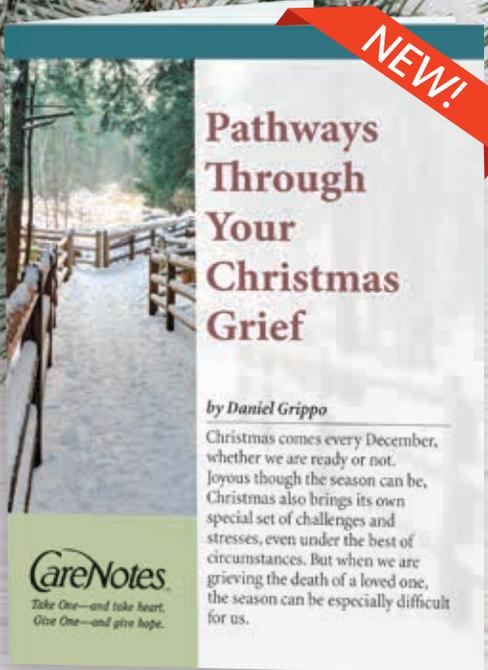
This helpful booklet addresses the sensitive issues families face at this conflicted time, with targeted guidance and coping strategies for young and old, male and female.

21482 (26013 SpanishNote)

Ten Ways to Honor a Deceased Loved One at Christmas

by Kass Dotterweich

We can do more than remember our deceased loved ones at Christmas; we can honor them. The author follows her beautiful introduction with 10 simple ideas that pay tribute to those who have died, whether their passing has been recent or long ago. 21593



Pathways Through Your Christmas Grief

by Daniel Grippo
 This CareNote is written to provide practical, hope-filled pathways through the season while you are grieving. Sprinkled throughout are simple ideas and action steps that will help you experience the season while also respecting the sadness and grief in your heart. 23242

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Feeling Depressed at Christmastime

by Lisa Engelhardt

The holidays can be wonderful but can also be stressful, depressing and lonely. In this returning favorite, CareNotes author Lisa Engelhardt shares tips on how to keep the spirit of Christmas alive. 20632



Your First Christmas After a Loved One Dies

by Karen Katafiasz

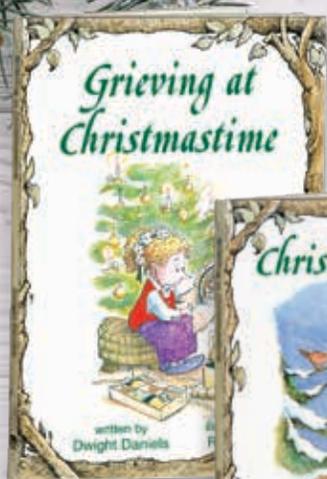
The first Christmas after the death of a loved one can be a heart-wrenching time. Author Karen Katafiasz, who has experienced this pain herself, offers sound advice to help readers “find meaning and solace during these challenging days.” 21932



Overcoming the “Blues” at Christmastime

by Karen Katafiasz

“For many people, Christmas is the highlight of their year,” writes author Karen Katafiasz. “Christmas can put a lot of stress on individuals to accomplish much and to smile while doing so.” And that stress can lead to depression. In this CareNote, Katafiasz reminds readers that these feelings are both common and acceptable. 23160



Grieving at Christmastime Elf-help Book

by Dwight Daniels

When you are grieving the death of a loved one, Christmas can be particularly challenging. In this book, you'll find gentle, practical, hope-filled guidance that suggests ways to recognize the season while also acknowledging and responding in a healthy way to the sadness and grief in your heart. 88 pages; 4" x 6", perfect-bound paperback. \$5.95 | 20052

Christmas Therapy Elf-help Book

by Karen Katafiasz

Insightful guidelines and enchanting illustrations will help you rediscover in your heart the magic, the meaning, and the mystery of this blessed time. 64 pages; 4" x 6", perfect-bound paperback. \$5.95 | 20175



How Christmas Memories Can Bring Healing to Your Grief

by Karen Katafiasz

Our memories of Christmases past can soothe the hurt, make the spirit of our loved one present, and help us integrate our loss into our lives. This CareNote offers some suggestions for using our Christmas memories to heal our grief. 21962



Giving New Life to Your Christmas Celebration

by Karen Katafiasz

Author Karen Katafiasz reminds readers that their best Christmases are not behind them. She offers ways to remember fondly those celebrations of the past and rekindle the excitement for this year's festivities. 23224



Rediscovering the Many Gifts of Christmas

by Karen Katafiasz

The pressure of holiday preparations, the crass commercialism, the association of Christmas with a painful personal situation or memory. There are many reasons a person might have lost his or her joy. This booklet offers ways to renew this happiest time of year, showing the enduring, life-giving values that Christmas embodies. 23189

Sympathy

Offer the right words at the right time with Christmas CardCards. Our CareCards measure 5" x 7" and include one design in each package.



Promise of Christmas

Inside: May this be a season of peace, if not joy - a season of healing and love, knowing others remember and care.

Now may the Lord of peace himself give you peace at all times in all ways.

-2 Thessalonians 3:16

20541 10 Pack - \$7.50
 20541K 20 Pack - \$12.95



To remember a departed loved one at Christmas...

Inside: May peace and love, the gifts of God's abiding presence, strengthen and sustain you during this holy season and all your days.

Now may the Lord of peace himself give you peace at all times in all ways.

-2 Thessalonians 3:16

77150 10 Pack - \$7.50
 77150K 20 Pack - \$12.95



At Christmastime...

Inside: As you remember, may the days ahead bring peace and comfort to you.
 Christmas Blessings

May mercy, peace, and love be yours in abundance.

-Jude 1:2

20575 10 Pack - \$7.50
 20575K 20 Pack - \$12.95



Christmas is a Season..

