

GRIEF HEALINGS 365



DAILY INSPIRATIONS FOR MOVING
FORWARD TO YOUR NEW NORMAL

R. GLENN KELLY

Grief Healing

365

Daily Inspirations for Moving
Forward to Your New Normal



Copyright © 2016 by R. Glenn Kelly

ISBN-10: 1523329246

ISBN-13: 978-1523329243

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

The material in this publication cannot substitute for professional advice; further, the author is not liable if the reader relied on the material and was financially damaged in some way. All past events within the book relating to the author's life are recalled to the best of the author's knowledge.

All attempts have been made to properly cite all excerpts from creative works, poems or known quotes to the original person. In each case where a passage or quote has been attributed to Anonymous/Unknown persons, the publisher has exhausted every known means to identify who first created said passage or quote.

Grief Healings 365

Contents

Dedication.....	i
Introduction	ii
January First	1
February First	32
March First.....	61
April First	92
May First	122
Mother's Day	136
June First.....	154
Father's Day.....	168
July First.....	185
August First.....	216
September First.....	247
October First.....	277
November First	308
December First.....	339
Christmas.....	363
Index.....	370
About the Author.....	372

Dedication

To my loving son
Jonathan Taylor Kelly.

I Love You
And
Miss you!

Introduction

Our existence on earth is not infinite. Shortly after the breath of life came to the Garden of Eden, so too did the ultimate reality of death and losing someone loved deeply. Mourning and grief, therefore, are as old as mankind itself, and have frequently been the impassioned topic of many well-known philosophers, poets and profits over the centuries.

When grief is heavy it is difficult for any words to ease the pain. Yet, along my own journey towards a “New Normal”, I would occasionally pick up renowned quotes, verses or famous lines which seemed to resonate within my aching heart. I held on to those little gems of wisdom, taking comfort in the awareness that almost every soul that ever existed had also traveled the painful path of loss.

In *Grief Healings 365*, I have compiled only those words of wisdom which will motivate you to “Move Forward” in your grief journey. Within these pages are noted and inspirational lines from such greats as Moses, Plato, Lao Tzu, Abraham Lincoln and other brilliant minds of the past. You will also find poetry and pieces of creative works from Shakespeare, Dickens, Twain and others, as well as specific Bible verses, cultural prayers and proverbs on grief.

This collection of inspiring daily words is yours to use as you wish. There is a quote for each day of the year, beginning with January 1st on page one, January 2nd on

page two, and so forth through December 31st. You do not, however, have to begin this book on page one. In fact, my recommendation is that you begin with the month and day in which you first picked up the book. Keep it at your bedside and begin each day with a new inspiration and carry the thought with you until you fall asleep that night.

Almost every page inside has space for you to jot down your own thoughts or interpretations of the day's passage. If you take advantage of this, as you work through each day and return to the page a year later, your own notes will bear witness to how far you moved forward in your journey. Do not stop because you have already read each day throughout the previous year. Instead, continue the inspirational cycle and continue to heal.

I do hope the revered words contained within *Grief Healings 365* will give you the comfort given to me. May you find relief in the knowledge that throughout the ages there have been those who were committed to healing and moving forward in loss. May you too find peace and purpose in their words.

JANUARY FIRST



"There is a sacredness in tears.

They are not the mark of weakness,
but of power.

They speak more eloquently than ten
thousand tongues.

They are the messengers of
overwhelming grief, of deep contrition,
and of unspeakable love."

Washington Irving

Washington Irving, 1783 - 1859, American author, essayist, biographer, historian, and diplomat of the early 19th century. He is best known for his short stories "Rip Van Winkle" (1819) and "The Legend of Sleepy Hollow" (1820).

JANUARY SECOND



“The immortality of the soul is a matter which is of so great consequence to us and which touches us so profoundly that we must have lost all feeling to be indifferent about it.”

Blaise Pascal

Blaise Pascal, 1623 - 1662, French mathematician, physicist, inventor, writer and Christian philosopher.

JANUARY THIRD



"What moves through us is a silence, a quiet sadness, a longing for one more day, one more word, one more touch. We may not understand why you left this earth so soon, or why you left before we were ready to say good-bye, but little by little, we begin to remember not just that you died, but that you lived.

And that your life gave us memories too beautiful to forget"

Anonymous/Unknown

JANUARY FOURTH



“Grief can be the garden of compassion. If you keep your heart open through everything, your pain can become your greatest ally in your life's search for love and wisdom.”

Rumí

Jalāl ad-Dīn Muhammad Rūmī, 1207 - 1273, also known as Jalāl ad-Dīn Muhammad Balkhī, and more popularly simply as Rumi, 13th-century Persian poet, jurist, Islamic scholar, theologian, and Sufi mystic.

JANUARY FIFTH



“Christ is the Good Physician.
There is no disease He cannot heal;
no sin He cannot remove; no trouble
He cannot help. He is the Balm of
Gilead, the Great Physician who has
never yet failed to heal all the spiritual
maladies of every soul that has come
unto Him in faith and prayer.”

James H. Aughey

*James H. Aughey, 1828 - 1911, minister imprisoned and condemned to execution by the arrogant officials of the South for his outspoken anti-
Secession and pro-Union beliefs.*

JANUARY SIXTH



And soon, too soon,
we part with pain,
To sail o'er silent seas again.

Thomas Moore

Thomas Moore, 1779-1852, Irish poet, singer, songwriter, and entertainer.

JANUARY SEVENTH



“You must certainly take great comfort in knowing that when God was originally designing His divine plan for that someone you love but sadly lost, He pointed down from Heaven and said, ‘There! Right there is someone worthy of you spending time with on earth.’ That alone attests to the love that God has for you.”

R. Glenn Kelly ~ The Griefcase

R. Glenn Kelly, 1962 - present, American Grief Support writer and advocate. Author of “Sometimes I Cry in The Shower: A Grieving Father’s Journey to Wholeness and Healing,” and, “The Griefcase: A Man’s Guide to Healing and Moving Forward in Grief.

JANUARY EIGHTH



“Grief is a normal and natural response to loss. It is originally an unlearned feeling process. Keeping grief inside increases your pain.”

Anne Grant

*Anne Macvicar Grant, 1755 - 1838, is a Scottish poet and author best known for her collection of mostly biographical poems *Memoirs of an American Lady* as well as her earlier work *Letters from the Mountains*.*

JANUARY NINTH



Prayer

O God, who brought us to birth,
and in whose arms we die, in our grief
and shock, contain and comfort us;
embrace us with your love,
give us hope in our confusion and
grace to let go into new life;
through Jesus Christ.

Amen.

JANUARY TENTH



“What is lovely never dies,
but passes into other loveliness.”

Thomas Bailey Aldrich

*Thomas Bailey Aldrich, 1836 - 1907, was an American literary figure notable for his long editorship of *The Atlantic*, and for his poetry, including "The Unguarded Gates."*

JANUARY ELEVENTH



But life is sweet, though all that
makes it sweet

Lessen like sound of friends
departing feet;

And death is beautiful as
feet of friend.

Coming with welcome at our
journey's end.

James Russell Lowell

James Russell Lowell, 1819 - 1891, was an American Romantic poet, critic, editor, and diplomat.

JANUARY TWELFTH



“The final hour when we cease to exist does not itself bring death; it merely of itself completes the death-process. We reach death at that moment, but we have been a long time on the way.”

Lucius Annaeus Seneca

Lucius Annaeus Seneca, 65 - 4 BC, Roman philosopher and playwright.

JANUARY THIRTEENTH



“Human existence is girt round with mystery: the narrow region of our experience is a small island in the midst of a boundless sea. To add to the mystery, the domain of our earthly existence is not only an island of infinite space, but also in infinite time. The past and the future are alike shrouded from us: we neither know the origin of anything which is, nor its final destination.”

John Stuart Mill

John Stuart Mill, 1806 - 1873, English philosopher, political economist and civil servant.



Jewish Blessing of the Mourners

Those who are worn out and crushed by this mourning, let your hearts consider this: this is the path that has existed from the time of creation and will exist forever.

Many have drunk from it and many will yet drink. As was the first meal, so shall be the last.

May the master of comfort comfort you.

Blessed are those who comforts the mourners.

JANUARY FIFTEENTH



Our birth is but a sleep
and a forgetting;
The Soul that rises with us,
our life's Star,
Hath had elsewhere its setting.
And cometh from afar.

William Wordsworth

William Wordsworth, 1770 – 1850, English Romantic poet who helped to launch the Romantic Age in English literature.

JANUARY SIXTEENTH



“The lights of stars that were
extinguished ages ago still reaches us.
So it is with great men who died
centuries ago, but still reach us with
the radiations of their personalities. “

Kahlil Gibran

*Khalil Gibran, 1883 – 1931, Lebanese-American artist, poet, and writer
of the New York Pen League.*

JANUARY SEVENTEENTH



“It is impossible that anything so natural, so necessary, and so universal as death should have been designed by Providence as an evil to mankind.”

Jonathan Swift

Jonathan Swift, 1667 – 1745, Anglo-Irish satirist, essayist, political pamphleteer, poet and cleric who became Dean of St Patrick's Cathedral, Dublin. Swift is remembered for works such as Gulliver's Travels.

JANUARY EIGHTEENTH



Tao Te Ching

Verse 16

All creatures in the universe return to
the point where they began.

Returning to the source is tranquility
meaning submitting to what is and what
is to be.

Tao Te Ching, central Taoist text, ascribed to Lao-tzu, the traditional founder of Taoism. Apparently written as a guide for rulers, it defined the Tao, or way, and established the philosophical basis of Taoism.



He Is Not Dead

I cannot say, and I will not say
That he is dead. He is just away.
With a cheery smile, and a wave of the hand,
He has wandered into an unknown land
And left us dreaming how very fair
It needs must be, since he lingers there.
And you—oh you, who the wildest yearn
For an old-time step, and the glad return,
Think of him faring on, as dear
In the love of There as the love of Here.
Think of him still as the same. I say,
He is not dead—he is just away.

James Whitcomb Riley

James Whitcomb Riley, 1849 – 1916, American writer, poet, and best-selling author. During his lifetime he was known as the "Hoosier Poet" and "Children's Poet" for his dialect works and his children's poetry respectively.

JANUARY TWENTIETH



Unable are the loved to die.

For love is immortality.

Emily Dickinson

Emily Elizabeth Dickinson, 1830 - 1886, American poet. born in Amherst, Massachusetts. Although part of a prominent family with strong ties to its community, Dickinson lived much of her life highly introverted.

JANUARY TWENTY-FIRST



“What greater thing is there for two human souls, then to feel that they are joined for life—to strengthen each other in all labor, to rest on each other in all sorrow, to minister to each other in all pain, to be one with each other in silent unspeakable memories at the moment of the last parting?”

George Eliot

*Mary Ann Evans, 1819 – 1880, known by her pen name **George Eliot**, was an English novelist, journalist, translator and one of the leading writers of the Victorian era.*

JANUARY TWENTY-SECOND



“I believe that when death closes our eyes we shall awaken to a light, of which our sunlight is but the shadow.”

Arthur Schopenhauer

*Arthur Schopenhauer, 1788- 1860, German philosopher best known for his 1818 work *The World as Will and Representation*, in which he characterizes the phenomenal world, and consequently all human action.*

JANUARY TWENTY-THIRD



“Love never dies, and what is love but an energy. Your love continues to grow over time. If the love energy is blocked this causes prolonged grief and physical and emotional turmoil. It is when the love is allowed to flow again into an action of service to mankind in your loved one’s name that your heart can begin to slowly heal.”

Deana Martin-Owens

Deana Martin-Owens, 1965 – Present, American author and certified Grief Support Councilor.

JANUARY TWENTY-FOURTH



“Joy and grief were mingled in the cup;
but there were no bitter tears:
for even grief itself arose so softened,
and clothed in such sweet and tender
recollections, that it became a solemn
pleasure, and lost all character of
pain.”

Charles Dickens

Charles John Huffam Dickens, 1812 – 1870, English writer and social critic. He created some of the world's best-known fictional characters and is regarded as the greatest novelist of the Victorian era.

JANUARY TWENTY-FIFTH



The Holy Bible

Those who sow in tears
shall reap in joy.

Psalm 126:5

JANUARY TWENTY-SIXTH



“Have courage for the great sorrows
of life and patience for the small ones;
and when you have laboriously
accomplished your daily task, sleep in
peace.

God is awake.”

Victor Hugo

Victor Hugo, 1802-1885, French poet, novelist and statesman.

