



For Immediate Release ...

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Expert Says “Condolence On-The-Fly” a Big No-No

“**Let’s face it**, we are all busy,” remarks Rabbi Dr. Reuven P. Bulka, psychologist and celebrated rabbi who has consoled and counseled mourners for over 35 years. “What happens is that we resort to what I call ‘condolence on the fly.’ We chance upon the mourner at a gathering and rush over to offer a delayed condolence. Never mind that you may be doing a disservice to the mourner by dumping your words when the mourner may be in a different mind space.

“Many a mourner has expressed real hurt at being pounced on in awkward places, such as the grocery store when in the midst of shopping, by a well-meaning but not necessarily well-thinking person. I can readily relate to this, as it has happened to me on numerous occasions.”

Rabbi Bulka has personally lost a son and a wife, and his parents died less than a year ago. Bulka’s frequent encounters with well-meaning but unthinking well-wishers led him to dedicate a significant portion of his newest tome, *Turning Grief into Gratitude*, to sharing the DO’s and DON’Ts of consoling mourners.

“It [the tome] is a tribute to my parents,” says Bulka, who takes his readers on an insightful journey through the intricacies of his grieving for his parents, and illustrates how one can help oneself and others to turn grief into gratitude.

“Grief is the reflection of the love we share in life,” explains David Kessler, top grief expert and co-author with the late Elizabeth Kübler-Ross of *On Grief and Grieving*. “This book [*Turning Grief into Gratitude*] brilliantly walks with us in our grief and helps us hang on to that love. Rabbi Reuven Bulka has given us a personal, compassionate and helpful look into the world of grief.”

Rabbi Reuven Bulka, Ph.D. in psychology, has been a devoted congregational rabbi for almost four decades. He hosts the TV series *In Good Faith*, and two radio programs in Ottawa, Canada. He is the author of over 30 books, and has been a columnist, editor and writer for over 20 publications. Rabbi Bulka chairs eight community committees, including Courage Campaign for the Ottawa Regional Cancer Foundation. He is the recipient of ten prestigious honors and awards, including: Honourary Doctorate of Laws, Carleton University; and Honouring Our Life Blood, Canadian Blood Services.

Turning Grief into Gratitude: Reflections and Recommendations on Mourning and Condolence

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