Inside: May the promise of the season bring you healing and hope... gladness amidst your sorrow...and a glimmer of joy to ease your grief.

Then shall the young women rejoice in the dance, and the young men and the old shall be merry. I will turn their mourning into joy, I will comfort them, and give them gladness for sorrow.
 -Jeremiah 31:13

20573 10 Pack - \$7.50
 20573K 20 Pack - \$12.95



Christmas is a time...

Inside: After the loss of a loved one, the holiday season brings special memories and tender moments of sadness. Yet we trust that, through God's healing touch, Christmases yet to come will once again be filled with hope and joy. May God hold you in love and peace during this holiday season and throughout the coming year.

"I will comfort them, and give them gladness for sorrow." -Jeremiah 31:13

20533 10 Pack - \$7.50
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Christmas Greetings



In hearts where Love and Joy are found...

Inside: May the spirit of the season grace your heart and home throughout the year to come.

You will have joy and gladness, and many will rejoice at his birth.
-Luke 1:14

77149 10 Pack

Reg. Price \$7.50 | **Sale Price: \$5.00**

77149K 20 Pack

Reg. Price \$12.95 | **Sale Price: \$10.00**



Beauty of the Season

Inside: May the beauty of the season color your world with love and delight your heart with wonder.

I will call to mind the deeds of the Lord; I will remember your wonders of old. -Psalm 77:11

77136 10 Pack

Reg. Price \$7.50 | **Sale Price: \$5.00**

77136K 20 Pack

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Show you care at Christmas with Christmas CareCard/CareNotes Sets

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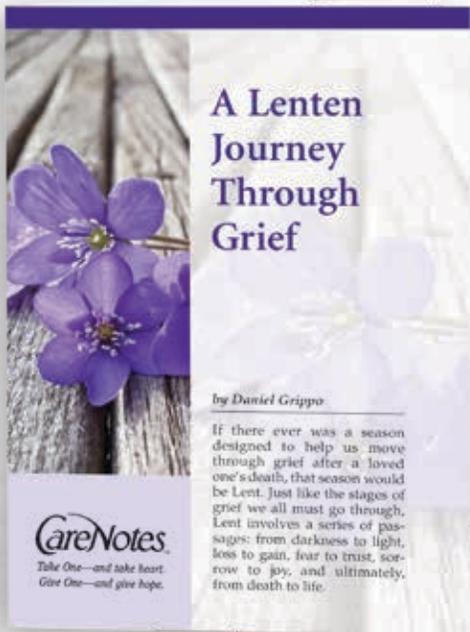
23017



27143



26997



A Lenten Journey Through Grief

by Daniel Grippo

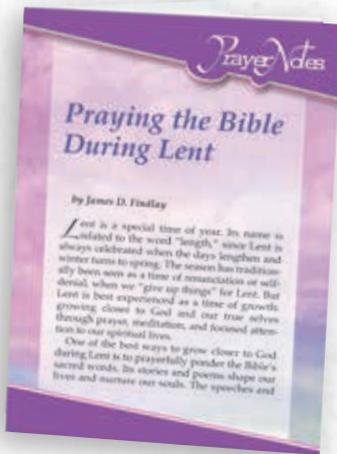
CareNotes author Dan Grippo looks at Lent, “a season deep and wide with passages that help us walk through our grief,” as an opportunity to journey toward healing. He shows readers that, though the season (and their own grief) begins in ashes, it ends with the healing and hopefulness of new life. He guides readers with powerful sections titled: Moving from darkness to light, Moving from loss to gain, Moving from fear to trust, and Moving from sorrow to joy. 23143

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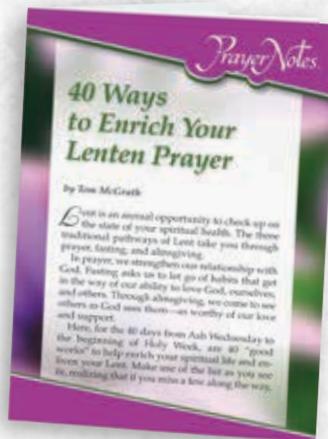
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Praying the Bible During Lent

by James D. Findlay

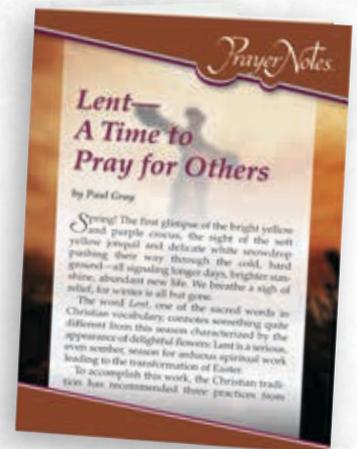
Author James D. Findlay identifies Lent as a time of growth and writes that one of the best ways to grow closer to God during Lent is to “prayerfully ponder the Bible’s sacred words.” He urges readers to embrace the opportunity to slow down that Lent provides and helps them do that amidst the busyness of life in sections titled: Select a text, Begin on Ash Wednesday, Lent – and faith – requires perseverance, and Learn to read Scripture in new ways. 25100



40 Ways to Enrich Your Lenten Prayer

by Tom McGrath

Describing Lent as an opportunity to check up on the state of your spiritual health, author Tom McGrath prescribes 40 ways the reader can enrich his or her prayer life and make the season more meaningful. He offers a list of suggestions that are good for the reader, good for others and good for the soul. With this list, McGrath presents not just the opportunity to prepare for Holy Week, but to adopt one or more of these resolutions as a permanent part of a faithful life. 25085