JANUARY TWENTY-SEVENTH



“Surely God would not have created such a being as man, with an ability to grasp the infinite, to exist only for a day! No, no, man was made for immortality.”

Abraham Lincoln

Abraham Lincoln, 1809– 1865, the 16th President of the United States, serving from March 1861 until his assassination in April 1865. Lincoln led the United States through its Civil War and abolished slavery, strengthened the federal government, and modernized the economy.

JANUARY TWENTY-EIGHTH



I thought that I would miss you so,
and never find my way.

And then I heard the angel say
She's with you every day.

The sun, the moon, the wind, the stars,
will forever be around,
reminding you of the love you shared,
and the peace she's finally found.

Anonymous/Unknown

JANUARY TWENTY-NINTH



“The world is so empty if one thinks only of mountains, rivers and cities; but to know someone who thinks and feels with us, and who, though distant, is close to us in spirit, this makes the earth for us an inhabited garden.”

Johann Wolfgang von Goethe

Johann Wolfgang von Goethe, 1749 – 1832, German writer and statesman. His body of work includes epic and lyric poetry.

JANUARY THIRTIETH



The Holy Bible

My sheep hear my voice, and I know them, and they follow me. I give them eternal life, and they will never perish, and no one will snatch them out of my hand. My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father's hand.

John 10:27-29

JANUARY THIRTY-FIRST



“No one feels another's grief, no one understands another's joy. People imagine that they can reach one another. In reality they only pass each other by.

Franz Peter Schubert

Franz Peter Schubert, 1797 - 1828, Austrian composer. Schubert died before his 32nd birthday, but was extremely prolific during his lifetime. His output consists of over six hundred secular vocal works, seven complete symphonies, sacred music, operas, incidental music and a large body of chamber and piano music.

FEBRUARY FIRST



“It’s the great *mystery* of human life
that old grief passes gradually into
quiet tender joy”

Fyodor Dostoevsky

Fyodor Mikhailovich Dostoyevsky, 1821– 1881, sometimes transliterated Dostoevsky, Russian novelist, short story writer, essayist, journalist and philosopher.

FEBRUARY SECOND



“All goes onward and outward,
nothing collapses,
And to die is different from
what any one supposed, and luckier.”

Walt Whitman

Walter "Walt" Whitman, 1819 – 1892, American poet, essayist and journalist. A humanist, he was a part of the transition between transcendentalism and realism, incorporating both views in his works.

FEBRUARY THIRD



The Holy Bible

Jesus said to her, "I am the
resurrection and the life. Whoever
believes in me, though he die,
yet shall he live."

John 11:25

FEBRUARY FOURTH



I thought of you today, but that is
nothing new.

I thought about you yesterday, and
days before that too.

I think of you in silence, I often speak
your name.

All I have are memories and
a picture in a frame.


Your memory is a keepsake,
from which I'll never part.

God has you in His arms.

I have you in my heart.

Anonymous/Unknown

FEBRUARY FIFTH



But, O Sarah! if the dead can come back to this earth and flit unseen around those they loved, I shall always be near you; In the gladdest days and in the darkest nights . . . always, always, and if there be a soft breeze upon your cheek, it shall be my breath, as the cool air fans your throbbing temple, it shall be my spirit passing by. Sarah do not mourn me dead; think I am gone and wait for thee, for we shall meet again.

Major Sullivan Ballou,

Letter to his wife, a week before his death in

1861

Sullivan Ballou, 1829 - 1861, lawyer and politician from Rhode Island, and an officer in the Union Army during the American Civil War. He is best remembered for the eloquent letter he wrote to his wife one week before he fought in the First Battle of Bull Run, where he was mortally wounded.

FEBRUARY SIXTH



All human things are
subject to decay,
and when fate summons,
monarchs must obey.

John Dryden

John Dryden, 1631 - 1700, English poet, literary critic, translator, and playwright who was made Poet Laureate in 1668

FEBRUARY SEVENTH



As virtuous men pass mildly away,
and whisper to their souls to go,
whilst some of their sad friends do say,
the breath goes now,
and some say no.

John Donne

John Donne, 1572 – 1631, English poet and a cleric in the Church of England. He is considered the pre-eminent representative of the metaphysical poets.

FEBRUARY EIGHTH



The Holy Bible

“He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.”

Revelation 21:4

FEBRUARY NINTH



“Be totally empty,
embrace the tranquility of peace.
Watch the workings of all creation,
observe how endings become
beginnings.”

Lao Tzu

Lao Tzu, also known as Laozi, died 531 BC, philosopher and poet of ancient China. Known as the reputed author of the Tao Te Ching and the founder of philosophical Taoism, and as a deity in religious Taoism and traditional Chinese religions.

FEBRUARY TENTH



She died--this was the way she died;
And when her breath was done,
Took up her simple wardrobe
And started for the sun.
Her little figure at the gate
The angels must have spied,
Since I could never find her
Upon the mortal side.

Emily Dickinson

Emily Elizabeth Dickinson, 1830 - 1886, American poet. born in Amherst, Massachusetts. Although part of a prominent family with strong ties to its community, Dickinson lived much of her life highly introverted.

FEBRUARY ELEVENTH



“Not by lamentations and mournful chants ought we to celebrate the funeral of a good man, but by hymns, for in ceasing to be numbered with mortals he enters upon the heritage of a diviner life.”

Plutarch

Plutarch, 46-120 BC, Greek essayist, and biographer.

FEBRUARY TWELFTH



“Because of its tremendous solemnity death is the light in which great passions, both good and bad, become transparent, no longer limited by outward appearances.”

Soren Kierkegaard

Soren Kierkegaard, 1813-1855, Danish philosopher and writer.

FEBRUARY THIRTEENTH



There is a land of pure delight,
Where saints immortal reign;
Infinite day excludes the night,
And pleasures banish pain.
There everlasting spring abides,
And never-withering flowers:
Death, like a narrow sea, divides
This heavenly land from ours.

Isaac Watts,
A Prospect of Heaven

Isaac Watts, 1674 - 1748, English Christian hymn writer, theologian and logician. Recognized as the "Father of English Hymnody", credited with some 750 hymns.

FEBRUARY FOURTEENTH



Prayer

Gracious God, surround us and all
who mourn this day with your
continuing compassion.

Do not let grief overwhelm your
children, or turn them against you.

When grief seems never-ending, take
them one step at a time
along your road
of death and resurrection in
Jesus Christ our Lord.

Amen.

FEBRUARY FIFTEENTH



“Only people who are capable of loving strongly can also suffer great sorrow, but this same necessity of loving serves to counteract their grief and heals them.”

Leo Tolstoy

Count Lev Nikolayevich Tolstoy, 1828 - 1910, usually referred to in English as Leo Tolstoy, Russian writer who is regarded as one of the greatest authors of all time.

FEBRUARY SIXTEENTH



“And can it be that in a world so full
and busy the loss of one creature
makes a void so wide and deep that
nothing but the width and depth of
eternity can fill it up!”

Charles Dickens

Charles John Huffam Dickens, 1812 – 1870, English writer and social critic. He created some of the world's best-known fictional characters and is regarded as the greatest novelist of the Victorian era.

FEBRUARY SEVENTEENTH



Dying Hymn

My soul is full of whispered song;
My blindness is my sight;
The shadows that I feared so long
Are all alive with light.

Alice Cary

Alice Cary, 1820 - 1871, American poet, and the sister of fellow poet Phoebe Cary.



Prayer of St. Francis of
Assisi

Lord, make me an instrument of Your Peace;
Where there is hatred, let me sow Love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
Where there is sadness, joy.

O Divine Master, grant that I may seek not
so much to be consoled, as to console;
to be understood as to understand;
to be loved as to love;
for it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to
Eternal Life.

Amen



FEBRUARY NINETEENTH



“My grief lies all within,
and these external manners of lament
are merely shadows to the unseen grief
that swells with silence in the tortured
soul”

William Shakespeare

William Shakespeare, 1564 - 1616, English poet, playwright, and actor, widely regarded as the greatest writer in the English language and the world's pre-eminent dramatist. He is often called England's national poet, and the "Bard of Avon".

FEBRUARY TWENTIETH



“Death is a commingling of eternity
with time;
in the death of a good man,
eternity is seen looking through time.”

Johann Wolfgang von Goethe

Johann Wolfgang von Goethe, 1749 – 1832, German writer and statesman. His body of work includes epic and lyric poetry.

FEBRUARY TWENTY-FIRST



Defeat may serve as well as victory
to shake the soul and let the glory out.

When the great oak is straining
in the wind,
the boughs drink in new beauty and the
trunk sends down a deeper root on the
windward side.

Only the soul that knows the
mighty grief
can know the mighty rapture,
sorrows come to stretch out spaces in
the heart for joy.

Edwin Markham

Edwin Markham, 1852 - 1940, American poet. From 1923 to 1931 he was Poet Laureate of Oregon.

FEBRUARY TWENTY-SECOND



“Nothing that grieves us can be called little: by the eternal laws of proportion a child's loss of a doll and a king's loss of a crown are events of the same size.”

Mark Twain

*Samuel Langhorne Clemens, 1835 - 1910, better known by his pen name **Mark Twain**, was an American author and humorist. He wrote *The Adventures of Tom Sawyer* and its sequel, *Adventures of Huckleberry Finn*, the latter often called "The Great American Novel".*



Prayer for Strength When Grieving

Lord, at the moment nothing seems to
be able to help the loss I feel.
My heart is broken and my spirit mourns.
All I know is that Your grace is sufficient.
This day, this hour, moment by moment
I choose to lean on You,
For when I am at my weakest
Your strength is strongest.
I pour out my grief to You
And praise You that on one glorious day
when all suffering is extinguished and
love has conquered
we shall walk together again.

Amen

FEBRUARY TWENTY-FOURTH



“I know well there is no comfort for this pain of parting. The wound always remains, but one learns to bear the pain, and learns to thank God for what he gave. For the beautiful memories of the past, and the yet more beautiful hope for the future.”

Max Muller

Friedrich Max Müller, 1823 - 1900, German-born philologist and Orientalist, who lived and studied in Britain for most of his life.

FEBRUARY TWENTY-FIFTH



“If I could plant a flower for every time
I miss you,
I could walk through my
garden forever.”

Anonymous/Unknown



“The soul takes nothing with her to the next world but her education and her culture. At the beginning of the journey to the next world, one's education and culture can either provide the greatest assistance, or else act as the greatest burden, to the person who has just died.”

Plato

Plato, 428 - 347 BC, philosopher and mathematician in Classical Greece, and the founder of the Academy in Athens, the first institution of higher learning in the Western world.



The Holy Bible

After saying these things, he said to them, "Our friend Lazarus has fallen asleep, but I go to awaken him."

The disciples said to him, "Lord, if he has fallen asleep, he will recover."

Now Jesus had spoken of his death, but they thought that he meant taking rest in sleep. Then Jesus told them plainly, "Lazarus has died."

John 11:11-14



I Felt an Angel

I felt an angel near today, though one I could not see

I felt an angel oh so close, sent to comfort me

I felt an angel's kiss, soft upon my cheek

And oh, without a single word of caring did it speak

I felt an angel's loving touch, soft upon my heart

And with that touch, I felt the pain and

hurt within depart

I felt an angel's tepid tears, fall softly next to mine

And knew that as those tears did dry

a new day would be mine

I felt an angel's silken wings enfold me with pure love

And felt a strength within me grow,

a strength sent from above

I felt an angel oh so close, though one I could not see

I felt an angel near today, sent to comfort me.

Anonymous/Unknown

FEBRUARY TWENTY-NINTH
LEAP YEAR



“I look upon death to be as necessary
to our constitution as sleep. We shall
rise refreshed in the morning.”

Benjamin Franklin

Benjamin Franklin, 1706 - 1790, one of the Founding Fathers of the United States. A renowned polymath, Franklin was a leading author, printer, political theorist, politician, freemason, postmaster, scientist, inventor, civic activist, statesman, and diplomat.

MARCH FIRST



“The happiest, sweetest, tenderest homes are not those where there has been no sorrow, but those which have been overshadowed with grief, and where Christ's comfort was accepted. The very memory of the sorrow is a gentle benediction that broods ever over the household, like the silence that comes after prayer. There is a blessing sent from God in every burden of sorrow.”

James Russell Miller

James Russell Miller, 1840 - 1912, popular Christian author, Editorial Superintendent of the Presbyterian Board of Publication, and pastor of several churches in Pennsylvania and Illinois.

MARCH SECOND



We give our loved ones back to God
And just as He first gave them to us
and did not lose them in the giving
so we have not lost them in returning
them to Him

For life is eternal

Love is immortal

Death is only a horizon

and a horizon is nothing but the limit
of our earthly sight.

