

Story: The Dragonfly

Once, in a little pond, in the muddy water under the lily pads, there lived a little water beetle in a community of water beetles. They lived a simple comfortable life in the pond with few disturbances and interruptions. Once in a while, sadness would come to the community when one of their fellow beetles would climb the stem of a lily pad and would never be seen again. They knew when this happened; their friend was dead, gone forever.

Then, one day, one little water beetle felt an irresistible urge to climb the stem. However, he was determined that he would not leave forever. He would come back and tell his friends what he had found at the top. When he reached the top and climbed out of the water onto the surface of the lily pad, he was so tired, and the sun felt so warm, that he decided he must take a nap. As he slept, his body changed and when he woke up, he had turned into a beautiful blue-tailed dragonfly with broad wings and a slender body designed for flying.

So, fly he did! And, as he soared he saw the beauty of a whole new world and a far superior way of life to what he had never known existed. Then he remembered his beetle friends and how they were thinking by now he was dead. He wanted to go back and tell them, and explain to them that he was more alive now than he had ever been before. His life had been fulfilled rather than ended. But, his new body would not go down into the water. He could not get back to tell his friends the good news. Then he understood that their time would come, when they, too, would know what he now knew. So he raised his wings and flew off into his joyous new life!

Dear Parents,

Dealing with grief can be hard at the best of times but trying to help your kids understand what is going on and helping them to deal with their grief makes it especially hard. Our prayers are with you as you journey together.

We have collected a suggestion of books and websites that you might find helpful in the up coming months.. Remember there are people to help, if it gets too much for you or your children visit with your doctor for ideas about where to get help.

Lifetimes: Beginnings and endings with Lifetimes in Between by [Bryan Mellonie](#)

There is a beginning and an ending to everything that is alive. In between is a lifetime. It is the same for people as it is for plants and animals, even for the tiniest insects. Lifetimes helps both children and parents to remember, to understand and to explain that dying is as much a part of living as being born.

When Your Grandparent Dies: A Child's Guide to Good Grief (Elf Help book) by [Victoria Ryan](#)

Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing with Loss (Elf Help book) by [Michaelene Mundy](#)

Loaded with positive, life-affirming advice for coping with loss as a child, this guide tells children what they need to know after a loss--that the world is still safe; life is good; and hurting hearts do mend. Written by a school counsellor, this book helps comfort children facing of the worst and hardest kind of reality.

I Miss You: A First Look at Death by [Pat Thomas](#)

When a close friend or family member dies, it can be difficult for children to express their feelings. This book helps boys and girls understand that death is a natural complement to life, and that grief and a sense of loss are normal feelings for them to have following a loved one's death. Titles in this sensitively presented series explore the dynamics of various relationships experienced by children of preschool through early school age. Kids are encouraged to understand personal feelings and social problems as a first step in dealing with them.

Old Pig (Picture Puffin) by [Margaret Wild](#)

Old Pig and Granddaughter share everything, including the chores, until the day when Old Pig says "I have a lot to do. I must be prepared". Granddaughter knows that her beloved Old Pig will soon be gone -- but her love and memories will still be there. This tender, softly illustrated story of love and loss will comfort children dealing with death for the first time.

Love You Forever Paperback by [Robert Munsch](#)

A young woman holds her newborn son and looks at him lovingly. Softly she sings to him: "I'll love you forever, I'll like you for always, As long as I'm living My baby you'll be."

So begins the story that has touched the hearts of millions worldwide. It looks at love that goes far beyond space and time.

Web resources.

[Supporting a child through grief and loss | Kids Helpline](#)

https://www.grief.org.au/ACGB/ACGB_Publications/Resources_for_the_Bereaved/Grief_Information_Sheets.aspx

<http://www.childhoodgrief.org.au/>

Don't forget to reach out to your children's other support people and let them know what is happening. Teachers, coaches, the more kind adults supporting your child, the easier the journey for everyone.

Saying
goodbye to
someone you
Love.



Who is the person you loved, who has passed away?

Are they part of your family or a special friend?

Do you know their proper name?

What did you call them?

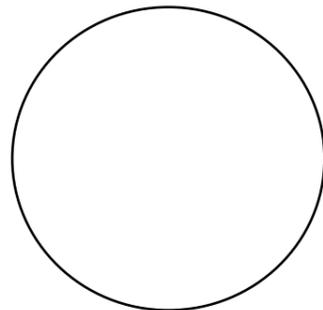
Draw a picture of how they are connected to you.



When someone we love dies how we feel can be very strong. Sometimes we are very sad, sometimes angry, sometimes confused, sometimes we can laugh crazily! These feelings are all ok, they won't always stay really strong, with time, it will get easier. You may feel sadness when you remember the person you love for a long time, this is ok too. Sometimes when we see adults we love, very sad we don't know what to do and we want to make them not sad anymore. It's ok to want to make them feel better but it's ok that they are sad too. You might like to give them a hug or leave them alone. If you are worried about how you feel or how an adult is feeling it's good to talk to an adult about it.



Sometimes talking about it, helps the sadness to not hurt so much.



How are you feeling now?

Who is a good adult you could talk to about how you feel?

It might be a parent or relative, an adult friend or a teacher. There are lots of people who love you and care about how you are feeling. Sometimes it is hard to find the words to say or know the right person to talk to you can always talk to God any time any place.

What is happening in the service?

Coming together...

We are coming together with people who knew the person you love. You might know a lot of them or a few, but everyone here knew something about them and are here to be thankful for knowing them. We begin the service by saying who the person is, we spend time being honest together that we are sad and ask God to be with us and particularly those people who are closest to them.

Remembering the person...

We take some time to remember who the person was and some of the special times people shared with them. Different people will talk, they could be family, friends, work colleagues, teachers. Each of them will share things they know about the person you love, you might know the stories they tell or there might be things that you didn't know. Sometimes the remembering happens with photo's or a song as well.

Reminding us that God is with us...

God is with us always and cares a lot about us, the minister or leader will remind us of the important things to remember in our sadness and how God loved the person and God is with us in our sadness. There may be bible readings and songs that tell us about things to remember. There may also be prayers, this is just how we talk to God. Sometimes the leader will use words you don't understand but you can talk to God anytime, anywhere, you can use any words you need, in your head or out loud and God will listen. God cares about how you feel. We can listen to what God has to say through reading the bible and listening to other people who are friends with God.



Saying Goodbye...

We say goodbye to the person we love. This can be very hard. As part of saying goodbye, we take time to share with God things that we wish we had said that we might not have had a chance to say, we take time to forgive them if they may have said something or had done something that hurt us, we also take time to say sorry if there is something we have said or done that we wish we hadn't. For some people they have nothing, for others it may take a long time to be able to let things go. We ask God to help us so that we can go ahead remembering how the person was for us. Carrying the memory of who they were like a special treasure.

When we love someone a lot it can be very hard to say goodbye, but we can't stay at the funeral forever and that is not what the person who we loved would want for us, so we say our final goodbyes. You might see people go to the front put down a flower or if there is a coffin go and touch it. Sometimes people say goodbye quietly to themselves.

Taking the treasure of the person we love with us...

As we finish we remember that we have the special treasure of who they were to us to take with us, we remember how much we loved them and how much they loved us. We ask God to be with us, to help us with our sadness and to remember the special things about the person we loved.



What is your favorite memory of the person you love? Draw a picture of the special time you have spent together.

Is there anything you would like to say to the person you love? Write them a note or letter as your way of saying good bye.

Four horizontal dashed lines for writing a note or letter.

