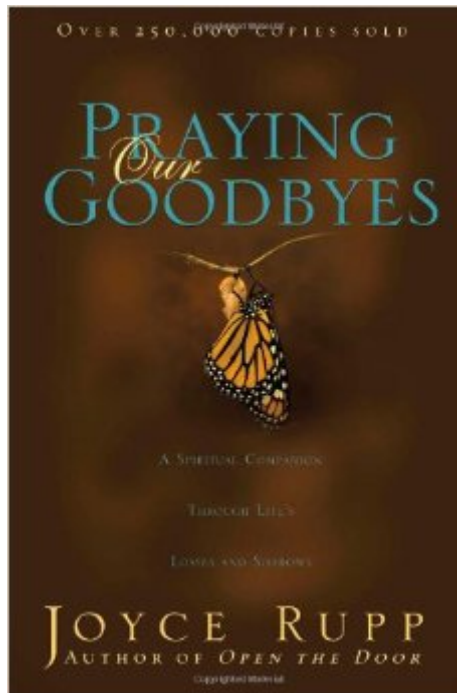


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Praying Our Goodbyes: A Spiritual Companion Through Life's Losses And Sorrows



Synopsis

With 250,000 copies sold, this new edition of Joyce Rupp's most popular book offers a fresh opportunity for readers to reflect, ritualize, and reorient themselves as they navigate life's inevitable changes. Everyone has unique goodbyes--times of losing someone or something that has given life meaning and value. With the touch of a poet, Joyce Rupp offers her wisdom on "these experiences of leaving behind and moving on, the stories of union and separation that are written in all our hearts." *Praying Our Goodbyes*, Rupp says, is about the spirituality of change. It is a book for anyone who has experienced loss, whether a job change, the end of a relationship, the death of a loved one, a financial struggle, a mid-life crisis, or an extended illness. It is designed to help readers reflect, ritualize, and re-orient themselves--to help heal the hurts caused by goodbyes and the anxieties encountered when one season of life ends and another begins.

Book Information

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (70 customer reviews)

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Customer Reviews

My mother gave me a copy of "Praying Our Goodbyes" in 1998, shortly after the death of my son. I am just now getting around to absorbing its wonderful, tender message. I especially like the parts on taking quiet times to reflect on the loss of a loved one. Many may have anger or disappointment with God when a loved one dies and Joyce addresses that and focuses on how our prayers change with loss. She includes many meaningful prayers for various losses in our lives. ---Alice J. Wisler, "Slices of Sunlight, A Cookbook of Memories"

The author's words are profound and provide comfort and guidance to those suffering through the

various good-byes of life. It helped me work through a very painful relationship break-up. Her description of the "existential ache" was a particular comfort and is something we can all relate to. It helps to know one is not alone in one's "aloneness". The prayers and exercises are healing.

My son died 6 mo. ago at the age of 18 & this book was one of the most comforting books I have read. I highlighted passages to refer back to on dark days. Good for all kinds of life's "Goodbyes".

My father died just months ago and it has been very hard to accept. This book was given to me by a relative and has been such a blessing to my spirit. It gives hope and helps turn that darkness to light. The path is still difficult at times but the inspiration this book has brought me has been a great comfort in my life.

This book gave me the courage to leave a place I had lived and loved for 22 years and move to another state. Her descriptions of the loss I felt are right on. I have gifted this book to numerous friends who are facing loss of many kinds. If you're looking for a comforting book on the spirituality of change, this is it!

Joyce Rupp gives techniques to overcome many of the "goodbyes" a person faces in a life time. I found the chapter on Praying our Goodbyes particularly helpful. It does not take away the loss but helps one deal with it.

This book is a good read for almost all levels of life's losses in need of closure. Rupp's detailed explanations for creating a personal "Praying Good-bye" space using a symbolic object item from the loss situation, nature, one's faith, etc. facilitates personal wholeness. Although the writer's Christian faith is predominant in this work, the book can be acclimated to all faiths and perhaps to those with a lack thereof. It is the one book I return to for myself or, when appropriate, to give as a gift to others who may be experiencing a grief, retirement and other loss issues.

We used this work as a resource in a support group for separated and divorced adults in our Catholic parish. The blend of poetry, prose and useful spiritual advice was exceptionally helpful to our group. Deacon Mark Hobson

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