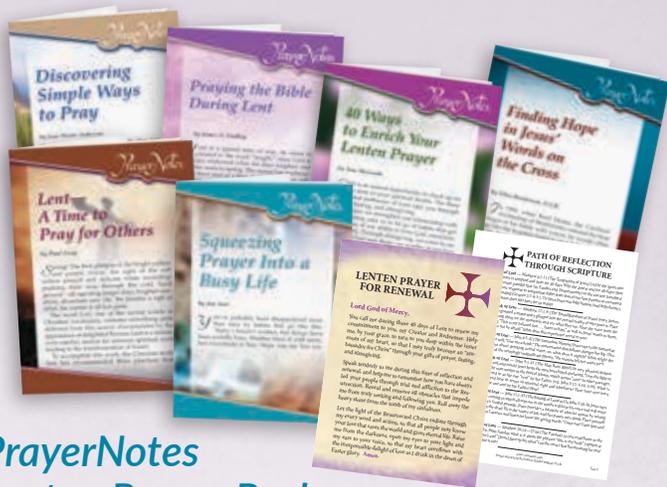
Lent — A Time to Pray for Others

by Paul Gray

For most, Lent is a time to look inward, to strengthen one’s own faith, to identify one’s own weaknesses and overcome them. However, author Paul Gray casts the season in a different light, turning the focus outward and finding where attention can be paid to others. He shows readers how to participate in the three most common Lenten practices—prayer, fasting, and, almsgiving—while keeping those less fortunate in mind. 25092

Deepen your discussions within a prayer group or Bible Study with our Lenten Prayer Packs.

The special selections of six PrayerNotes or Catholic Perspectives titles, one for each week, are designed to help families, individuals and prayer groups prepare for and celebrate Lent. A prayer and reflections card is included with each packet.



PrayerNotes Lenten Prayer Pack

- Includes:
- 25085 40 Ways to Enrich Your Lenten Prayer
 - 25002 Discovering Simple Ways to Pray
 - 25086 Finding Hope in Jesus' Words on the Cross
 - 25100 Praying the Bible During Lent
 - 25092 Lent — A Time to Pray for Others
 - 25006 Squeezing Prayer Into a Busy Life
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Catholic Perspectives Lenten Prayer Pack

- Includes:
- 20965 Finding Stillness in the Presence of God
 - 20924 How the Grace of Confession Can Change Your Life
 - 20966 Living the Beatitudes as a Source of Strength
 - 20970 Longing for God: The Grace of Lent
 - 20975 Looking to Mary in Times of Grief and Loss
 - 20989 The Season of Lent: From Ashes to Easter
 - Prayer and Reflections Card

\$4.95 | 27101



Did you know?

The Readings in each Mass are divided into 3 separate years, Years A, B and C.

One of the simplest ways to determine the cycle year is to add the digits of the calendar year and see if they are divisible by three. If it is divisible by three, then it is "Year C." Once you figure that out, the rest of the years are easy to determine.

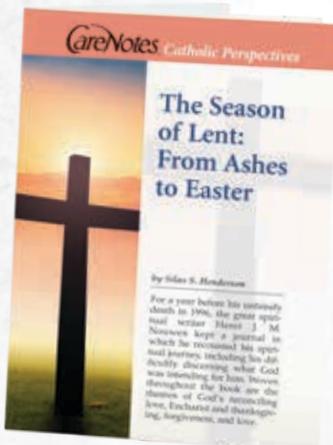


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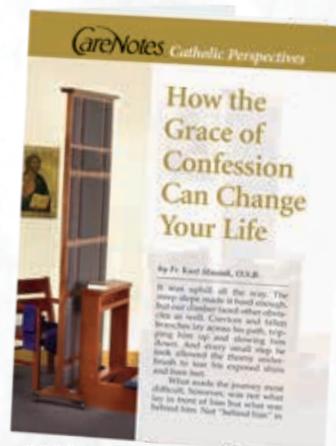


20995

CLEARANCE
Only **40¢** ea.



20989



20924

Elf-help Therapy Books

Lifting spirits with whimsy

The whimsical Elf characters and their simple, poignant advice have touched the lives of millions of people around the world! The wisdom imparted by this charming little community of woodland elves helps you work through modern-day challenges by providing inspiration, support and comfort when it is needed most.

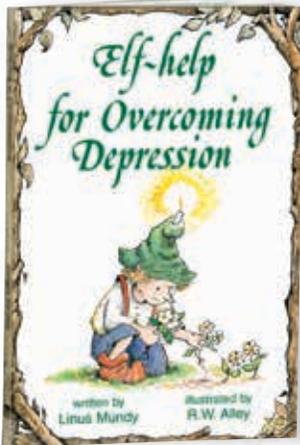
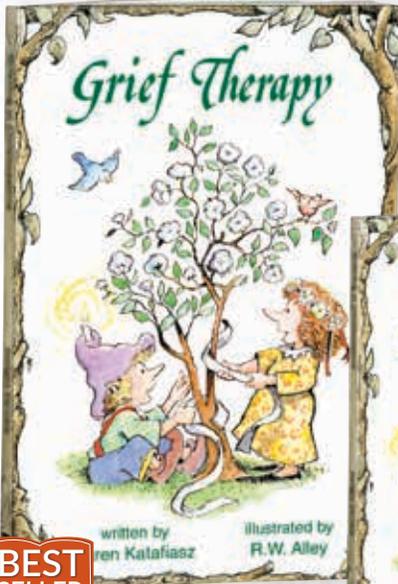
All Elf-help Therapy books measure 4 x 6 inches.

Elf-help Therapy books are \$5.95 each.

