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Honoring Our Loved Ones: Going to a Funeral

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Honoring Our Loved Ones: Going to a Funeral

Barklay and Eve Series, Book 2

Written and Illustrated by Karen L. Carney
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Dedication

To all the children who have been my teachers....

Honoring Our Loved Ones: Going to a Funeral
Fourth Edition
Authored and Illustrated by Karen L. Carney
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Dear Parents and Caregivers, Please Read This Important Message...

The purpose of The Barklay and Eve Series is to offer information, education and support during life's inevitable challenges. The first book, Together, We'll Get Through This! provides the foundation for the others, offering an introduction to the characters, Barklay and Eve. Every book in the series offers the reassuring and hopeful message that we can get through anything, with the love and support of family and friends! This edition, Honoring Our Loved Ones: Going to a Funeral, helps to prepare children, ages 3 and up, for calling hours and funerals.

In this edition, Barklay and Eve will address the following questions:

What does the word “dead” mean? The body COMPLETELY stops working.
What is the difference between the body and the soul? This distinction is essential, or children will be frightened about the body being buried or cremated.
What is a “wake”? Where did that word come from? If this is not explained, some children will think that you are going to “wake the person up!”
What is a casket? Even 5 year-olds have asked many questions about caskets.
Why do you sometimes only see half of the body in the casket? Some children will think that the person is not fully dressed, or not “all there” if the lower portion is closed.
Why does the body look and feel different? Children ask many questions about the body. During calling hours, why are some people crying, while some people are laughing?
Why do we have wakes and funerals? We all need support when confronting loss.
What happens at a funeral? Common characteristics and options are discussed.
What if the person who died wanted to be cremated? A very brief explanation is given in this edition. A more thorough discussion of cremation is offered in Barklay and Eve’s, Our Special Garden: Understanding Cremation.

Please read this book before you read it with a child. Discuss what may be similar to, or different from, the ritual that they will experience. If the casket is going to be open, please be sure to have a responsible adult view the person’s body first. Then, describe in as much detail as possible, what the casket looks like, what the person who died looks like in the casket, what they are wearing, as well as what the funeral home looks like. Invite the child to make something or bring something to place inside the casket, to be buried or cremated along with their loved one. Ask if they have any questions. If you don’t know the answer, please consult your funeral director. Children do best when they are afforded a complete explanation, and then allowed, but not forced, to participate.

If you have any questions, please visit our web site at www.BarklayandEve.com and send us an email or a message in our guest book, or call us at the D’Esopo Resource Center at (860) 563-5677. Your child is fortunate to have people like you, who care!

Sincerely,

Karen L. Carney, RN, MSW, LCSW
Hi! My name is Barklay.
My name is Eve. What's your name?
Life is filled with happy times and sad times. One of the saddest times is when a person we love dies.

Do you know someone who has died?

If so, tell us about that person. What was he or she like?
We hear the word "dead" a lot, but do you know what it means?

When someone dies, their body completely stops working.

Their eyes don't see...
Their ears don't hear...
Their heart doesn't beat...
Their lungs don't breathe...
They don't have to eat...
They don't have to drink...
They don't have to go to the bathroom.

They don't feel any pain.
Their body doesn't feel anything at all.

The person's spirit, or soul, has left the body and is in Heaven. It's something like when a butterfly leaves the cocoon. The butterfly flies out and the cocoon is left behind.
What do you imagine Heaven is like? We’ve heard it’s a peaceful place.

Draw a picture and tell the story here.
Even though the person who died is in Heaven and is at peace, it is sad for the people who will miss them. When someone dies, one of the ways to comfort the people who are sad is to have a wake (sometimes called "calling hours") and a funeral.

It’s important for people to come together during times of sadness. Wakes and funerals help us to do that.

Do you know what a “wake” is? Do you know where the phrase “go to a wake” comes from?
In the old days, there were no stethoscopes or medical equipment, so it was hard to know for sure when a person’s body stopped working.

Someone would stay with the person’s body to make sure that they were really dead. They made sure that the person didn’t “wake up.” If they woke up, they weren’t dead.

To be dead is NOTHING like being asleep. When we’re asleep, our body is still working and we will wake up.
The person’s body is placed in a casket. A casket is like a box made of metal or wood. Sometimes the casket is open, and sometimes it is closed. When it is open, you get to see the person’s body. Sometimes, you only see the upper half of the body because the top half of the lid is open, and the bottom half of the lid is closed so that flowers may be placed on top.
Sometimes, both halves of the lid are open so that you can see the person's legs and feet, too.

In any case, their entire body is in the casket and is fully dressed. The family chooses what their loved one will wear.