Anonymous/Unknown

MARCH THIRD




“Life is the jailer, death the angel sent
to draw the unwilling bolts and set us
free.”

James Russell Lowell

James Russell Lowell, 1819 - 1891, American poet, critic and editor.

MARCH FOURTH



“Go on with what you are doing. Work faithfully in my vineyard, and I shall be your reward. Write, read and sing; lament your sins, keep silence, pray; bravely endure all that you find hard to bear - eternal life is worth all these and greater struggles too.

Peace will come to you on a day which is already known to the Lord, and for them there will be no day or night such as you know on this earth, but perpetual light, splendour without end, peace that cannot be broken, calm that holds no fear.

You will not then say, 'Who is to set me free from a nature thus doomed to death?' nor will you cry, 'Unhappy I, that live in exile,' for death shall be engulfed, and salvation be complete. Then there will be no fear, but blessed joy and sweet companionship, full of pure delight.”

Thomas Kempis

Thomas à Kempis, 1380 - 1471, Dutch canon regular of the late medieval period and the author of The Imitation of Christ, one of the most popular and best known Christian books on devotion.

MARCH FIFTH



Who knows when the end is reached?

Death may be the beginning of life.

How do I know that love of life is not
a delusion after all?

How do I know that he who dreads to
die is as a child who has lost the way
and cannot find his way home?

How do I know that the dead repent
of having previously clung to life?

Chuang Tse

Chunang Tse, or Zhuang Zhou, 370 – 287 BC, often known as Zhuangzi was an influential Chinese philosopher who lived around the 4th century BC during the Warring States period, a period corresponding to the summit of Chinese philosophy, the Hundred Schools of Thought.



The Holy Bible

But if there is no resurrection of the dead, then not even Christ has been raised. And if Christ has not been raised, then our preaching is in vain and your faith is in vain. We are even found to be misrepresenting God, because we testified about God that he raised Christ, whom he did not raise if it is true that the dead are not raised. For if the dead are not raised, not even Christ has been raised. And if Christ has not been raised, your faith is futile and you are still in your sins.

1 Corinthians 15:13-18

MARCH SEVENTH



There is no death, the stars go down
To rise upon some other shore
And bright in heaven's jeweled crown
They shine forever more

J.L. McCreery

J. L. McCreery, 1835 - 1906, Given name: John Luckey McCreery, American poet.

MARCH EIGHTH



“Face your feelings. It is in the very nature of man to strive for happiness. Having sadness come to you in grief, then, is actually against your human nature. It really is no different than a virus being introduced to your body, and if the foreign invader is not tended to, over time it will sicken your mind, body, and soul.”

R. Glenn Kelly – The Griefcase

R. Glenn Kelly, 1962 - present, American Grief Support writer and advocate. Author of “Sometimes I Cry in The Shower: A Grieving Father’s Journey to Wholeness and Healing,” and, “The Griefcase: A Man’s Guide to Healing and Moving Forward in Grief.

MARCH NINTH



“If all else perished, and he remained,
I should still continue to be;
and if all else remained, and he were
annihilated, the universe would turn to
a mighty stranger.”

Emily Brontë

Emily Jane Brontë, 1818 – 1848, English novelist and poet who is best known for her only novel, Wuthering Heights, now considered a classic of English literature.

MARCH TENTH



Sufi Epigram

When the heart grieves over what is
has lost, the spirit rejoices over what it
has left.

***Sufism** or **tasawwuf**, as it is called in Arabic, is generally understood by scholars and Sufis to be the inner, mystical, or psycho-spiritual dimension of Islam. Today, however, many Muslims and non-Muslims believe that Sufism is outside the sphere of Islam.*

MARCH ELEVENTH



I sometimes hold it half a sin
To put in words the grief I feel,
For words, like nature, half reveal
And half conceal the soul within.

Alfred Lord Tennyson

Alfred Tennyson, 1809 – 1892, 1st Baron Tennyson, FRS was Poet Laureate of Great Britain and Ireland during much of Queen Victoria's reign and remains one of the most popular British poets.

MARCH TWELFTH



“Grief knits two hearts in closer
bonds than happiness ever can; and
common sufferings are far stronger
links than common joys.”

Alphonse de Lamartine

Alphonse Marie Louis de Prat de Lamartine, 1790 -1869, French writer, poet and politician who was instrumental in the foundation of the Second Republic and the continuation of the Tricolor as the flag of France.

MARCH THIRTEENTH



When I am gone, release me, let me go,
I have so many things to see and do,
You mustn't tie yourself to me in tears
Be happy that we had so many years,
I gave to you my love, you can only guess,
How much you gave to me in happiness,
I thank you for the love you each have shown,
But now it's time I travel on alone.
So grieve awhile for me if grieve you must,
Then let your grief be comforted by trust,
It's only for a while that we must part,
So bless the memories within your heart,
I won't be far away, for life goes on,
So if you need me, call and I will come. Though
you can't see or touch me, I'll be near;
And if you listen with your heart you'll hear All
my love around you, soft and clear.
And then when you must come this way alone,
I'll greet you with a smile and a
"WELCOME HOME"

Anonymous/Unknown

MARCH FOURTEENTH



He is never born, and he never dies.

He is in Eternity: he is evermore.

Never-born and eternal,

Beyond times gone or to come,

He does not die when the body dies.

Bhagavad Gita

*The **Bhagavad Gita**, often referred to as simply the Gita, is a 700-verse Hindu scripture in Sanskrit that is part of the Hindu epic Mahabharata. Hindu traditionalists assert that the Gita came into existence in the third or fourth millennium BC.*

MARCH FIFTEENTH



“He did not say:
You will not be troubled,
you will not be belabored,
you will not be afflicted;
but he said: You will not be
overcome.”

Mother Julian of Norwich

Mother Julian of Norwich, 1342 - 1416, English anchoress and an important Christian mystic. Her Revelations of Divine Love, written around 1395, is the first book in the English language known to have been written by a woman.

MARCH SIXTEENTH



Remember me when I am gone away,
Gone far away into the silent land;
When you can go no more hold me by the hand,
Nor I half turn to go yet turning stay.
Remember me when no more day by day
You tell me of our future that you planned:
Only remember me; you understand
It will be late to counsel then or pray
Yet if you should forget me for a while
And afterwards remember, do not grieve:
For if the darkness and corruption leave
A vestige of the thoughts that once I had,
Better by far you should forget and smile
Than that you should remember and be sad.

Christina Rossetti

Christina Georgina Rossetti, 1830 - 1894, English poet who wrote a variety of romantic, devotional, and children's poems. She is famous for writing Goblin Market and Remember, and the words of the Christmas carol in the Bleak Midwinter.

MARCH SEVENTEENTH



When you are born, you cry...
and the world rejoices.

When you die, you rejoice...
and the world cries.

Buddhist Saying

MARCH EIGHTEENTH



Prayer

Almighty God, Father of all mercies
and giver of all comfort:

Deal graciously, we pray thee, with
those who mourn, that casting every
care on thee, they may know the
consolation of thy love, through
Jesus Christ our Lord.

Amen

MARCH NINETEENTH



A Reminiscence

Yes, thou art gone! and never more
Thy sunny smile shall gladden me;
But I may pass the old church door,
And pace the floor that covers thee.
May stand upon the cold, damp stone,
And think that, frozen, lies below
The lightest heart that I have known,
The kindest I shall ever know.

Anne Brontë

Anne Brontë, 1820 - 1849, English novelist and poet, the youngest member of the Brontë literary family. The daughter of Patrick Brontë, a poor Irish clergyman in the Church of England.

MARCH TWENTIETH



The Holy Bible

The Lord your God is with you,
he is mighty to save.

He will take great delight in you,
he will quiet you with his love,
he will rejoice over you with singing.

Zephaniah 3:17

MARCH TWENTY-FIRST



We are all visitors to this time,
this place.

We are just passing through.

Our purpose here is to observe,
to learn, to grow, to LOVE...
and then we return home.

Aborigine philosophy



Poem of Life

Life is but a stopping place,
A pause in what's to be,
A resting place along the road,
to sweet eternity.

We all have different journeys,
Different paths along the way,
We all were meant to learn some things,
but never meant to stay...

Our destination is a place,
Far greater than we know.
For some the journey's quicker,
For some the journey's slow.
And when the journey finally ends,
We'll claim a great reward,
And find an everlasting peace,
Together with the lord

Anonymous/Unknown

MARCH TWENTY-THIRD



“Man learns through experience, and the spiritual path is full of different kinds of experiences. He will encounter many difficulties and obstacles, and they are the very experiences he needs to encourage and complete the cleansing process.”

Sai Baba

Sai Baba of Shirdi, 1835 - 1918, also known as Shirdi Sai Baba, Indian spiritual master regarded by his devotees as a saint, fakir, and satguru, according to their individual proclivities and beliefs.

MARCH TWENTY-FOURTH



Grieve Not

What though the radiance which
Was once so bright
Be now for ever taken from my sight,
Though nothing can bring back the hour
Of splendour in the grass,
Of glory in the flower;
We will grieve not, rather find
Strength in what remains behind;
In the primal sympathy
Which having been must ever be;
In the soothing thoughts that spring
Out of human suffering;
In the faith that looks through death,
In years that bring the philosophic mind.

William Wordsworth

William Wordsworth, 1770 – 1850, English Romantic poet who helped to launch the Romantic Age in English literature.

MARCH TWENTY-FIFTH



“The bitterest tears shed over graves
are for words left unsaid
and deeds left undone.”

Harriet Beecher-Stowe

Harriet Elisabeth Beecher-Stowe, 1811 - 1896, American abolitionist and author. She came from a famous religious family and is best known for her novel Uncle Tom's Cabin. It depicts the harsh life for African Americans under slavery.

MARCH TWENTY-SIXTH



Jewish Prayer

Memory can only tell us what we were,
in the company of those we loved;
it cannot help us find what each of us,
alone, must now become.

Yet no person is really alone;
those who live no more echo still within
our thoughts and words,
and what they did has become woven
into what we are.

MARCH TWENTY-SEVENTH



In desperate hope I go
and search for her
in all the corners of my house.

I find her not.

My house is small
and what once has gone from it
can never be regained.

But infinite is thy mansion, my lord,
and seeking her
I have come to thy door.

Rabindranath Tagore

Rabindranath Tagore, 1861 - 1941, Bengali polymath who reshaped Bengali literature and music, as well as Indian art with Contextual Modernism in the late 19th and early 20th centuries.

MARCH TWENTY-EIGHTH



I have seen death too often
to believe in death,
It is not an ending, but a withdrawal.
As one who finishes a long journey.
Stills the motor. Turns off the lights
Steps from the car
And walks up the path
To the home that awaits him.

Anonymous/Unknown



All Return Again

“It is the secret of the world that all things subsist and do not die, but only retire a little from sight and afterwards return again.

Nothing is dead; men feign themselves dead, and endure mock funerals and mournful obituaries, and there they stand looking out of the window, sound and well, in some new strange disguise. Jesus is not dead; he is very well alive; nor John, nor

Paul, nor Mahomet, nor Aristotle; at times we believe we have seen them all, and could easily tell the names under which they go. “

Ralph Waldo Emerson

Ralph Waldo Emerson, 1803 - 1882, American essayist, lecturer, and poet who led the Transcendentalist movement of the mid-19th century.

MARCH THIRTIETH



“Let no one weep for me,
or celebrate my funeral with mourning;
for I still live, as I pass to and fro
through the mouths of men.”

Quintus Ennius

Quintus Ennius, 239 -169 BC, Roman author, and poet.



The Holy Bible

But in fact Christ has been raised from the dead, the firstfruits of those who have fallen asleep. For as by a man came death, by a man has come also the resurrection of the dead. For as in Adam all die, so also in Christ shall all be made alive. But each in his own order: Christ the firstfruits, then at his coming those who belong to Christ. Then comes the end, when he delivers the kingdom to God the Father after destroying every rule and every authority and power.

1 Corinthians 15:20-28

APRIL FIRST



“A telling analogy for life and death:
Compare the two of them to water and ice.
Water draws together to become ice,
And ice disperses again to become water.
Whatever has died is sure to be born
again;
Whatever is born comes around again to
dying.
As ice and water do one another no harm,
So life and death, the two of them, are
fine.”

Han Shan

Han Shan was a legendary ninth century figure associated with a collection of poems from the Chinese Tang Dynasty in the Taoist and Chan tradition. No one knows who he was, or when he lived and died.

APRIL SECOND



The Holy Bible

And I heard a voice from heaven saying, "Write this: Blessed are the dead who die in the Lord from now on."

