(Journeying through Grief – Sample Letter #4)

(Send with booklet #4 eleven months after the loss)

Date

Dear (Name),

I know it will soon be one year since (name of the loved one) died.

The first anniversary of the loss of a loved one can be a very difficult day. People often begin to feel anxious weeks beforehand. The enclosed book, *Rebuilding and Remembering,* has a very helpful chapter about the anniversary, with a number of ideas for dealing with your feelings on that day.

The book contains many other helpful insights, such as giving yourself renewed permission to grieve. This is important because you may have people around you acting as if your grief should have ended a long time ago. You can't grieve by someone else’s timetable. Let yourself grieve for as long as you need to grieve.

Although this is the last of the four *Journeying through Grief* books, my concern for you doesn't end with this book. The reason I've been sending you these books is that I care about you. That care continues.

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

May God's love for you help you to cherish your loved one in your heart always.

Sincerely,