(Journeying through Grief – Sample Letter #1)

(Send with booklet #1 at three weeks after the loss)

Date

Dear (Name),

I've thought of you often over the past several weeks, and I wanted to express my continuing sorrow over your loss.

The enclosed book, *A Time to Grieve,* is the first of four *Journeying through Grief* books I'll be sending you over the next year. Each book describes the issues and feelings that people tend to encounter at various points during their grief and offers suggestions on how to handle them.

One of the things I like about this book (and the three that will follow) is the warm, friendly way that it's written. It's the kind of book you can read in one sitting or a little at a time--whatever seems right for you.

I hope you'll find the words and ideas reassuring in the days and weeks to come. You might even refer back to the book from time to time, since some of the ideas that don’t ring true for you now may be helpful later on.

[Possibly add some personalized thoughts or information.]

May God bring you comfort and peace during this difficult time.

Sincerely,