"Blessed indeed," says the Spirit, "that they may rest from their labors, for their deeds follow them!"

Revelation 14:13

APRIL THIRD



“Death is the liberator of him whom freedom cannot release, the physician of him whom medicine cannot cure, and the comforter of him whom time cannot console.”

Charles Caleb Colton

Charles Caleb Colton, 1780-1832, British clergyman, sportsman and author.

APRIL FOURTH



When I die and leave behind
this earth I love, these trees, this sky
the pounding sea,
the yearly hope of spring.
Cry not for me, Rejoice!
My soul has wings
and in its freedom sings.

Anonymous/Unknown

APRIL FIFTH



“Time heals griefs and quarrels, for we change and are no longer the same persons.

Neither the offender nor the offended are any more themselves.”

Blaise Pascal

Blaise Pascal, 1623 - 1662, French mathematician, physicist, inventor, writer and Christian philosopher.

APRIL SIXTH



“In the end...

these things matter most:

How well did you love?

How fully did you live?

How deeply did you let go?”

Buddha

Gautama Buddha, also known as *Siddhārtha Gautama*, *Shakyamuni*, or simply *the Buddha*, was a sage on whose teachings Buddhism was founded.

APRIL SEVENTH



“The constant sequence of
springtime and autumn makes the
leaves of our existence disappear.

Drink wine, my friend, for sages have
well said that grief in this world is a
poison and its antidote is wine.”

Omar Khayyam

Omar Khayyám, 1048 - 1131, born Ghiyāth ad-Dīn Abu'l-Fath 'Umar ibn Ibrāhīm al-Khayyām Nishāpūrī, Persian mathematician, astronomer, philosopher, and poet, who is widely considered to be one of the most influential scientists of the middle ages.

APRIL EIGHTH



The Holy Bible

“But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ, who will transform our lowly body to be like his glorious body, by the power that enables him even to subject all things to himself.”

Philippians 3:20-21

APRIL NINTH



My Constant Companion

Grief is my companion,
It takes me by the hand,
And walks along beside me
in a dark and barren land.

How long will this lonesome journey last,
How much more can my weary heart bear?
Since your death, I've been lost in the fog,
Too burdened with sorrow and care.
People tell me my sadness will fade,
And my tears will reach their end.
Grief and I must complete our journey,
And then maybe I'll find happiness again.

Anonymous/Unknown

APRIL TENTH



“Life is a series of natural and spontaneous changes.

Don't resist them ~ that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like.”

Lao Tzu

Lao Tzu, also known as Laozi, died 531 BC, philosopher and poet of ancient China. Known as the reputed author of the Tao Te Ching and the founder of philosophical Taoism, and as a deity in religious Taoism and traditional Chinese religion.

APRIL ELEVENTH



“Happiness is beneficial for the body,
but it is grief that develops the
powers of the mind.”

Marcel Proust

*Valentin Louis Georges Eugène Marcel Proust, 1871 - 1922, French novelist, critic, and essayist best known for his monumental novel *À la recherche du temps perdu*, published in seven parts between 1913 and 1927.*

APRIL TWELFTH



It Is Well with My Soul

When peace, like a river, attendeth my way, When sorrows like
sea billows roll; Whatever my lot, Thou hast taught me to say,
It is well, it is well with my soul.

Though Satan should buffet, though trials should come,
Let this blest assurance control, That Christ hath regarded
my helpless estate, And hath shed His own blood for my soul.

My sin—oh, the bliss of this glorious thought!

My sin, not in part but the whole, Is nailed to the cross, and I
bear it no more, Praise the Lord, praise the Lord, O my soul!

For me, be it Christ, be it Christ hence to live:

If Jordan above me shall roll, No pang shall be mine, for in
death as in life Thou wilt whisper Thy peace to my soul.

But, Lord, 'tis for Thee, for Thy coming we wait,
The sky, not the grave, is our goal; Oh, trump of the angel!

Oh, voice of the Lord!

Blessed hope, blessed rest of my soul!

And Lord, haste the day when the faith shall be sight,
The clouds be rolled back as a scroll; The trump shall resound,
and the Lord shall descend,
Even so, it is well with my soul.

Horatio G. Spafford

Horatio Gates Spafford, 1828 - 1888, American lawyer, best known for penning the Christian hymn It Is Well With My Soul, following a family tragedy in which four of his daughters died.

APRIL THIRTEENTH



“Grief is perhaps an unknown territory for you.

You might feel both helpless and hopeless without a sense of a 'map' for the journey.

Confusion is the hallmark of a transition.

To rebuild both your inner and outer world is a major project.”

Anne Grant

*Anne Macvicar Grant, 1755 - 1838, is a Scottish poet and author best known for her collection of mostly biographical poems *Memoirs of an American Lady* as well as her earlier work *Letters from the Mountains*.*

APRIL FOURTEENTH



Sleep, Silence's child,
sweet father of soft rest,
Prince whose approach peace to
all mortals brings
indifferent host to
shepherds and kings;
Sole comforter to minds with grief
Opprest.

William Drummond

William Drummond, 1585 - 1649, called "of Hawthornden", Scottish poet.

APRIL FIFTEENTH



The Holy Bible

So we are always of good courage.

We know that while we are at home in the body we are away from the Lord, for we walk by faith, not by sight. Yes, we are of good courage, and we would rather be away from the body and at home with the Lord.

2 Corinthians 5:6-8

APRIL SIXTEENTH



Silent Tear

Each night we shed a silent tear,
As we speak to you in prayer.
To let you know we love you,
And just how much we care.
Take our million teardrops,
Wrap them up in love,
Then ask the wind to carry them,
To you in heaven above.

Anonymous/Unknown

APRIL SEVENTEENTH



Yesterday is a memory, tomorrow is a mystery and today is a gift, which is why it is called the present.

What the caterpillar perceives is the end; to the butterfly is just the beginning.

Everything that has a beginning has an ending.

Make your peace with that and all will be well

Buddhist Saying

APRIL EIGHTEENTH



“Even in our sleep
Pain which cannot forget
Falls drop by drop upon the heart
Until, in our own despair,
Against our will,
Comes wisdom
Through the awful grace of God.”

Aeschylus

Aeschylus, 525 BC - ?, ancient Greek tragedian. He is also the first whose plays still survive; the others are Sophocles and Euripides.

APRIL NINETEENTH



“Whoever fights monsters should see to it that in the process he does not become a monster.

And if you gaze long enough into an abyss, the abyss will gaze back into you.”

Friedrich Nietzsche

Friedrich Wilhelm Nietzsche, 1844 - 1900, German philosopher, cultural critic, poet, and Latin and Greek scholar whose work has exerted a profound influence on Western philosophy and modern intellectual history.

APRIL TWENTIETH



“I do not fear death. I had been dead for billions and billions of years before I was born, and had not suffered the slightest inconvenience from it.”

Mark Twain

*Samuel Langhorne Clemens, 1835 - 1910, better known by his pen name **Mark Twain**, was an American author and humorist. He wrote *The Adventures of Tom Sawyer* and its sequel, *Adventures of Huckleberry Finn*, the latter often called "The Great American Novel".*



Celtic Blessing

“She does not leave, she is not gone,
she looks upon us still.

She walks among the valleys now,
she strides upon the hill.

Her smile is in the summer sky,
her grace is in the breeze.

Her mem'ries whisper in the grass
her calm is in the trees.

Her light is in the winter snow,
her tears are in the rain.

Her merriment runs in the brook,
her laughter in the lane.

Her gentleness is in the flowers
her sigh in autumn leaves.

She does not leave, she is not gone,
‘Tis only we that grieve.”

APRIL TWENTY-SECOND



“Here bring your wounded hearts,
here tell your anguish;
Earth has no sorrow that
Heaven cannot heal.”

Thomas Moore

Thomas Moore, 1779-1852, Irish poet, singer, songwriter, and entertainer.



The Holy Bible

A Psalm of David.

The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.

340. Psalm 23:1-6

APRIL TWENTY-FOURTH



“Goodbyes are only for those who love with their eyes, because for those who love with heart and soul there is no such thing as separation.”

Rumí

Jalāl ad-Dīn Muhammad Rūmī, 1207 - 1273, also known as Jalāl ad-Dīn Muhammad Balkhī, and more popularly simply as Rumi, 13th-century Persian poet, jurist, Islamic scholar, theologian, and Sufi mystic.

APRIL TWENTY-FIFTH



“The incredible gift of being so close to another is experiencing the beauty of unconditional love. With their unfortunate passing, the majesty of that love remains in our hearts and will eventually urge each of us to seek happiness within the new normal.”

R. Glenn Kelly – The Griefcase

R. Glenn Kelly, 1962 - present, American Grief Support writer and advocate. Author of “Sometimes I Cry in The Shower: A Grieving Father’s Journey to Wholeness and Healing,” and, “The Griefcase: A Man’s Guide to Healing and Moving Forward in Grief.”



Where I Have Gone

Where I have gone I am not so small
My soul is as wide as the world is tall
I have gone to answer the call, the call
Of the One who takes care of us all

Wherever you look,
you will find me there-
In the heart of a rose
In the heart of a prayer
On butterflies' wings,
on wings of my own,
To you, I'm gone,
But I'm never alone-
I am home

Anonymous/Unknown

APRIL TWENTY-SEVENTH



“Tears are the silent
language of grief.”

Voltaire

*François-Marie Arouet, 1694 – 1778, known by his nom de plume
Voltaire, French Enlightenment writer, historian, and philosopher famous
for his wit and his attacks on the established Catholic Church.*

APRIL TWENTY-EIGHTH



When at Heart
You Should Be Sad

When at heart you should be sad,
Pondering the joys we had,
Listen and keep very still.
If the lowing from the hill
Or the toiling of a bell
Do not serve to break the spell,
Listen: you may be allowed
To hear my laughter from a cloud.

Sir Walter Raleigh

Sir Walter Raleigh, 1552 – 1618, English landed gentleman, writer, poet, soldier, politician, courtier, spy, and explorer. He was cousin to Sir Richard Grenville and younger half-brother of Sir Humphrey Gilbert.

APRIL TWENTY-NINTH



“Be of good cheer about death, and know this of a truth, that no evil can happen to a good man, either in life or after death.”

Socrates

Socrates, 469 – 399 BC, classical Greek philosopher credited as one of the founders of Western philosophy. He is an enigmatic figure known chiefly through the accounts of classical writers.



Prayer

Father, you know our hearts and share our sorrows. We are hurt by our parting from those whom we loved: when we are angry at the loss we have sustained, when we long for words of comfort, yet find them hard to hear, turn our grief to truer living, our affliction to firmer hope in Jesus Christ our Lord.

Amen

MAY FIRST



“When you part from your friend, you
grieve not;

For that which you love most in her
may be clearer in her absence, as the
mountain to the climber is clearer from
the plain.”

Kahlil Gibran

*Khalil Gibran, 1883 – 1931, Lebanese-American artist, poet, and writer
of the New York Pen League.*

MAY SECOND



So Go and Run Free

So go and run free with the angels
Dance around the golden clouds
For the lord has chosen you to be with him
And we should feel nothing but proud
Although he has taken you from us
And our pain a lifetime will last
Your memory will never escape us
But make us glad for the time we did have
Your face will always be hidden
Deep inside our hearts
Each precious moment you gave us
Shall never, ever depart
So go and run free with the angels
As they sing so tenderly
And please be sure to tell them
To take good care of you for me
Anonymous/Unknown

MAY THIRD



The Holy Bible

"We know that we have passed from death to life, because we love our brothers. Anyone who does not love remains in death."

1 John 3:14

MAY FOURTH



If all the skies were sunshine
Our faces would be fain
To feel once more upon them
The cooling splash of rain.
If all the world were music,
Our hearts would often long
For one sweet strain of silence,
To break the endless song
If life were always merry,
Our souls would seek relief,
And rest from weary laughter
In the quiet arms of grief.

Henry van Dyke

Henry Jackson van Dyke, 2852 -1933, American author, educator, and clergyman.

MAY FIFTH



“Men fear death as children fear to go into the dark; and as that natural fear in children is increased with tales, so is the other.”

Francis Bacon

Francis Bacon, 1561 – 1626, Former Lord Chancellor Francis Bacon, English philosopher, statesman, scientist, jurist, orator, essayist and author. He served both as Attorney General and Lord Chancellor of England.