Grief Therapy

by Karen Katafiasz

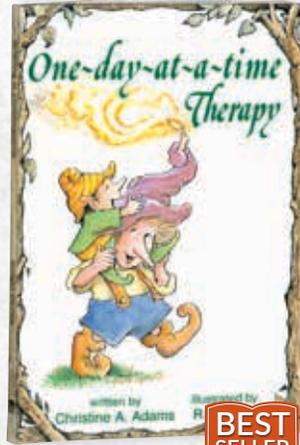
A self-help book that has helped hundreds of thousands of readers. Its succinct, meaningful guidelines and hope-filled illustrations have reassured those who grieve that out of their pain can come profound, transforming healing. 20178 (NEW! 20834 Spanish Grief Therapy)



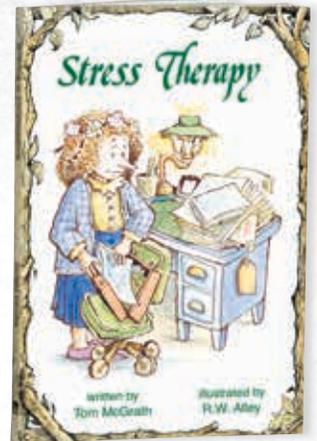
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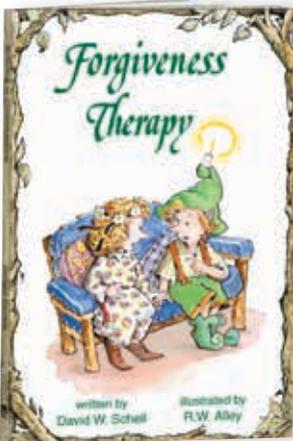
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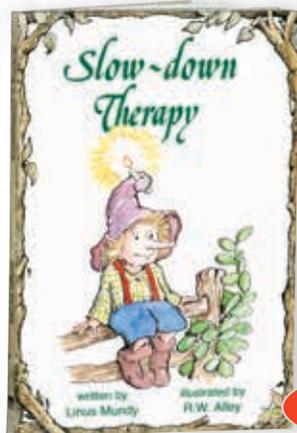
20204



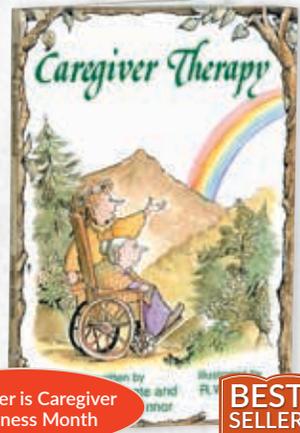
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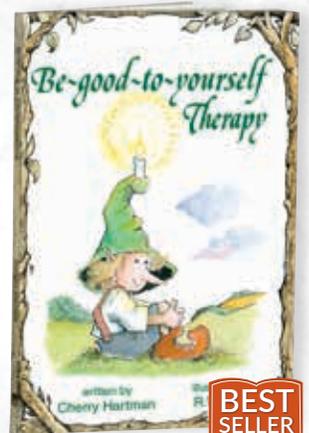
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20203



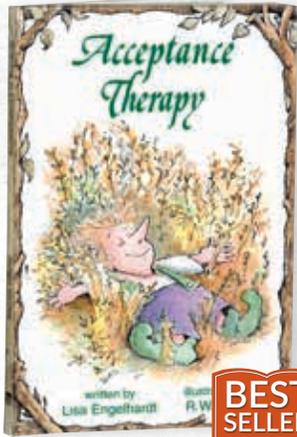
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20255

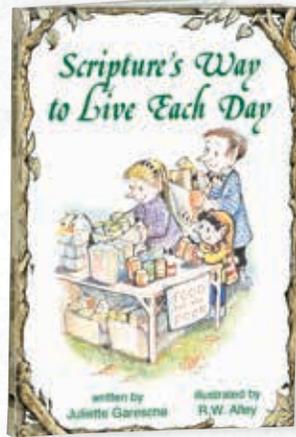
November is Caregiver Awareness Month

Elf-help Therapy Books are \$5.95 each



20190

**BEST
SELLER**



20444



**Encourage
last-minute
purchases...**

by placing this 3-Title
Display Stand on the
checkout counter.

The stand holds
approximately 15 Elf-help
books (not included).

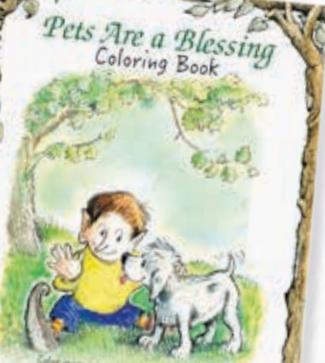
Measures 9 1/2"H x 4 1/2"W x 5 1/4"D

\$20.00 | 28657

See our entire Elf-help selection at www.carenotes.com

- | | | |
|--|--------------------------------------|---------------------------------------|
| 20052 Grieving at Christmas | 20157 Get Well Therapy | 20351 Believe In Yourself Therapy |
| 20058 Healing Thoughts for Troubled Hearts | 20165 Self-Esteem Therapy | 20359 Elf-help for Coping with Cancer |
| 20074 Elf-help for Coping with Pain | 20174 Friendship Therapy | 20363 On The Anniversary Of Your Loss |
| 20076 Dealing with Difficult People | 20175 Christmas Therapy | 20369 When Your Parent Dies |
| 20078 Loneliness Therapy | 20176 Peace Therapy | 20485 Pets Are A Blessing |
| 20088 'Tis a Blessing To Be Irish | 20181 Happy Birthday Therapy | 20489 Empty Nest Therapy |
| 20089 Getting Older, Growing Wiser | 20185 Keep Life Simple Therapy | 20498 Living With Joy Therapy |
| 20119 Trust In God Therapy | 20195 Keeping Up Your Spirit Therapy | 20824 Grieving with a Grateful Heart |
| 20127 Anger Therapy | 20205 Be Good to Your Marriage | 20827 Overcoming Jealousy and Envy |
| 20140 New Baby Therapy | 20206 Prayer Therapy | 20828 Healing From Hurt Therapy |
| 20145 Teacher Therapy | | |

Color Your Stress Away!



Elf-help coloring books provide a whimsical escape from the stress of our daily lives.

