

## *Reflection*

I feel your sorrow,  
And appreciate your prayers.  
When you are lonely  
Know that I am nearby for you.  
While I'm no longer on earth, I'm in a new place  
A place too beautiful to describe.  
It's a place of peace, comfort and love,  
A place so warm and wonderful  
It defies imagination.  
While you are sad now,  
You will grow in strength.  
You can turn to me in prayer - please do.  
You can continue to love me.  
I will watch over you - though for now  
You will not be able to see or touch me.  
You are still on earth  
And meant to be there for now.  
You will grieve; it isn't easy.  
Death is always sad,  
But believe that some day we'll be reunited  
To be all that we can be  
With God and loved ones.  
Amen.

Somewhere beyond the sunset, where our loved ones never die.  
They rest in a beautiful garden, beneath a cloudless sky.

Though heaven and earth divide us, we are never far apart.  
For they are always in our thoughts and for ever in our prayers.

## *Little Lights*

Jesus spoke of little lights, candles, lamps  
not great bonfires, just small steady flames  
to brighten some dark corner of the house.

Jesus always preached little—  
children, flowers, sparrows the widow's mite,  
mustard seeds, loaves and fishes. He didn't expect people to  
make great gestures.

He knew that little is the currency of every day living.

We thank God for little lights,  
the warm smile, the hug, the phone call,  
A wave from a passing car, a cup of tea,  
an open door, a talent freely shared.

How often, when our own candles have gone out,  
has someone relit it from their lamp of kindness.

That can't happen with a big light.



"In his hand is the life  
of every living thing  
and the breath of  
every human being."

*Job 12:10*

## **On the other side of Death**

Death is a gateway  
we all must pass through  
to reach that fair land  
where the Soul's born anew

And like pilgrims we wander  
until death takes our hand  
and we start on a journey  
to God's promised land.

And in this Fair City  
that God has prepared  
are unending joys  
to be happily shared.

For we are both to die  
and our sojourn on earth  
is a short span of years  
beginning with a birth.

A place where we'll find  
no suffering or tears.  
where time is not counted  
by days, months or years....

With all of our loved ones  
who patiently wait  
on death's other side  
to open "The Gate".

*Helen Steiner Rice*



**When I leave**

Family and friends, I am about to leave; my last breath does not say “goodbye”, for my love for you is truly timeless.

I leave myself to your memory with love.

I leave my thoughts, my laughter, my dreams to you whom I have treasured.

I give you what no thief can steal, the memories of our times together; the tender love filled moments, the successes we have shared, the hard times that brought us closer together and the roads we have walked side by side.

I also leave you a solemn promise that after I am home in the bosom of God, I will still be present in the Communion of Saints, whenever and wherever you call on me.

My spirit will be drawn to you by the magnet of our love.

Whenever you are in need, call me, I will come to you, with my arms full of wisdom and light to open up your blocked paths, to untangle your knots and to be your avenue to God.

And all I take with me as I leave is your love and the millions of memories of all that we have shared.

So fear not nor grieve at my departure, you whom I have loved so much, for my roots and yours are forever intertwined.



**A Place at the table.**

To honour a life  
To honour the memories  
To say our good byes  
And treasure the stories  
And hold them to our heart  
Just let the feeling rise.

The comfort we feel  
from those around us  
Has power to heal  
Their love can astound us  
And help to ease the loss  
The loss we feel inside

And although we feel alone now  
And wish things were like before  
Let these words sink deep within  
He's calling, calling at the door.

I'll be saving a place for you at the table  
I'll be saving a place for you beside me  
I've heard you say you'll miss me  
Come say goodbye and kiss me  
I'll be saving a place for you.

Our lives must go on  
Continue the journey  
No matter how long  
Let's carry the memory  
And share the love we have  
A love for all to see

And although.....

## *PERHAPS*

*PERHAPS*, if we could see the splendour of the  
land  
to which our loved are called from you and me  
*WE'D UNDERSTAND.*

*PERHAPS*, if we could hear the welcome they  
receive from old familiar voices—all so dear  
*WE WOULD NOT GRIEVE*

*PERHAPS*, if we could know the reasons why  
they went we'd smile and wipe away the tears  
that flow....  
*WE'D WAIT CONTENT*

Those whom we love and lose  
are no longer where they were before,  
they are now with us  
wherever we go.

(St John Chrysostom)

*"I shall see you again, and your hearts  
will be full of gladness and joy".*

(John 16.22)

You can shed tears that he/she is gone  
or you can smile because he /she lived.

You can close your eyes  
and pray that he/she can come back  
or you can open your eyes  
and see all that he/she has left.

You can turn your back on  
tomorrow and live yesterday  
or you can be happy for tomorrow  
because of yesterday.

You can cry and close your mind,  
be empty and turn your back  
or you can do what he/she would want;  
Smile, open your eyes, love and go on.