MAY SIXTH



If Only

If only we could see the
splendour of the land
To which our loved ones
are called from you and me
We'd understand

If only we could hear the
welcome they receive
From old familiar voices all so dear
We would not grieve

If only we could know the
reason why they went
We'd smile and wipe away
the tears that flow
And wait content

Anonymous/Unknown

MAY SEVENTH



“When you do things from your soul,
you feel a river moving in you,
a joy.”

Rumí

Jalāl ad-Dīn Muhammad Rūmī, 1207 - 1273, also known as Jalāl ad-Dīn Muhammad Balkhī, and more popularly simply as Rumi, 13th-century Persian poet, jurist, Islamic scholar, theologian, and Sufi mystic.

MAY EIGHTH



“When he shall die, Take him and cut
him out in little stars,
And he will make the face of heaven
so fine
That all the world will be in love with
night
And pay no worship to the garish
sun.”

William Shakespeare

William Shakespeare, 1564 - 1616, English poet, playwright, and actor, widely regarded as the greatest writer in the English language and the world's pre-eminent dramatist. He is often called England's national poet, and the "Bard of Avon".

MAY NINTH



The Holy Bible

Brothers we don't want you to be ignorant about those who fall asleep: or to grieve like the rest of men who have no hope.

1 Thessalonians 4:13

MAY TENTH



The Bustle in a House
The Morning after Death
Is solemnest of industries
Enacted upon earth-
The Sweeping up the Heart
And putting Love away
We shall not want to use again
Until Eternity.

Emily Dickinson

Emily Elizabeth Dickinson, 1830 - 1886, American poet. born in Amherst, Massachusetts. Although part of a prominent family with strong ties to its community, Dickinson lived much of her life highly introverted.

MAY ELEVENTH



Zeus, who guided men to think who
laid it down that wisdom comes alone
through suffering.

Still there drips in sleep against the
heart grief of memory; against our
pleasure we are temperate.

Aeschylus

Aeschylus, 525 BC - ?, ancient Greek tragedian. He is also the first whose plays still survive; the others are Sophocles and Euripides.



A Prayer in Time of Need

O Loving Lord, these days I often think of Your words: "Ask, and you shall receive; Seek, and you shall find; Knock, and it shall be opened to you." In illness and pain, during moments of anxiety, weakness, and discouragement, I turn to You, Helper of the Helpless. You know my every need, but since You said to ask, seek, and knock, I ask You for these very special graces; Patience to endure suffering, Courage to accept whatever comes today, Peace of mind and heart, Trust in your loving care and those who minister for You, Gratitude for the gift of Your love and compassion, Wisdom to use these days of illness to come closer to You who suffered. Comfort in the knowledge that I am not alone; You are with me. In the end we shall all be taken up from Death into Life from sickness into strength, from weakness into glory, from the narrow bands of time, into the wide freedom of Eternity.

Amen

MAY THIRTEENTH



“When one man dies, one chapter is
not torn out of the book, but
translated into a better language.”

John Donne

John Donne, 1572 – 1631, English poet and a cleric in the Church of England. He is considered the pre-eminent representative of the metaphysical poets.

MAY FOURTEENTH



Peace, peace! he is not dead, he doth
not sleep – he hath awakened from
the dream of life –

'Tis we, who lost in stormy visions,
keep with phantoms an unprofitable
strife.

Percy Bysshe Shelley

Percy Bysshe Shelley, 1792 – 1822, major English Romantic poets, and is regarded by some as among the finest lyric, as well as epic, poets in the English language.

MOTHER'S DAY



Prayer

For a Mother who has died

Dear Lord, relying on your promises to us, I turn to you in trust that my mother is with you and that she is enjoying your loving embrace. You alone know how she loved the best she could and how she faithfully endured the struggles that she faced. You know the graces you gave her and you know the grace she was for me and for so many. For all the ways she truly loved the way you loved her, please reward her, Lord. May she enjoy the communion of all her family and friends who are with you.

Amen

MAY FIFTEENTH



“Death is the golden key that
opens the palace of eternity.”

John Milton

John Milton, 1608 – 1674, English poet, polemicist, man of letters, and a civil servant for the Commonwealth of England under Oliver Cromwell.

MAY SIXTEENTH



“Living is death; dying is life.
We are not what we appear to be.
On this side of the grave we are
exiles, on that citizens; on this side
orphans, on that children.”

Henry Ward Beecher

Henry Ward Beecher, 1813 – 1887, American Congregationalist clergyman, social reformer, and speaker, known for his support of the abolition of slavery and his emphasis on God's love.

MAY SEVENTEENTH



Miss Me, But Let Me Go

When I come to the end of the road
And the sun has set for me,
I want no rites in a gloom filled room
Why cry for a soul set free!
Miss me a little, but not for long,
And not with your head bowed low.
Remember the love we once shared,
Miss me, but let me go!
For this a journey we all must take,
And each must go alone;
It's all a part of the master's plan
A step on the road to home.
When you are lonely and sick of heart
Go to the friends we know,
And bury your sorrows in doing good deeds,
Miss me, but let me go.

Anonymous/Unknown

MAY EIGHTEENTH



The Holy Bible

For as in Adam all die, so also in
Christ shall all be made alive.

1 Corinthians 15:22

MAY NINETEENTH



“In this sad world of ours, sorrow comes to all, and it often comes with bitter agony. Perfect relief is not possible, except with time. You cannot now believe that you will ever feel better. But this is not true. You are sure to be happy again. Knowing this, truly believing it, will make you less miserable now. I have had enough experience to make this statement.”

Abraham Lincoln

Abraham Lincoln, 1809 – 1865, the 16th President of the United States, serving from March 1861 until his assassination in April 1865. Lincoln led the United States through its Civil War and abolished slavery, strengthened the federal government, and modernized the economy.

MAY TWENTIETH



“Grief should be the instructor of the wise. Sorrow is knowledge: they who know the most must mourn the deepest.”

Lord Byron

George Gordon Byron, 1788 -1824, 6th Baron Byron, FRS, commonly known simply as Lord Byron, was an English poet and a leading figure in the Romantic movement.



Life is But a Stopping Place

Life is but a stopping place,
A pause in what's to be,
A resting place along the road,
to sweet eternity.

We all have different journeys, Different
paths along the way,
We all were meant to learn some things, but
never meant to stay...

Our destination is a place,
Far greater than we know.
For some the journey's quicker,
For some the journey's slow.
And when the journey finally ends,
We'll claim a great reward,
And find an everlasting peace,
Together with the Lord

Anonymous/Unknown

MAY TWENTY-SECOND



“And we wept that one so lovely
should have a life so brief;”

William Cullen Bryant

*William Cullen Bryant, 1794 – 1878, American romantic poet, journalist,
and long-time editor of the New York Evening Post.*



As a man leaves an old garment
and puts on one that is new, the
Spirit leaves his mortal body and
wanders on to one that is new.

Bhagavad Gita

The Bhagavad Gita, often referred to as simply the Gita, is a 700-verse Hindu scripture in Sanskrit that is part of the Hindu epic Mahabharata. Hindu traditionalists assert that the Gita came into existence in the third or fourth millennium BC.

MAY TWENTY-FOURTH



I Live On

Don't cry for me in sadness;

don't weep for me in sorrow,

For I will be beside you,

as sure as comes tomorrow.

My body has gone but my spirit

lives on, as does my love for you.

Anonymous/Unknown

MAY TWENTY-FIFTH



“In your light I learn how to love.
In your beauty, how to make poems.
You dance inside my chest where no-
one sees you, but sometimes I do, and
that sight becomes this art.”

Rumí

Jalāl ad-Dīn Muhammad Rūmī, 1207 - 1273, also known as Jalāl ad-Dīn Muhammad Balkhī, and more popularly simply as Rumi, 13th-century Persian poet, jurist, Islamic scholar, theologian, and Sufi mystic.

MAY TWENTY-SIXTH



“Quiet and sincere sympathy is often the most welcome and efficient consolation to the afflicted. Said a wise man to one in deep sorrow, ‘I did not come to comfort you; God only can do that; but I did come to say how deeply and tenderly I feel for you in your affliction.’”

Tyron Edwards

Tyron Edwards, 1809 – 1894, American theologian, best known for compiling A Dictionary of Thoughts, a book of quotations. He published the works of Jonathan Edwards in 1842.

MAY TWENTY-SEVENTH



The Serenity Prayer

God, grant me the serenity to accept
the things I cannot change, the
courage to change the things I can,
and the wisdom to know the
difference.

Living one day at a time, enjoying one
moment at a time, accepting hardship
as the pathway to peace.

Amen

MAY TWENTY-EIGHTH



"Life is eternal, and love is immortal,
And death is only a horizon; and a
horizon is nothing save the limit of
our sight."

Rossiter Worthington Raymond

Rossiter Worthington Raymond, 1840 – 1918, American mining engineer, legal scholar and author. At his memorial, the President of Lehigh University described him as "one of the most remarkable cases of versatility."

MAY TWENTY-NINTH



Hold on to life even when it is easier
letting go.

Hold on to my hand even when I have
gone away from you.

Pueblo blessing

MAY THIRTIETH



“No one knows whether death is really the greatest blessing a man can have, but they fear it is the greatest curse, as if they knew well.”

Plato

Plato, 428 - 347 BC, philosopher and mathematician in Classical Greece, and the founder of the Academy in Athens, the first institution of higher learning in the Western world.

MAY THIRTY-FIRST



“Each unbearable emotion you feel so deeply after the loss will leave a tender scar on your soul. When touched later in your life, believe it or not, the sensation will actually bring a smile, and any tears shed will be tears of joyful memories instead of the debilitating sense of anguishing pain.”

R. Glenn Kelly – The Griefcase

R. Glenn Kelly, 1962 - present, American Grief Support writer and advocate. Author of “Sometimes I Cry in The Shower: A Grieving Father’s Journey to Wholeness and Healing,” and, “The Griefcase: A Man’s Guide to Healing and Moving Forward in Grief.”

JUNE FIRST



The Holy Bible

If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you.

Romans 8:11

JUNE SECOND



If I Should Go Tomorrow

If I should go tomorrow

It would never be goodbye,

For I have left my heart with you,

So don't you ever cry.

The love that's deep within me,

Shall reach you from the stars,

You'll feel it from the heavens,

And it will heal the scars.

Anonymous/Unknown

JUNE THIRD



“One feels as if it could never, never be less. And yet all griefs, when there is no bitterness in them, are soothed down by time.”

Jane Welsh Carlyle

Jane Welsh Carlyle, 1801 – 1866, wife of essayist Thomas Carlyle and has been cited as the reason for his fame and fortune.

JUNE FOURTH



Peace My Heart

Peace, my heart, let the time for the
parting be sweet.

Let it not be a death but completeness.
Let love melt into memory and pain into
songs.

Let the flight through the sky end in the
folding of the wings over the nest. Let
the last touch of your hands be gentle
like the flower of the night. Stand still,
O Beautiful End, for a moment, and
say your last words in silence.

I bow to you and hold up my lamp to
light you on your way.

Rabindranath Tagore

Rabindranath Tagore, 1861 - 1941, Bengali polymath who reshaped Bengali literature and music, as well as Indian art with Contextual Modernism in the late 19th and early 20th centuries.

JUNE FIFTH



“It is the great mystery of human life
that old grief passes gradually into
quiet, tender joy.”

Fyodor Dostoevsky

Fyodor Mikhailovich Dostoyevsky, 1821 – 1881, sometimes transliterated Dostoevsky, Russian novelist, short story writer, essayist, journalist and philosopher.

JUNE SIXTH



For love is all, and life goes on
In spite of grief and pain,
And deep within my heart I know
That we shall meet again.

Unknown Fallen Hero

*Found Written on a piece of paper picked up on a
battlefield during the Normandy invasion in WWII.*

JUNE SEVENTH



"The truest end of life is to know
the life that never ends."

William Penn

William Penn, 1644 - 1718, English real estate entrepreneur, philosopher, early Quaker and founder of the Province of Pennsylvania, the English North American colony and the future Commonwealth of Pennsylvania.

JUNE EIGHTH



Were a star quenched on high,
For ages would its light,
Still travelling downward from the sky,
Shine on our mortal sight.
So when a great man dies,
For years beyond our ken,
The light he leaves behind him lies
Upon the paths of men.

Henry Wadsworth Longfellow

Henry Wadsworth Longfellow, 1807 – 1882, American poet and educator whose works include "Paul Revere's Ride", The Song of Hiawatha, and Evangeline.

JUNE NINTH



Love Poem

A million times we've missed you,

a million times we've cried.

If love could have saved you,

You never would have died.

Things we feel most deeply

Are the hardest things to say.

Our dearest one,

we have loved you

In a very special way.