You don't have to touch the person's body in the casket, but if you do, it will feel different than it did when the person was alive.
Because the heart isn’t pumping blood to the muscles and to the skin, the dead person’s body does not feel warm. It also does not feel soft. So, if you did touch the person’s body, it would feel kind of cold and kind of hard.

Remember, though, that the person’s soul has left the body and is up in Heaven safe with God. The body is like the cocoon left behind when the butterfly flies out of it.
In the funeral home, there may be flowers that people have sent to show that they care. Members of the family are usually sitting near the casket. Lots of people come to be together to share stories and memories.
There are usually people crying because they are sad, and there will be other people who may be laughing as they tell stories and share memories.

It’s a time when there will be lots of people who show lots of different feelings because our lives are full of happy times, sad times, and even funny times. So, as these stories and memories are shared, people will show lots of different feelings.
The funeral or memorial service is usually held at a church or the funeral home. Special prayers will be said for the person who died and for his or her loved ones. Sometimes, family and friends will share their memories or read something that reminds them of the person who died.

Some people ask to have their bodies cremated after they die. If that was their choice, their body will be taken to a place called a crematory. At the crematory, a machine turns their body into ashes (sometimes ashes are called cremains). The family will choose a special place to put their loved one’s ashes.
If the person’s body is not cremated, the casket (with the body in it) will be taken to a cemetery. At the cemetery, the casket is placed at the gravesite and more prayers are said.

Sometimes the casket is lowered into the ground while everyone is still there, and sometimes it is lowered after everyone leaves.

Sometimes the casket is placed in a building or a structure above the ground.
Then everyone usually is invited to go to someone’s house or a church or a banquet hall. It will be a time to share more stories and memories. Just like at the wake or calling hours, some people may be laughing, some may be crying, and some may be quiet and not want to say too much.

There will be lots of food to eat, too!
Draw your favorite memory of the person who died and tell the story.
The important thing is for everyone to be together and to care about one another because...

WE CAN GET THROUGH ANYTHING WITH THE LOVE AND SUPPORT OF OUR FAMILY AND FRIENDS !!!
Thanks for listening.
You’re a good friend!
Visit our Web site!

Be sure to send us a message in our GUEST BOOK!

www.safeplacetogrieve.com

or

www.barklayandeve.com

Please note that my name, Barklay, is spelled with an “a” not an “e”... thanks!
The Barklay and Eve Book Series

Books available in the Barklay and Eve Series include:

- Together, We’ll Get Through This!
- Honoring Our Loved Ones: Going to a Funeral
- Barklay and Eve Sitting Shiva
- Our Special Garden: Understanding Cremation
- What IS Cancer, Anyway?
- Everything Changes, But Love Endures: Explaining Hospice
- Precious Gifts: Katie Coolican’s Story. Barklay and Eve Explain Organ and Tissue Donation
- He Was a Member of the Family: Coping With the Loss of a Pet

More to come . . . please call us or visit our web site for more information, current listings and current prices!

Also Available: Soft, cuddly Barklay and Eve stuffed puppies!
To order any of these items:

Please call (860)563-5677 or FAX us at (860) 563-3475
Web address: www.BarklayandEve.com
Email address: BarklayEve@aol.com

All proceeds from the Barklay and Eve Book Series go to the D’Esopo Resource Center, to support grieving children and adults.

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About the Author:

Barklay and Eve, the inspiration for the series, are Portuguese water dogs. They are the actual pets of author and illustrator, Karen Carney. Karen is a registered nurse and licensed clinical social worker with an extensive professional background. As a recipient of the American Cancer Society Lane W. Adams Award, she has earned national recognition for clinical excellence. She has been an adjunct college professor for over 10 years, conducting courses in Death and Dying, Bereavement, and Aging.

All of the proceeds from the Barklay & Eve Book Series go to the D’Esopo Resource Center which helps support children of all ages through the grieving process.

“Barklay and Eve speak to the child in all of us. Sensitive topics are treated with care and dignity. They are wonderful resources and essential for children in today’s world!!!”

Linda Goldman
Author, Therapist, Educator, Lecturer

“The Barklay and Eve Series is exceptional. Everyone claims to write at a children’s level but Karen Carney truly does.”

Paula D’Arcy,
Author, Therapist, Lecturer

“The stuffed animals are beautiful, soft and cuddly. Perfect for fuzzy nap companion and confidant.”

Tom Goldman,
Author, Therapist, Lecturer

“Carney offers brilliance in insight, blended with well crafted art.”

Reverend Richard Gilbert,
World Pastoral Council

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Please visit us at our web site: www.BarklayandEve.com
email address: BarklayEve@aol.com
or call 1-860-563-5677

* Symbol of immortality