Scripture's Way to Live Each Day Coloring Book

by Juliette Garesché | 38 Coloring Pages

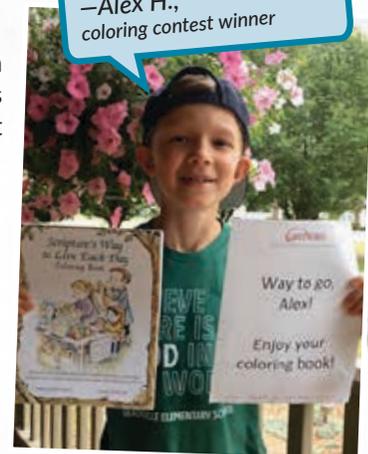
Charming coloring pages filled with insightful messages, meaningful passages from Scripture and pearls of wisdom that God shares with us. 83 pages; 8" x 10"
\$7.99 Each | 20444C

Pets Are a Blessing Coloring Book

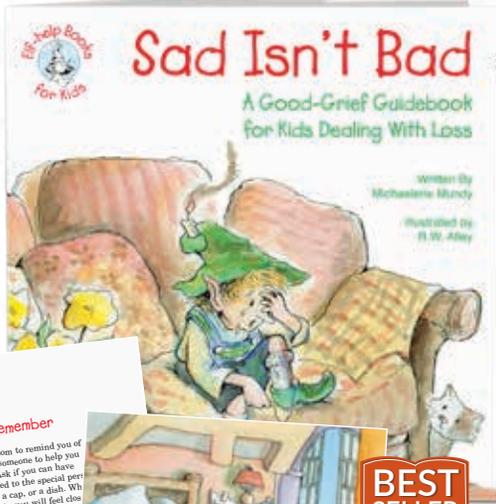
by Victoria Ryan | 36 Coloring Pages

Color away your stress while celebrating the many ways pets enrich our lives. 79 pages; 8" x 10"
\$7.99 Each | 20485C

"I love this coloring book!
It is the nicest one I've
ever seen!"
—Alex H.,
coloring contest winner



What Our Customers are Saying... "We've incorporated coloring a page together as a family a few times a month and discussing the Scripture and cartoon that goes with it as we pass the coloring book around the table...it's been great!"
—Kasey Hitt



Elf-help Books for Kids

The delightful Elf children confront difficult situations, and rely on adults in their world to help gently guide them through challenges. Each book is filled with charming, colorful illustrations that help children connect the topic to their own lives.

All Elf-help Therapy softcover books measure 8 x 8 inches, include 32 pages and are recommended for children of all ages.

Elf-help Kids books are \$7.95 each.

It's Good to Remember

Put a picture in your room to remind you of your loved one, or ask someone to help you make a photo album. Ask if you can have something that belonged to the special person like a piece of jewelry, a cap, or a dish. When you look at it or touch it, you will feel close to him or her.

Draw a picture of a special time you spent together. Or write a letter to the person how much you love and miss him or her.

People you care about will always be a part of you. What things about life and love did you learn from this special person?

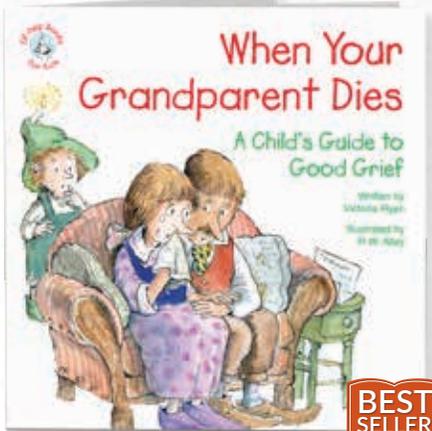


BEST SELLER

Sad Isn't Bad

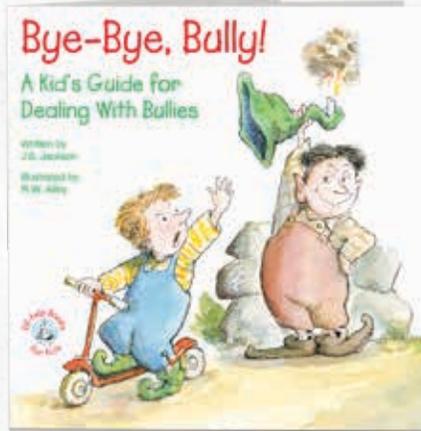
by Michaelene Mundy

Here is the book that Elf-help fans everywhere were asking for ... a book to help children grieve in healthy ways. This friendly and loving guide is loaded with positive, life-affirming helps for coping with loss as a child. 20120

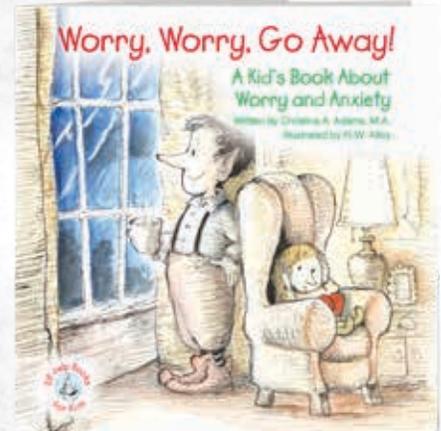


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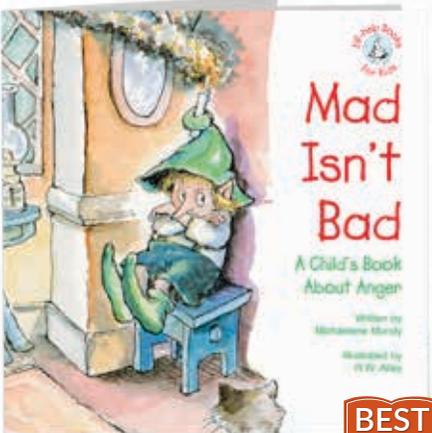
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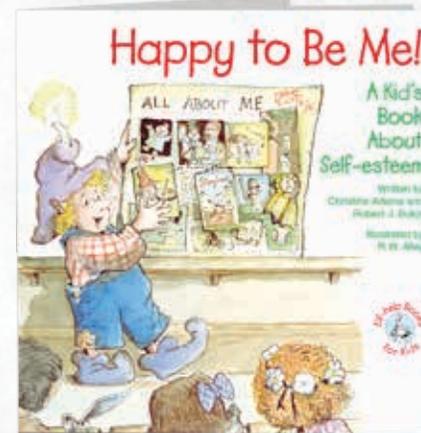