Anonymous/Unknown

JUNE TENTH



We go to the grave of a friend saying,
“A man is dead,”
but angels throng about him saying,
“A man is born.”

Henry Ward Beecher

Henry Ward Beecher, 1813 – 1887, American Congregationalist clergyman, social reformer, and speaker, known for his support of the abolition of slavery and his emphasis on God's love.

JUNE ELEVENTH



“They that love beyond the world
cannot be separated by it.

Death is
but crossing the world, as friends do
the seas; they live in one another still.”

William Penn

William Penn, 1644 - 1718, English real estate entrepreneur, philosopher, early Quaker and founder of the Province of Pennsylvania, the English North American colony and the future Commonwealth of Pennsylvania.

JUNE TWELFTH



In My Life Always

You are near,
Even if I don't see you.

You are with me,
even if you are far away.

You are in my heart,
in my thoughts,
in my life always.

Anonymous/Unknown

JUNE THIRTEENTH



“For God so loved the world, that he
gave his only Son,
that whoever believes in him should
not perish but have eternal life.”

John 3:16

JUNE FOURTEENTH



“We find a place for what we lose. Although we know that after such a loss the acute stage of mourning will subside, we also know that a part of us shall remain inconsolable and never find a substitute. No matter what may fill the gap, even if it is completely filled, it will nevertheless remain something changed forever...”

Sigmund Freud

Sigmund Freud, 1856 – 1938, Austrian neurologist and the father of psychoanalysis, a clinical method for treating psychopathology through dialogue between a patient and a psychoanalyst.

FATHER'S DAY



Father's Day Prayer

For a father who has died

Father of Life, I thank you for my father. He was such a blessing to me while he was still with us. I still miss him so much. I thank you for what he left me as gifts of love and faith. I pray that he has enjoyed your embrace and that the relationship he and I have now might someday be renewed with you in heaven. Until then, I entrust him to your love and ask you to let him look out for me and to assist me to stay.

Amen

JUNE FIFTEENTH



“If it were possible to heal sorrow by weeping and to raise the dead with tears, gold were less prized than grief.”

Sophocles

Sophocles, 496 – 406 BC, one of three ancient Greek tragedians whose plays have survived. His first plays were written later than those of Aeschylus, and earlier than or contemporary with those of Euripides.

JUNE SIXTEENTH



“Death is the veil which those
who live call life;
They sleep, and it is lifted.”

Percy Bysshe Shelley

Percy Bysshe Shelley, 1792 – 1822, major English Romantic poets, and is regarded by some as among the finest lyric, as well as epic, poets in the English language.

JUNE SEVENTEENTH



"It will take mind and memory
months and possibly years to gather
together the details, and thus learn
and know the whole extent of the loss."

Mark Twain

After the death of his daughter Suzy

*Samuel Langhorne Clemens, 1835 - 1910, better known by his pen name **Mark Twain**, was an American author and humorist. He wrote *The Adventures of Tom Sawyer* and its sequel, *Adventures of Huckleberry Finn*, the latter often called "The Great American Novel".*

JUNE EIGHTEENTH



“A genuine faith lifts us above the bitterness of grief; a sense of Christ's living presence takes away all unbearable loneliness even when we are most alone. In our darkest hours, to know that our lost friend is still living, still loving us, still ours, in the highest and best sense, must be unspeakably consoling.”

Arthur Henry Kenney

Arthur Henry Kenney, 1776–1855, Irish priest who was Dean of Achonry from 1812 to 1821.

JUNE NINETEENTH



The grave itself is but a covered
bridge,

Leading from light to light, through a
brief darkness!

Henry Wadsworth Longfellow

Henry Wadsworth Longfellow, 1807 – 1882, American poet and educator whose works include "Paul Revere's Ride", The Song of Hiawatha, and Evangeline.

JUNE TWENTIETH



A Day, A Week, A Lifetime

When I wake up in the morning I ask myself how will I get through this day without you?

As I dress and prepare to start my day I wonder how will I go on without you?

As the day slowly slips away I remember how you made me laugh and I smile without you.

At the end of the day as I prepare to close my eyes I know in my heart I couldn't have gotten through the day without you.

Anonymous/Unknown

JUNE TWENTY-FIRST



“Say not in grief that she is no more
but say in thankfulness that she was.

A death is not the extinguishing of a
light...

but the putting out of the lamp
because the dawn has come.”

Rabindranath Tagore

Rabindranath Tagore, 1861 - 1941, Bengali polymath who reshaped Bengali literature and music, as well as Indian art with Contextual Modernism in the late 19th and early 20th centuries.

JUNE TWENTY-SECOND



“Only the soul that knows the mighty
grief can know the mighty rapture.

Sorrows come to stretch out spaces
in the heart for joy.”

Edwin Markham

*Edwin Markham, 1852 – 1940, American poet. From 1923 to 1931 he
was Poet Laureate of Oregon.*

JUNE TWENTY-THIRD



The Sailing Ship - What is Dying?

I am standing on the seashore.

A ship sails to the morning breeze and starts for
the ocean.

She is an object and I stand watching her till at
last she fades from the horizon, and someone at
my side says, "She is gone!" Gone where?

Gone from my sight, that is all; She is just as
large in the masts, hull and spars as she was
when I saw her, and just as able to bear her load
of living freight to its destination.

The diminished size and total loss of sight is in
me, not in her; and just at the moment when
someone at my side says, "She is gone", there
are others who are watching her coming, and
other voices take up a glad shout,

"There she comes" - and that is dying.

Charles Henry Brent

*Charles Henry Brent, 1862 - 1929, American Episcopal bishop who
served in the Philippines and western New York.*

JUNE TWENTY-FOURTH



The Holy Bible

“Peace I leave with you,

My peace I give to you; not as the
world gives do I give to you.

Let not your heart be troubled,
neither let it be afraid.”

John 14:27

JUNE TWENTY-FIFTH



“Time is too slow for those who wait,
too swift for those who fear,
too long for those who grieve,
too short for those who rejoice,
but for those who love,
time is eternity.”

Henry van Dyke

Henry Jackson van Dyke, 1852 – 1933, American author, educator, and clergyman.

JUNE TWENTY-SIXTH



“Give sorrow words;
the grief that does not speak knits up
the o-er wrought heart and bids it
break.”

William Shakespeare – Macbeth

William Shakespeare, 1564 - 1616, English poet, playwright, and actor, widely regarded as the greatest writer in the English language and the world's pre-eminent dramatist. He is often called England's national poet, and the "Bard of Avon".

JUNE TWENTY-SEVENTH



"Either death is a state of nothingness and utter consciousness, or, as men say, there is a change and migration of the soul from this world to another. Now if death be of such a nature, I say that to die is to gain; for eternity is then only a single night."

Plato

Plato, 428 - 347 BC, philosopher and mathematician in Classical Greece, and the founder of the Academy in Athens, the first institution of higher learning in the Western world.

JUNE TWENTY-EIGHTH



"A Universal Prayer"

As o'er the stormy sea of human Life
we sail, until our anchor'd spirits rest
in the far haven of Eternity,...

Robert Montgomery

Robert Montgomery, 1807-1855, was an English poet. The natural son of Robert Gomery, he was educated at a private school in Bath, and founded an unsuccessful weekly paper in that city.

JUNE TWENTY-NINTH



Just close your eyes and you will see
All the memories that you have of me
Just sit and relax and you will find I'm
really still there inside your mind
Don't cry for me now I'm gone
For I am in the land of song
There is no pain, there is no fear
So dry away that silent tear
Don't think of me in the dark and cold
For here I am, no longer old
I'm in that place that's filled with love
Known to you all, as "up above"
Anonymous/Unknown

JUNE THIRTIETH



“Only when you drink from the river
of silence shall you indeed sing.

And when you have reached the
mountain top, then you shall begin to
climb.

And when the earth shall claim your
limbs,

...then shall you truly dance.”

Kahlil Gibran

*Khalil Gibran, 1883 – 1931, Lebanese-American artist, poet, and writer
of the New York Pen League.*

JULY FIRST



The Holy Bible

“And they sat with him on the ground seven days and seven nights, and no one spoke a word to him, for they saw that his grief was very great.”

Job 2:13

JULY SECOND



“Do not surrender your
grief so quickly...
Let it cut more deeply...
Let it ferment and season you
As few human or divine
ingredients can.”

Hafiz of Persia

Khwāja Shams-ud-Dīn Muḥammad Ḥāfeẓ-e Shīrāzī, known by his pen name Hafez, 1325 -1389, Persian poet who "lauded the joys of love and wine but also targeted religious hypocrisy"

JULY THIRD



The Holy Bible

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Isaiah 41:10

JULY FOURTH



“It is the will of God and Nature that these mortal bodies be laid aside, when the soul is to enter into real life; 'tis rather an embrio state, a preparation for living; a man is not completely born until he be dead: Why then should we grieve that a new child is born among the immortals?”

Benjamin Franklin

Benjamin Franklin, 1706 - 1790, one of the Founding Fathers of the United States. A renowned polymath, Franklin was a leading author, printer, political theorist, politician, freemason, postmaster, scientist, inventor, civic activist, statesman, and diplomat.

JULY FIFTH



“We must each lead a way of life with self-awareness and compassion, to do as much as we can.

Then, whatever happens we will have no regrets.”

Dalai Lama

The 14th Dalai Lama, 1935 - , is the current Dalai Lama. Dalai Lamas are important monks of the Gelug school, the newest school of Tibetan Buddhism which is nominally headed by the Ganden Tripas.

JULY SIXTH



Those we love don't go away, they
walk beside us everyday...

Unseen, unheard but always near,
still loved, still missed

and very dear.

Anonymous/Unknown

JULY SEVENTH



O, brothers! let us leave the shame and sin
Of taking vainly in a plaintive mood,
The holy name of Grief—holy herein,
That, by the grief of One,
came all our good.

Elizabeth Barrett Browning

Elizabeth Barrett Browning, 1806 – 1861, one of the most prominent English poets of the Victorian era, popular in Britain and the United States during her lifetime.

JULY EIGHTH



That though the radiance which was
once so bright be now forever taken
from my sight.

Though nothing can bring back the
hour of splendor in the grass, glory in
the flower.

We will grieve not, rather find strength
in what remains behind.”

William Wordsworth

*William Wordsworth, 1770 – 1850, English Romantic poet who helped
to launch the Romantic Age in English literature.*

JULY NINTH



"Although it's difficult today to see
beyond the sorrow,
may looking back in memory
help comfort you tomorrow. "

Anonymous/Unknown

JULY TENTH



“She was no longer wrestling with the grief, but could sit down with it as a lasting companion and make it a sharer in her thoughts.”

George Eliot

*Mary Ann Evans, 1819 – 1880, known by her pen name **George Eliot**, was an English novelist, journalist, translator and one of the leading writers of the Victorian era.*

JULY ELEVENTH



“The day which we fear as our last is
but the birthday of eternity.”

Lucius Annaeus Seneca

Lucius Annaeus Seneca, 65 - 4 BC, Roman philosopher and playwright.

JULY TWELFTH



If I Should Die

If I should die and leave you
Be not like the others, quick undone
Who keep long vigils by the silent
dust and weep.
For my sake turn to life and smile
Nerving thy heart and trembling
hand to comfort weaker souls than thee.
Complete these unfinished tasks of mine
And I perchance may therein comfort thee.

Thomas Gray

Thomas Gray, 1716 – 1771, English poet, letter-writer, classical scholar and professor at Cambridge University. He is widely known for his Elegy Written in a Country Churchyard, published in 1751.

JULY THIRTEENTH



"I still live...

...Pretty."

Famous last words of...

Daniel Webster

Daniel Webster, 1782 – 1852, leading American senator and statesman during the era of the Second Party System, which was the political system in the United States from about 1828 to 1854.

JULY FOURTEENTH



Prayer for Help
of The Holy Spirit

“O God, send forth your Holy Spirit upon me; guide all my thoughts and actions so that my whole life will be pleasing to You; be with me in times of trial; stay close to me when I am weak in body and soul; give me the strength, courage and grace to do Your Holy will in all things; never let me be separated from You in thought, word, or deed.”

Amen

Associated with St. Anthony of Padua

JULY FIFTEENTH



Who never mourned hath never known
What treasures grief reveals,
The sympathies that humanize,
The tenderness that heals.
The power to look within the veil,
And learn the heavenly lore,
The keyword to life's mysteries
So dark to us before.

Anonymous/Unknown

JULY SIXTEENTH



“Memory nourishes
the heart, and
grief abates.”

