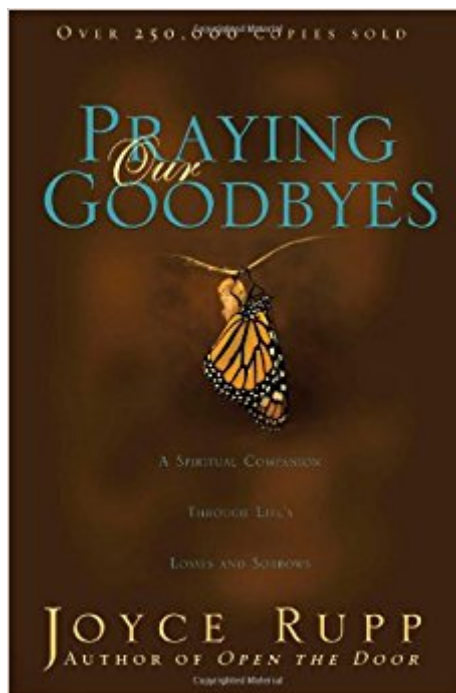




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Praying Our Goodbyes: A Spiritual Companion Through Life's Losses And Sorrows



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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Customer Reviews

"Joyce Rupp has the remarkable ability to help people find God in their everyday experience. Her writing offers clear and practical guidance for all who are on the journey of faith." --Br. Robert R. Bimonte, F.S.C., Executive Director, NCEA Elementary Department "Joyce Rupp is one of the best Christian spiritual guides writing today." ----Rev. James Martin, S.J., Author of *My Life with the Saints*

Letting go of what we cherish is one of the hardest things we ever have to do. And that includes

letting go of jobs, homes, relationships, good health, illusions, self-importance, and even loved ones. But unless we learn to say goodbye as well as hello, we are crippled by our suffering. This tender and realistic book can be your personal guide to accepting our inevitable goodbyes even as it reminds us that when we are suffering most deeply, the seed of hope still lives within us. Discover the emotions that goodbyes awaken and turn to the twenty-four specific prayers designed to help you deal with nearly every imaginable kind of loss. **PRAYING OUR GOODBYES** should not be kept for special occasions, however, for its poetic wisdom offers the means of enriching every day, of saying hello and goodbye to every precious moment of life.

This book was brought to me by a pastor, shortly after I lost my daughter. It was one of the best books I've read. Anyone suffering any kind of loss should have it. It was of great help to me, trying to understand why this could happen. Anyone losing a child, even a grown-up child, experiences the most painful loss possible. I encourage you to read this book.

The concept of something or someone coming into your life, something or something leaving your life, and a new beginning, is both healing and inspirational. Whether it is loss of life of a loved one, end of a relationship, a move, a change of job, a friend moving away, whatever the situation, the writer helps one move forward in life. My daughter died and when I read the opening poem, I thought I would never read another page of the book. After being encouraged to continue reading, I discovered that after reading the book a second time, I answered the chapter questions much differently, and realized I had begun to find a path to live life to the fullest, as my daughter had lived her life every day. There are many biblical references, which I did not follow the first reading. The content of the book was enough at that time. It was only with the second reading that I followed the biblical references. This book was very soul soothing!

I found this very helpful following a difficult loss of a sister. I have gone back to many portions I highlighted which most call to me and provide comfort. I find especially helpful the Scripture and thoughtful prayers. The final section consists of prayers for specific losses--loss of loved one, spouse, child, job, and others.

Not a popular subject but, Joyce Rupp captures the essence of what we can experience with losses of various kinds and a way to reflect on them in a deep, spiritual way. There are prayers and a ritual to go with each different kind of loss. Certainly a worthwhile book to keep, to use, and to share with

others. It is a book that can bring much healing for the many things we need to grieve in our lives.

My first choice for helping process the grief of losing a loved one. Joyce Rupp also guides the reader through other forms of grief as well. Enlightening , comforting, helpful. I have given this book to others who are experiencing different types of grief during their lifetimes.

Perfect read for anyone. Its a beautiful view on acceptance and moving forward after losses in life. I've lent this book so many times to others and never got my copies back! I saw that as a good sign ironically since It makes for a good guide& reference.

Great inspirational book for when we have big personal losses.

very helpful after losing someone close, would very much recommrnd - i like all her books

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