

# Parting

By Jennifer Sutton Holder  
and Jann Alderidge Clanton

This practical, pocket-sized guide  
promises spiritual enrichment on  
the journey toward life's end.

Designed for easy reading by  
weary travelers, *Parting* is an  
indispensable tool for family  
members, friends, religious  
leaders, counselors, and  
medical providers.

AVAILABLE NOW:

978-1554550876

\$9.95 CDN

5 x 7.5

80 pages

## Parting

A Handbook for  
spiritual care  
Near the End  
of Life

Jennifer  
Sutton Holder  
and  
Jann Aldredge-  
Clanton



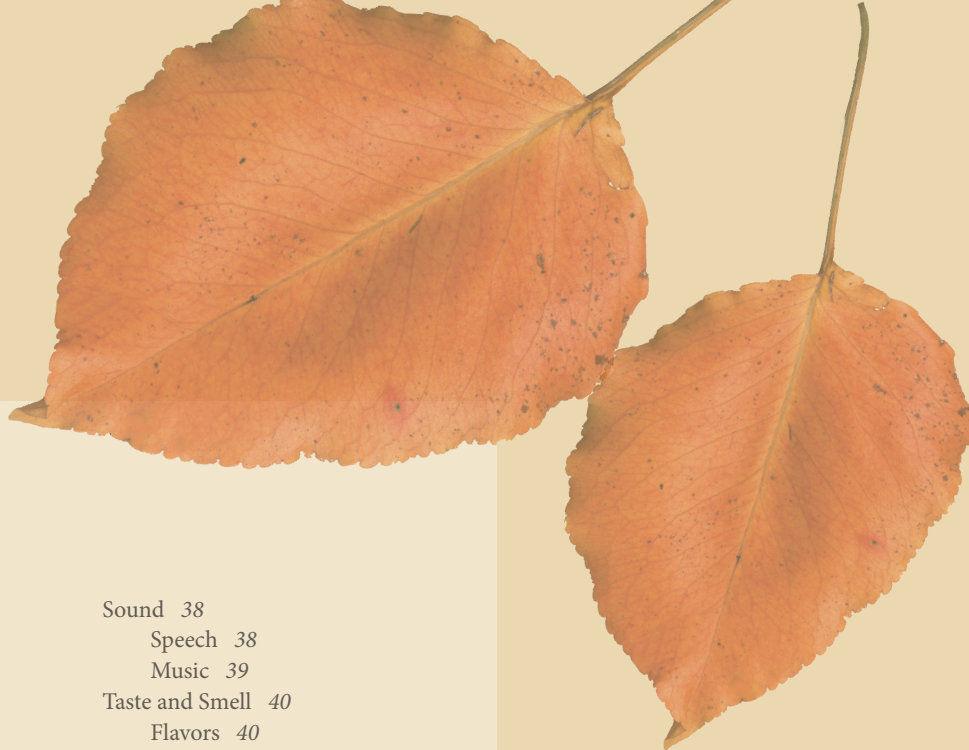
Fitzhenry & Whiteside

[www.fitzhenry.ca](http://www.fitzhenry.ca) • Ordering: [bookinfo@fitzhenry.ca](mailto:bookinfo@fitzhenry.ca) • 1-800-387-9776

Media Inquiries: Natasha Tsakiris, Print Marketing • 905-477-9700 ext. 226 • [natasha@fitzhenry.ca](mailto:natasha@fitzhenry.ca)

# Parting

## Contents



- 1 Setting Out 1
  - Offering Spiritual Companionship 2
  - Itineraries: Stops on Spiritual Journeys 3
  - Two Levels of Needs: Physical and Spiritual
- 2 A Personal Journey 8
  - Companions Welcome 8
  - Packing for the Road Ahead 9
    - Presence 10
    - Listening 10
    - Acceptance 10
    - Candor 11
    - Patience 11
    - Advocacy 13
    - Humor 14
    - Courage 14
    - Dependability 15
    - Hope 15
    - Creativity 15
    - Sensitivity 16
    - Curiosity 17
    - Time 17
  - Crossing the Bridge 18
    - Coming Closer 18
    - Spiritual Conversation Starters 18
- 3 Spiritual Scenery 22
  - Life Review 23
    - Journaling 24
    - Artistry 24
    - Ethical Wills 25
    - "I've Always Wanted to . . ." 25
  - Reunions and Gatherings 26
  - Rituals 27
    - Personal Rituals 28
    - Centering Prayer 28
    - Simple Rituals 29
  - Ceremonies 29
- 4 For Weary Travelers 32
  - Comforts for the Dying 32
  - Touch 33
    - The Furry Touch 33
    - Tips for Touching 34
  - Sight 36
    - In the Looking Glass 37
    - Guided Imagery 37
- Sound 38
  - Speech 38
  - Music 39
- Taste and Smell 40
  - Flavors 40
  - Aromas 41
- Comfort from a Distance 42
- Companion Comforts 43
  - Accepting Limits 43
  - Mini-Breaks 43
  - Food and Exercise 44
  - Sharing the Burden 44
  - Accepting Help 44
  - Utilizing Volunteers 45
  - Professional Help 46
  - Giving and Receiving Care 46
  - Guilt and Resentment 46
  - Realistic Expectations 47
  - Easing Up 47
  - Honesty 47
- Trouble along the Road 47
- 5 Parting Ways 50
  - Unpacking Life's Baggage 50
  - Giving Permission to Go 51
  - Reconciliation 52
  - Holy Silence 53
  - Suspending Disbelief 55
  - Letting Go 56
  - Saying Goodbye 57
    - Love and Tears 57
    - A Child's Goodbye 58
    - Dying Alone 58
  - Safe Passage 58
    - A Sacred Journey 59
    - Unpredictable Timing 59
    - Comforting Arms 61
- 6 Coming Home 63

Foreword by *J. Richard Williams, M.D.*  
Introduction by *Larry R. Churchill, Ph.*