Marcel Proust

*Valentin Louis Georges Eugène Marcel Proust, 1871 - 1922, French novelist, critic, and essayist best known for his monumental novel *À la recherche du temps perdu*, published in seven parts between 1913 and 1927.*

JULY SEVENTEENTH



“Everything that happens to us
leaves some trace behind; everything
contributes imperceptibly to make us
what we are.”

Johann Wolfgang von Goethe

Johann Wolfgang von Goethe, 1749 – 1832, German writer and statesman. His body of work includes epic and lyric poetry.

JULY EIGHTEENTH



“Never was there a time when I did
not exist, nor you, nor all these kings;
nor in the future shall any of us cease
to be.”

Bhagavad Gita

*The **Bhagavad Gita**, often referred to as simply the Gita, is a 700-verse Hindu scripture in Sanskrit that is part of the Hindu epic Mahabharata. Hindu traditionalists assert that the Gita came into existence in the third or fourth millennium BC.*

JULY NINETEENTH



Why?

Why?

That's what we ask.

The truth is, we may never be able to know for sure why.

But we do know that there is no single "should have done" or "could have done" or "did" or "didn't do" that would have changed that why.

All that love could do was done.

Anonymous/Unknown

JULY TWENTIETH



Grief pent up...
...will burst the heart.

Italian Proverb

JULY TWENTY-FIRST



I sometimes hold it half a sin,
To put in words the grief I feel.
For words, like nature, half reveal,
And half conceal the soul within.

Lord Alfred Tennyson

Alfred Tennyson, 1809 – 1892, 1st Baron Tennyson, FRS was Poet Laureate of Great Britain and Ireland during much of Queen Victoria's reign and remains one of the most popular British poets.

JULY TWENTY-SECOND



Death is nothing at all. I have only slipped away to
the next room. I am I and you are you. Whatever we
were to each other, That, we still are.

Call me by my old familiar name. Speak to me in the
easy way which you always used. Put no difference
into your tone. Wear no forced air of
solemnity or sorrow.

Laugh as we always laughed at the little jokes we
enjoyed together. Play, smile, think of me. Pray for
me. Let my name be ever the household word that it
always was. Let it be spoken without effect. Without
the trace of a shadow on it.

Life means all that it ever meant. It is the same that it
ever was. There is absolute unbroken continuity.
Why should I be out of mind because I am out of
sight?

I am but waiting for you for an interval. Somewhere.
Very near. Just around the corner all is well

Henry Scott Holland

Henry Scott Holland, 1847 – 1918, Regius Professor of Divinity at the University of Oxford. He was also a canon of Christ Church, Oxford. The Scott Holland Memorial Lectures are held in his memory.

JULY TWENTY-THIRD



The Holy Bible

For the one who sows to his own flesh
will from the flesh reap corruption, but
the one who sows to the Spirit will
from
the Spirit reap eternal life.

Galatians 6:8

JULY TWENTY-FOURTH



“It is dangerous to abandon one's self
to the luxury of grief;
it deprives one of courage,
and even of the wish for recovery.”

Henri Frederic Amiel

Henri Frédéric Amiel, 1821 – 1881, Swiss moral philosopher, poet, and critic. Born in Geneva, he was descended from a Huguenot family driven to Switzerland by the revocation of the Edict of Nantes.

JULY TWENTY-FIFTH



A Reminiscence

Yes, thou art gone! and never more
Thy sunny smile shall gladden me;
But I may pass the old church door,
And pace the floor that covers thee,
May stand upon the cold, damp stone,
And think that, frozen, lies below
The lightest heart that I have known,
The kindest I shall ever know.

Yet, though I cannot see thee more,
'Tis still a comfort to have seen;
And though thy transient life is o'er,
'Tis sweet to think that thou hast been;
To think a soul so near divine,
Within a form so angel fair,
United to a heart like thine,
Has gladdened once our humble sphere.

Anne Brontë

Anne Brontë, 1820 - 1849, English novelist and poet, the youngest member of the Brontë literary family. The daughter of Patrick Brontë, a poor Irish clergyman in the Church of England.

JULY TWENTY-SIXTH



Your end, which is endless,
is as a snowflake
dissolving in the pure air.

Buddhist Saying

JULY TWENTY-SEVENTH



“Goodbyes are only for those who
love with their eyes.

Because for those who love with
heart and soul there is no such thing
as separation.”

Rumí

Jalāl ad-Dīn Muhammad Rūmī, 1207 - 1273, also known as Jalāl ad-Dīn Muhammad Balkhī, and more popularly simply as Rumi, 13th-century Persian poet, jurist, Islamic scholar, theologian, and Sufi mystic.

JULY TWENTY-EIGHTH



“Silently, one by one, in the infinite
meadows of heaven,
Blossomed the lovely stars,
the forget-me-nots of the angels.”

Henry Wadsworth Longfellow

Henry Wadsworth Longfellow, 1807 – 1882, American poet and educator whose works include "Paul Revere's Ride", The Song of Hiawatha, and Evangeline.

JULY TWENTY-NINTH



Missing someone gets easier every
day because even though it's one day
further from the last time you saw
each other,
it's one day closer to the next time
you will.

Anonymous/Unknown

JULY THIRTIETH



"Do you see O my brothers and
sisters?

It is not chaos or death, it is form,
union, plan, it is eternal life...

...it is happiness."

Walt Whitman

Walter "Walt" Whitman, 1819 – 1892, American poet, essayist and journalist. A humanist, he was a part of the transition between transcendentalism and realism, incorporating both views in his works.

JULY THIRTY-FIRST



The Holy Bible

“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.”

Corinthians 1:3-4

AUGUST FIRST



I Heard Your Voice in the Wind Today

I heard your voice in the wind today and I
turned to see your face; The warmth of the
wind caressed me as I stood silently in place.

I felt your touch in the sun today as its
warmth filled the sky; I closed my eyes for
your embrace and my spirit soared high.

I saw your eyes in the window pane as I
watched the falling rain; It seemed as each
raindrop fell it quietly said your name.

I held you close in my heart today it made me
feel complete; You may have died...but you
are not gone you will always be a part of me.

As long as the sun shines...the wind blows...
the rain falls...You will live on inside of me
forever for that is all my heart knows.

Anonymous/Unknown

AUGUST SECOND



“Joy comes,
grief goes,
we know not how.”

James Russell Lowell

James Russell Lowell, 1819 – 1891, American Romantic poet, critic, editor, and diplomat. He is associated with the Fireside Poets, a group of New England writers who were among the first American poets who rivaled the popularity of British poets.

AUGUST THIRD



“For what is it to die but to stand
naked in the wind and to melt into the
sun? And when the earth shall claim
your limbs, then shall you truly dance.”

Kahlil Gibran

Khalil Gibran, 1883 – 1931, Lebanese-American artist, poet, and writer of the New York Pen League.

AUGUST FOURTH



"The boundaries between life and death are at best shadowy and vague. Who shall say where one ends and where the other begins?"

Edgar Allan Poe

Edgar Allan Poe, 1809 – 1849, American writer, editor, and literary critic. Poe is best known for his poetry and short stories, particularly his tales of mystery and the macabre.

AUGUST FIFTH



Prayer

Father, we ask You to send Your peace to those persons who are mourning. Continue to surround them with family, friends and loved ones who will offer words of comfort. Give them sweet and restful sleep. Father, remove the spirit of heaviness, and give them garments of praise. In due time, bless their lives to overflow with laughter and joy again. As they take refuge in You, please help them to put their trust in You. Holy Spirit, we ask that You settle the hearts and minds of those who are feeling any guilt, resentment, bitterness, or anger. Help them not to look back but to press forward.

Amen

AUGUST SIXTH



“Every new beginning
comes from some other
beginning's end.”

Lucius Annaeus Seneca

Lucius Annaeus Seneca, 65 - 4 BC, Roman philosopher and playwright.

AUGUST SEVENTH



“The more difficulties one has to encounter, within and without, the more significant and the higher in inspiration his life will be.”

Horace Bushnell

Horace Bushnell, 1802 – 1876, American Congregational minister and theologian.

AUGUST EIGHTH



One at Rest

Think of me as one at rest
for me you should not weep
I have no pain no troubled thoughts
for I am just asleep.

The living thinking me that was is now forever still
And life goes on without me now as time forever will.

If your heart is heavy now because I've gone away

Dwell not long upon it friend

For none of us can stay.

Those of you who liked me I

sincerely thank you all

And those of you who loved me

I thank you most of all.

And in my fleeting lifespan as time went rushing by
I found some time to hesitate to laugh, to love, to cry.

Matters it now if time began

If time will ever cease?

I was here, I used it all

and now I am at peace.

Anonymous/Unknown

AUGUST NINTH



"Being a man, ne'er ask the gods for a
life set free from grief,
but ask for courage that
endureth long."

Menander

Menander, 342 – 291 BC, Greek dramatist and the best-known representative of Athenian New Comedy. He was the author of more than a hundred comedies, and took the prize at the Lenaia festival eight times.

AUGUST TENTH



The Holy Bible

“Love bears all things, believes all things, hopes all things, endures all things. Love never ends.”

1 Corinthians 13:7-8

AUGUST ELEVENTH



Goodnight; ensured release,
Imperishable peace,
Have these for yours,
While sea abides, and land,
And earth's foundations stand,
and heaven endures.

When earth's foundations flee,
nor sky nor land nor sea
At all is found

Content you, let them burn:
It is not your concern;
Sleep on, sleep sound.

Goodnight

Alfred Edward Housman

Alfred Edward Housman, 1859 -1936, usually known as A. E. Housman, English classical scholar and poet, best known to the general public for his cycle of poems A Shropshire Lad.

AUGUST TWELFTH



“While we are mourning the
loss of our friend,
others are rejoicing to meet him
behind the veil.”

John Taylor

John Taylor, 1753 – 1824, American Politician, Senator and Philosopher.

AUGUST THIRTEENTH



"Sorrow looks back with sadness.

Worry looks up and down,
from side to side, with fear.

Faith looks forward with hope and
gladness."

Anonymous/Unknown

AUGUST FOURTEENTH



“The deeper that sorrow carves into
your being the more joy you can
contain. Is not the cup that holds your
wine the very cup that was burned in
the potter's oven?”

Kahlil Gibran

*Khalil Gibran, 1883 – 1931, Lebanese-American artist, poet, and writer
of the New York Pen League.*

AUGUST FIFTEENTH



I've shed tears for what might have
been, a million times I've cried.

If love could only have saved you, you
never would have died.

In life I loved you dearly, in death I
love you still.

In my heart you hold a place that no
one else could ever fill.

Anonymous/Unknown

AUGUST SIXTEENTH



“In the night of death, hope sees a
star,
and listening love can hear the rustle
of a wing.

Robert Ingersoll

Robert Green "Bob" Ingersoll, 1833 – 1899, American lawyer, a Civil War veteran, political leader, and orator of United States during the Golden Age of Free Thought.

AUGUST SEVENTEENTH



At That Hour

At that hour when all things have repose,
 O lonely watcher of the skies,
Do you hear the night wind and the sighs
 Of harps playing unto Love to unclosethe
 The pale gates of sunrise?
When all things repose, do you alone
 Awake to hear the sweet harps play
 To Love before him on his way,
And the night wind answering in antiphon
 Till night is overgone?
Play on, invisible harps, unto Love,
 Whose way in heaven is aglow
At that hour when soft lights come and go,
 Soft sweet music in the air above
 And in the earth below.

James Joyce

James Augustine Aloysius Joyce, 1882 – 1941, Irish novelist and poet, considered to be one of the most influential writers in the modernist avant-garde of the early 20th century.

AUGUST EIGHTEENTH



“They say time heals all wounds,
but that presumes the source of
the grief is finite”

Anonymous/Unknown

AUGUST NINETEENTH



“Your lost friends are not dead,
but gone before,

Advanced a stage or two upon
that road

Which you must travel in the steps
they trod.”

Aristophanes

Aristophanes, son of Philippus, 450 – 388 BC, of the deme Cydathenaeum, was a comic playwright of ancient Athens. Eleven of his thirty plays survive virtually complete.



A Parting Guest

What delightful hosts are they —

Life and Love!

Lingeringly I turn away,

This late hour, yet glad enough

They have not withheld from me

Their high hospitality.

So, with face lit with delight

And all gratitude, I stay

Yet to press their hands and say,

"Thanks. — So fine a time!

Good night."

James Whitcomb Riley

James Whitcomb Riley, 1849 – 1916, American writer, poet, and best-selling author. During his lifetime he was known as the "Hoosier Poet" and "Children's Poet" for his dialect works and his children's poetry respectively.

