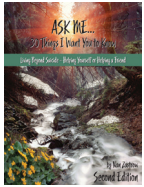


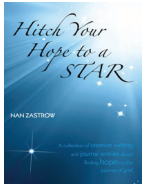
## Books by Nan Zastrow



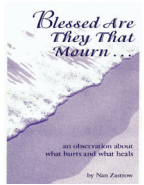
**ASK ME... 30 THINGS I WANT YOU TO KNOW (Second Edition)** One of our most popular books about living beyond suicide for survivors and those who comfort them.



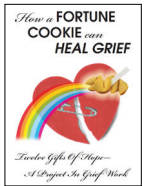
**HOLDING ONTO HOPE WHEN LOSS HURTS** Our newest book. Accepting that "This is real." Is the first step to finding hope. Nan believes that grief has the power to transform you. She believes our loved ones who died influence our futures choices and who we become after loss



**HITCH YOUR HOPE TO A STAR** Here is a collection of journal writings about HOPE. Each shares a perspective through analogies and lessons learned in grief.



**BLESSED ARE THEY THAT MOURN** Written from the heart, Nan tells her story about their real grief experience and how the sudden death of their 21-year-old son impacted her future and loss of dreams.



**HOW A FORTUNE COOKIE HEALS GRIEF** Did you ever think a fortune cookie could offer a profound message of comfort, happiness, and peace in a life stressed by grief? Nan weaves a modern parable of life and offers a project for griefwork using the Twelve Gifts of Hope.



**THE LEGEND OF THE EBBER** Download the story. The Ebber is a grief burst who threatens to destroy Christmas for families. Written in rhyme, this whimsical story tells how the Ebber discovers what heals a griever's heart. This legend becomes a tradition to read year-after-year.



**WHEN THE HOLIDAYS HURT** Holiday celebrations remind us of what we are missing after loss. In this book, find ideas to preserve holiday sanity and sanctity. Learn ways to honor your loved one who died.

### MY CREED FOR GRIEF

My heart aches with intense emotion,  
Allow me the dignity of grieving in my own way.  
Though my grief may be swift or lengthy,  
Give me time to accept that God has called him home.  
I must find comfort with my loss, on my own.  
When others leave me to my sorrow,  
Be there for me. Don't set limits on my grief.  
My profound pain must heal at my pace.  
What is right for you, may take longer for me.  
Respect this difference and give me space.  
Let me speak his name. Tell his story.  
Though my reflections are suspended in time  
They are the healing balm for my pain.  
I have reserved a special place in my heart  
To lock in the cherished memories of his spirit.  
Understand my sudden wash of tears,  
They are the raindrops of life's adversity  
And they create a rainbow of promise within me.  
I must remind myself of God's assurance  
That at our journeys end, we will meet again.  
Above all, be patient as I mend.  
Each celebration reminds me of other times.  
I may need four seasons or more, before I find peace.  
Each day brings me closer to triumph over death.  
Please let me grieve in my way.  
When inner acceptance comes, then I will know  
That I conquered! There is victory over the grave.  
No one can take away my treasured memories,  
Or my cherished keepsakes of the living soul  
Who once was a part of me. . . and still lives within me.  
*Author: Nan Zastrow*



## Honoring the Past and Rebuilding the Future

### The Services of Wings

- Grief groups for education and support
- Seasonal workshops or seminars
- A holiday program with coping tips
- Free electronic E-Letter
- Virtual information stream via Facebook
- ZOOMGRIEF virtual grief support programs
- Published articles by Nan Zastrow, author, columnist

*Our mission is to companion others who walk the journey of grief and to encourage a choice to heal through education, compassion, and hope that is mutually beneficial to the bereaved and those who comfort them.*

*Established in 1993 by Nan & Gary Zastrow*

Wings™ is a trademark of Wings-a Grief Education Ministry,  
a 501 (c3) charitable organization.



## ONLINE SERVICES OF WINGS

Go to our website for more information  
on all these resources:

- **FREE QUARTERLY E-LETTER:**

Inspirational stories, articles and grief tips artfully designed...right to your email box. Subscribe at [www.wingsgrief.org](http://www.wingsgrief.org)

- **WEBSITE:** [www.wingsgrief.org](http://www.wingsgrief.org) Updated regularly, this grief resource provides articles, information, and program events offered by Wings.

- **FACEBOOK:** <https://www.facebook.com/zastrownan>. Occasional inspiration, tips, and program announcements.

- **ZOOMGRIEF:** Free grief education and support through a virtual connection. New programs offered on a regular basis.

## About the Founders:

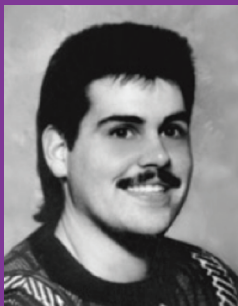
Wings™ was founded in 1993 by Nan and Gary Zastrow after the suicide death of their son, Chad Eric Zastrow, age 21. Ten weeks later, Chad's fiancée took her life, too. This double tragedy inspired the Zastrows to build a ministry of hope. Wings-a Grief Education Ministry offered a path to healing their grief and helping others, at the same time.

Nan's passion for Wings started as a simple printed newsletter and evolved into an active non-profit organization that offers education/support. Nan and Gary are Certified Grief Educators through the Center for Loss and Life Transition in Fort Collins, Colorado with Dr. Alan Wolfelt.

Nan always wanted to write, but she said she never had anything to write about. The death of their son, Chad, created that sacred mission for Nan. She is a published author and columnist. Additionally, hundreds of her writings are found on the Internet and shared by reputable grief websites. Read more about "the mission of Wings" at the website: [www.wingsgrief.org](http://www.wingsgrief.org).



Established as a 501 c-3 non-profit organization in 1993, Wings continues to offer their community programs through the gifts of Sponsorship and Memorial donations. The Wings organization is all-volunteer without paid staff or administration fees. Donations provide funding for their programs. Nan and Gary's volunteer work involves the pursuit of hope after loss and the strategies for finding it.



*In Memory of Chad Zastrow  
12-4-1971 to 4-16-1993*

**Support Wings with your personal donation:** Give a gift "In Memory of" or just because you believe in our ministry. Wings operates as a 501-C-3, non-profit organization. Wings is a volunteer organization without paid staff or administration fees. Nan & Gary are professional volunteers serving from the heart. Donations sustain our organization and benefit those we serve. We take comfort and encouragement knowing many care about our cause to support the bereaved. Wings welcomes your donation in any amount.