(Journeying through Grief – Sample Letter #2)

(Send with booklet #2 at three months after the loss)

Date

Dear (Name),

A couple of months ago, I sent you the first of the four *Journeying through Grief* books. I hope it was helpful to you.

After a few months have passed, it can seem as if the rest of the world has gone back to life as usual--while you may be wondering what "life as usual" even means now.

Here is the second book, *Experiencing Grief.* Like the first book, it describes many of the feelings and issues that can surface around this time after a loss. People often find it reassuring to know that what they're experiencing is really quite normal for someone who is grieving.

I hope this book will be helpful to you in that way.

**[Possibly add some personalized thoughts or information.]**

May God continue to watch over you now and always.

Sincerely,