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20106

BEST SELLER



20084



20050

BEST SELLER

Elf-help Kids Books are \$7.95 each

What Happens When Someone Dies?

A Child's Guide to Death and Funerals

Written by Michaelene Mundy
Illustrated by H.W. Alby



What Happens When Someone Dies?

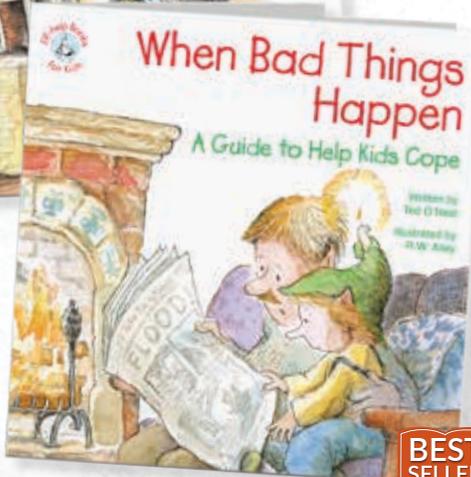
by Michaelene Mundy

The author of the top-selling "Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing With Loss" helps children as they first experience the reality—and the mystery—of death and funerals. Author Michaelene Mundy carefully explains to children how we celebrate the life of a departed one through both sadness and joy. 20372

When Bad Things Happen

A Guide to Help Kids Cope

Written by Ted O'Neal
Illustrated by H.W. Alby



BEST SELLER

BEST SELLER

When Bad Things Happen

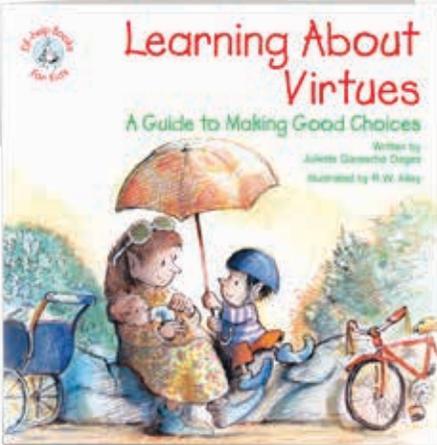
by Ted O'Neal

Truly bad things happen in life. And while we cannot shelter children from every hurt and harm, we can reassure them that they, like the little elves in these pages, will always be loved and cared for. We can teach children the skills needed for coping with life's biggest challenges and changes. And we can restore children's trust that life, after all, is good. 20071

Learning About Virtues

A Guide to Making Good Choices

Written by Juliette Gersbach Dinger
Illustrated by H.W. Alby

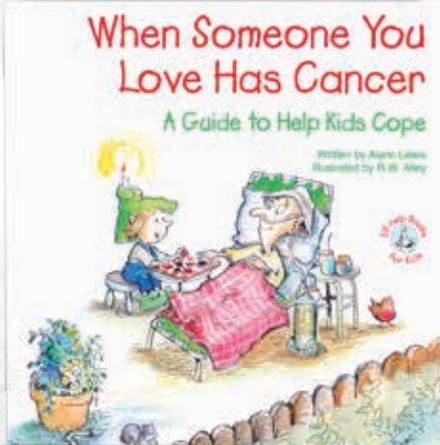


20370

When Someone You Love Has Cancer

A Guide to Help Kids Cope

Written by Aaron Lohr
Illustrated by H.W. Alby

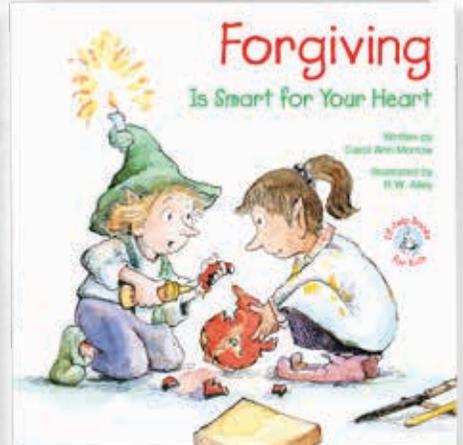


20051

Forgiving

Is Smart for Your Heart

Written by Carol Ann Morrow
Illustrated by H.W. Alby

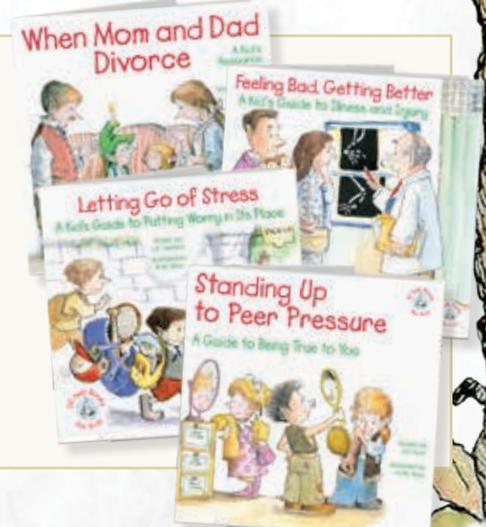


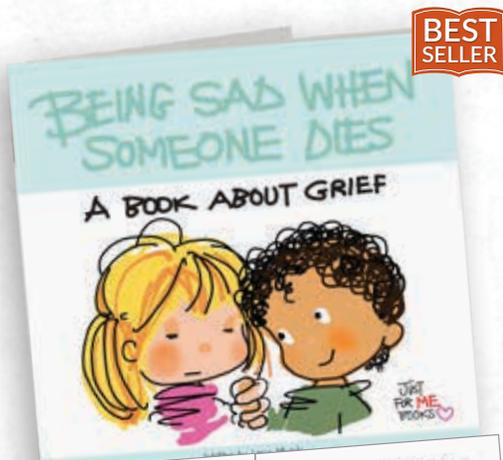
20072

See our entire Elf-help Kids Book selection at www.carenotes.com

20057 Learning to Be a Good Friend
20067 Standing Up to Peer Pressure
20086 Respect
20104 When Mom and Dad Divorce
20362 Jealousy Is Not For Me
20471 Feeling Bad, Getting Better

20479 It's Not Fair!
20494 Time-Out From Technology
20499 Growing Into A Family
20821 Letting Go of Stress
20826 You Are You, I Am Me
20833 Fair Play, Good Sports





Big Topics for Little People

A book series for children ages 4-8 that targets life's everyday experiences, the *Just For Me™* books feature colorful, engaging artwork from noted illustrator Anne FitzGerald.

Each 8" x 8" softcover book offers 32 pages filled with relatable imagery and text that help to simplify the sometimes confusing topics for the smallest readers. Recommended for children ages 4-8.

Just For Me Kids books are \$7.95 each.

Being Sad When Someone Dies: A Book About Grief

by Linus Mundy

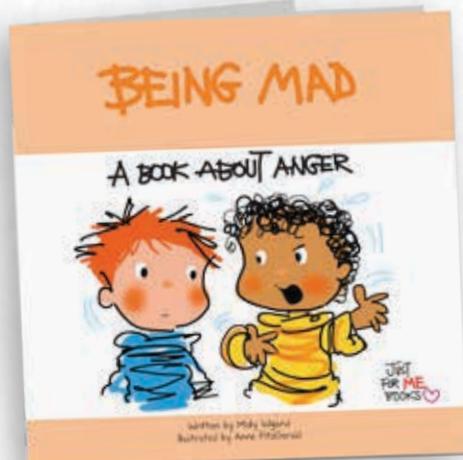
For children, who are "new" at so many things, it can be a very difficult experience to lose a loved one. For the very young, the finality of death is hard to understand. Author Linus Mundy offers practical coping skills to help young readers understand their feelings of grief and reassurance that, some way, somehow, things can be good again. 20456



Sometimes I'm Afraid: A Book About Fear

by Michaelene Mundy

We want our kids to be safe, happy, and well-adjusted. But we all know that our children, like us, have to face a lot of difficult things in their lives. And one of them is fear. *Sometimes I'm Afraid: A Book About Fear* helps young readers understand what it means to be afraid and how to find courage and support in their friends and loved ones. 20455

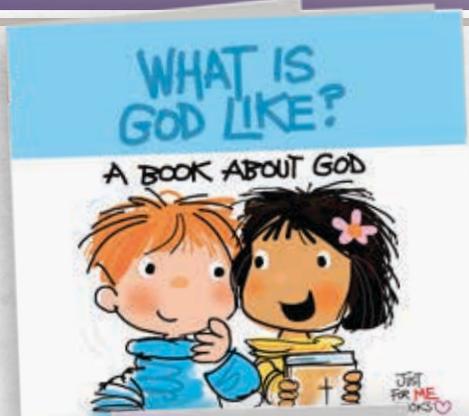


Being Mad: A Book About Anger

by Molly Wigand

Children's anger can be upsetting and unsettling to the grown-ups in their worlds. We've all dealt with tantrums and pouting at the least convenient times. If only we could flip a switch on that anger and restore calm to our homes and classrooms. In *Being Mad: A Book About Anger*, author Molly Wigand helps children learn to understand accept their anger and to express their anger in healthy ways. 20457

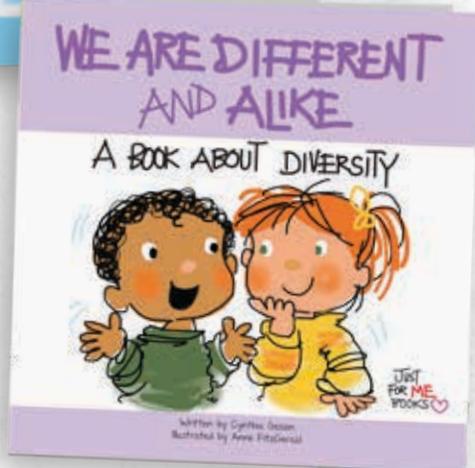




What Is God Like? A Book About God

by Cynthia Geisen

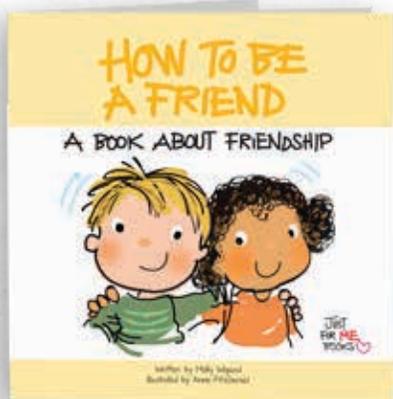
God is a mystery and, although our attempts to define or explain God always fall short, we can describe our experiences of God. In *What Is God Like? A Book About God*, author Cynthia Geisen introduces children to a way of getting to know God that helps them understand all the ways God can be found in the world around us—the God who is so eagerly waiting to be discovered. 20462



We Are Different And Alike: A Book About Diversity

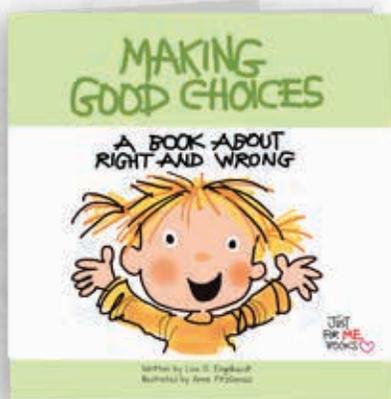
by Cynthia Geisen

We only have to look at the world around us to find diversity: cats, dogs, birds, people...no two of us are exactly alike. Every creature is unique and every person has their own individual personality, talents, and interests. In *We Are Different And Alike: A Book About Diversity*, author Cynthia Geisen helps young people understand and appreciate the diversity of the world around us and its many expressions in families, faiths, races, and cultures. 20477



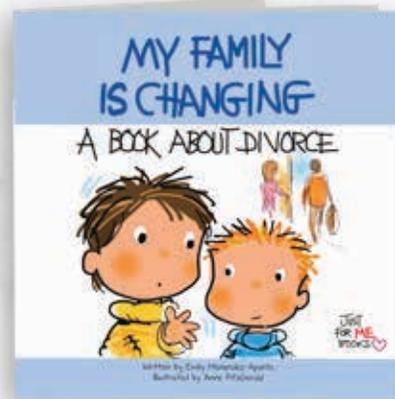
How To Be A Friend: A Book About Friendship

How To Be A Friend: A Book About Friendship introduces children to those values that make for good friendships — loyalty, trust, and honesty — and to how they can become a good friend to others. 20458



Making Good Choices: A Book About Right And Wrong

Making Good Choices: A Book About Right and Wrong helps children learn from their everyday choices and experiences to give them the skills and perspectives necessary to become compassionate, caring, and responsible adults. 20461



My Family Is Changing: A Book About Divorce

Author Emily Menendez-Aponte offers a starting point to begin explaining divorce to your child. She helps explain to children that divorce is not their fault, that it's normal to feel upset and scared and confused, and that it's good to get all these feelings out. 20476



AfterWords™

Grief Aftercare Kit from CareNotes

Providing comfort and support for the first year of loss

Because your care doesn't end after the funeral.

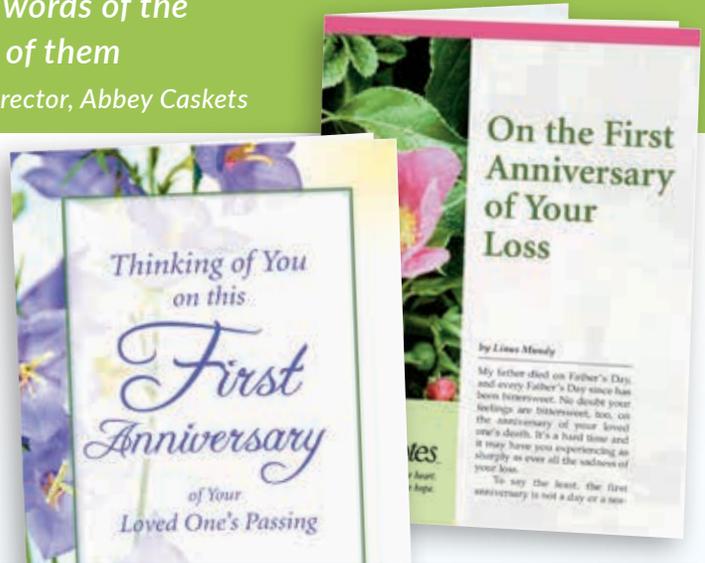
AfterWords is an aftercare grief-support kit that keeps you connected to the families you serve throughout the first year after a loss.



"We have been using AfterWords in our ministry for many years as a way of connecting to the families we serve. They appreciate the supportive words of the CareNotes and knowing that someone is still thinking of them through their grief journey."

- Jennifer Keller, Director, Abbey Caskets

Popular CareNotes booklets are paired with exclusive, heartfelt CareCards to offer words of comfort and support just as they're needed most. It's a wonderful continuation of the caring services provided by bereavement ministries and many other organizations.



Save over 15% on select mailing kits!

#29000 Single Mailing Kit:

- Total of 5 CareCards + 5 CareNotes, envelopes
- Serves a single family with five mailings

\$6.75

#29000K Four Mailing Kit:

- Total of 40 CareCards + 40 CareNotes, envelopes
- Serves 10 families with four mailings each

\$48.50

BEST VALUE!

Less than \$6.00 per family for 5 mailings a year!

#29000C Five Mailing Kit:

- Total of 50 CareCards + 50 CareNotes, envelopes
- Serves 10 families with five mailings each
- Includes Christmas mailing

\$57.00

How does AfterWords work?

Mailing 1: Two weeks after funeral

Mail the CareNote and CareCard to the family in need two weeks after the funeral.



Mailing 2: Three months after funeral

Mail three months after the funeral. This mailing includes a card that will tear away into a bookmark with the Serenity Prayer.



Mailing 3: Six months after funeral

Mail six months after the funeral. Let families know that it's ok to grieve and to adjust to a new normal.



Mailing 4: One-Year Anniversary

Mail prior to the one-year anniversary of their loss. The *First Anniversary of Your Loss* CareNote will offer families ways to honor their loved one and use this occasion for healing.



Christmas Mailing (optional)

Holidays can be a time of added grief for families. This is a great time to add a note that you are thinking of them during this season.



The caring and convenient way to offer support to families you serve through the first year after a loss.

Call 800-325-2511 or visit www.carenotes.com for more information.

CareNotes
 200 Hill Drive
 St. Meinrad, IN 47577

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