AUGUST TWENTY-FIRST



“No one ever fully recovers from the death of someone so deeply loved. However, together we can discover the pathway that winds along our journey to the new normal and a life filled with hope, peace, and purpose. May we each find just that.”

R. Glenn Kelly – The Griefcase

R. Glenn Kelly, 1962 - present, American Grief Support writer and advocate. Author of “Sometimes I Cry in The Shower: A Grieving Father’s Journey to Wholeness and Healing,” and, “The Griefcase: A Man’s Guide to Healing and Moving Forward in Grief.

AUGUST TWENTY-SECOND



The Holy Bible

For everything there is a season, and a time for every matter under heaven: a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted; a time to kill, and a time to heal; a time to break down, and a time to build up; a time to weep, and a time to laugh; a time to mourn, and a time to dance

Ecclesiastes 3:1-4

AUGUST TWENTY-THIRD



“No one saves us but ourselves.

No one can and no one may.

We ourselves must walk the path.”

Buddha

***Gautama Buddha**, also known as Siddhārtha Gautama, Shakyamuni, or simply the Buddha, was a sage on whose teachings Buddhism was founded.*

AUGUST TWENTY-FOURTH



Go Down, Death

Weep not, weep not,
She is not dead;

She's resting in the bosom of Jesus.

Heart-broken husband ~
weep no more;

Grief-stricken son ~
weep no more;

Left-lonesome daughter ~
weep no more;

She only just gone home.

James Weldon Johnson

James Weldon Johnson, 1871 – 1938, American author, educator, lawyer, diplomat, songwriter, and civil rights activist.

AUGUST TWENTY-FIFTH



“To conquer oneself is the best and noblest victory; to be vanquished by one's own nature is the worst and most ignoble defeat.”

Plato

Plato, 428 - 347 BC, philosopher and mathematician in Classical Greece, and the founder of the Academy in Athens, the first institution of higher learning in the Western world.

AUGUST TWENTY-SIXTH



"We sometimes congratulate
ourselves at the moment of waking
from a troubled dream;
it may be so the moment after death."

Nathaniel Hawthorne

Nathaniel Hawthorne, 1804 – 1864, American novelist, Dark Romantic, and short story writer. He was born in 1804 in Salem, Massachusetts, to Nathaniel Hawthorne and the former Elizabeth Clarke Manning.

AUGUST TWENTY-SEVENTH



I thought of you with love today, but
that is nothing new.

I thought about you yesterday, and
the days before that too.

I think of you in silence, I often speak
your name.

All I have are memories and your
picture in a frame.

Your memory is a keepsake from
which I'll never part.

God has you in his keeping, I have
you in my heart.

Anonymous/Unknown



Prayer

I take comfort in knowing that they are better off with you and, one day, we shall all meet again. Father, I need you to pull me through, give me that joy, help me to smile again. Give me beauty for my ashes and the oil of joy for mourning, fill this void in my heart. Preserve my memories of my loved one, help me to go on, Lord, I need your strength like never before.

Amen

AUGUST TWENTY-NINTH



“To live in hearts we leave behind is
not to die. “

Thomas Campbell

Thomas Campbell, 1777 – 1844, Scottish poet chiefly remembered for his sentimental poetry dealing especially with human affairs.

AUGUST THIRTIETH



“When you are sorrowful look again in your heart, and you shall see that in truth you are weeping for that which has been your delight.”

Kahlil Gibran

Khalil Gibran, 1883 – 1931, Lebanese-American artist, poet, and writer of the New York Pen League.

AUGUST THIRTY-FIRST



This phenomenon of taking birth and dying is of the ego.

It is the ego that is born and it is the ego that dies.

In reality the Soul does not die at all.

Shiva Hindu Proverb

SEPTEMBER FIRST



The Holy Bible

“When you pass through the waters,
I will be with you; and when you pass
through the rivers, they will not sweep
over you.

When you walk through the
fire, you will not be burned; the flames
will not set you ablaze.”

Isaiah 43:2

SEPTEMBER SECOND



Crossing The Bar

Sunset and evening star, And one clear
call for me!
And may there be no moaning of the bar, When I
put out to sea,
But such a tide as moving seems asleep, Too full
for sound and foam,
When that which drew from out the boundless
deep Turns again home.
Twilight and evening bell,
And after that the dark!
And may there be no sadness of farewell, When
I embark;
For though from out our bourne of Time and
Place The flood may bear me far, I hope to see
my Pilot face to face When I have crost the bar.

Alfred Lord Tennyson

Alfred Tennyson, 1809 – 1892, 1st Baron Tennyson, FRS was Poet Laureate of Great Britain and Ireland during much of Queen Victoria's reign and remains one of the most popular British poets.

SEPTEMBER THIRD



“The boundaries which divide life from death are at best shadowy and vague.

Who shall say where one ends, and the other begins?”

Edgar Allan Poe

Edgar Allan Poe, 1809–1849, American writer, editor, and literary critic. Poe is best known for his poetry and short stories, particularly his tales of mystery and the macabre.

SEPTEMBER FOURTH



“Bereavement unravels like a piece of cloth, the fabric of your life over time you will be able to reweave your piece of cloth, but the cloth will have a new pattern.”

Anonymous/Unknown

SEPTEMBER FIFTH



“I didn't come here of my own accord,
and I can't leave that way. Whoever
brought me here will have to take me
home.”

Rumí

Jalāl ad-Dīn Muhammad Rūmī, 1207 - 1273, also known as Jalāl ad-Dīn Muhammad Balkhī, and more popularly simply as Rumi, 13th-century Persian poet, jurist, Islamic scholar, theologian, and Sufi mystic.

SEPTEMBER SIXTH



“Nothing is worth more than this day.

You cannot relive yesterday.

Tomorrow is still beyond our reach.”

Johann Wolfgang von Goethe

Johann Wolfgang von Goethe, 1749 – 1832, German writer and statesman. His body of work includes epic and lyric poetry.

SEPTEMBER SEVENTH



“To fear death is nothing other than to think oneself wise when one is not. For it is to think one knows what one does not know. No one knows whether death may net even turn out to be one of the greatest blessings of human beings. And yet people fear it as if they knew for certain it is the greatest evil.”

Socrates

Socrates, 469 – 399 BC, classical Greek philosopher credited as one of the founders of Western philosophy. He is an enigmatic figure known chiefly through the accounts of classical writers.

SEPTEMBER EIGHTH



“Death is the opening of a more
subtle life.

In the flower, it sets free the perfume;
in the chrysalis, the butterfly;
in man, the soul.”

Juliette Adam

Juliette Adam, 1836 – 1936, also known by her maiden name *Juliette Lambert*, French author and feminist.

SEPTEMBER NINTH



“One approaches the journey's end.
But the end is a goal, not a
catastrophe.

George Sand

*Amantine-Lucile-Aurore Dupin, 1804 – 1876, best known by her
pseudonym **George Sand**, French novelist and memoirist.*

SEPTEMBER TENTH



The Holy Bible

“I tell you, many will come from east
and west and recline at table with
Abraham, Isaac, and Jacob in the
kingdom of Heaven.”

Matthew 8:11

SEPTEMBER ELEVENTH



“In death - no! even in the grave
all is not lost.

Else there is no immortality for man.

Arousing from the most
profound slumbers, we break the
gossamer web of some dream.

Yet in a second afterward,
(so frail may that web have been)
we remember not that we have
dreamed.”

Edgar Allan Poe

Edgar Allan Poe, 1809 – 1849, American writer, editor, and literary critic. Poe is best known for his poetry and short stories, particularly his tales of mystery and the macabre.

SEPTEMBER TWELFTH



“The darker the night, the brighter the stars,

The deeper the grief, the closer is God!”

Fyodor Dostoyevsky

Fyodor Mikhailovich Dostoyevsky, 1821 – 1881, sometimes transliterated Dostoevsky, Russian novelist, short story writer, essayist, journalist and philosopher.



A Death-bed Adieu

“Life's visions are vanished, it's dreams are
no more.

Dear friends of my bosom, why bathed in
tears?

I go to my fathers; I welcome the shore,
which crowns all my hopes, or which buries
my cares.

Then farewell my dear, my lov'd daughter,
Adieu!

The last pang of life is in parting from you!
Two Seraphs await me, long shrouded in
death:

I will bear them your love on my last parting
breath.”

Thomas Jefferson

Written to his daughter on his deathbed

*Thomas Jefferson, 1743– 1826, American lawyer and Founding Father,
and principal author of the Declaration of Independence. He was elected
the second Vice President of the United States and the third President.*

SEPTEMBER FOURTEENTH



“Suppressed grief suffocates,
it rages within the breast, and is forced
to multiply its strength.”

Ovid

Ovid, 43 – 17 BC, Ancient Roman classical Poet and Author of Metamorphoses.

SEPTEMBER FIFTEENTH



Those we love remain with us
For love itself lives on,
And cherished memories never fade
Because a loved one's gone.
Those we love can never be
More than a thought apart,
For as long as there is memory,
They'll live on in the heart.

Anonymous/Unknown

SEPTEMBER SIXTEENTH



“The virtues we acquire, which develop slowly within us, are the invisible links that bind each one of our existences to the others – existences which the spirit alone remembers, for Matter has no memory for spiritual things.”

Honore de Balzac

Honoré de Balzac, 1799 – 1850, French novelist and playwright. His magnum opus was a sequence of short stories and novels collectively entitled La Comédie Humaine.

SEPTEMBER SEVENTEENTH



Jewish Prayer

"As long as we live, they too will live;
for they are now are a part of us; as we
remember them."

Amen

SEPTEMBER EIGHTEENTH



Away

I cannot say and I will not say
That she is dead - she is just away.

With a cheery smile and a
wave of a hand

She has wandered into
an unknown land,

And left us dreaming how very fair
It needs must be since she lingers
there.

James Whitcomb Riley

James Whitcomb Riley, 1849 – 1916, American writer, poet, and best-selling author. During his lifetime he was known as the "Hoosier Poet" and "Children's Poet" for his dialect works and his children's poetry respectively.

SEPTEMBER NINETEENTH



“I, schooled in misery, know many
purifying rites, and I know where
speech is proper and where silence.”

Aeschylus

Aeschylus, 525 BC - ?, ancient Greek tragedian. He is also the first whose plays still survive; the others are Sophocles and Euripides.

SEPTEMBER TWENTIETH



When you were born, you cried and
the world rejoiced.

Live your life in a manner so that when
you die the world cries and you
rejoice.

Native American Proverb

SEPTEMBER TWENTY-FIRST



The Holy Bible

“For no one is cast off by the Lord forever.

Though he brings grief, he will show compassion, so great is his unfailing love.

For he does not willingly bring affliction or grief to anyone.”

Lamentations 3:31-33



Break, Break, Break

Break, break, break,
On thy cold gray stones, O Sea!
And I would that my tongue could utter
The thoughts that arise in me
And the stately ships go on
To their haven under the hill;
But O for the touch of a vanish'd
Hand, and the sound of a
Voice that is still.

Alfred Lord Tennyson

Alfred Tennyson, 1809 – 1892, 1st Baron Tennyson, FRS was Poet Laureate of Great Britain and Ireland during much of Queen Victoria's reign and remains one of the most popular British poets.

SEPTEMBER TWENTY-THIRD



For certain is death for the born -
And certain is birth for the dead; -
Therefore over the inevitable -
Thou shouldst not grieve.

Bhagavad Gita

The Bhagavad Gita, often referred to as simply the Gita, is a 700-verse Hindu scripture in Sanskrit that is part of the Hindu epic Mahabharata. Hindu traditionalists assert that the Gita came into existence in the third or fourth millennium BC.

SEPTEMBER TWENTY-FOURTH



“The soul comes from without into the human body, as into a temporary abode, and it goes out of it anew it passes into other habitations, for the soul is immortal.”

Ralph Waldo Emerson

Ralph Waldo Emerson, 1803 - 1882, American essayist, lecturer, and poet who led the Transcendentalist movement of the mid-19th century.

SEPTEMBER TWENTY-FIFTH



“There are things that we don't want to happen but have to accept, things we don't want to know but have to learn, and people we can't live without but have to let go.”

Anonymous/Unknown



The Journey

Our journey had advanced;
Our feet were almost come
To that odd fork in Being's road,
Eternity by term.
Our pace took sudden awe,
Our feet reluctant led.
Before were cities, but between,
The forest of the dead.
Retreat was out of hope,
Behind, a sealed route,
Eternity's white flag before,
And God at every gate.

Emily Dickinson

Emily Elizabeth Dickinson, 1830 - 1886, American poet. born in Amherst, Massachusetts. Although part of a prominent family with strong ties to its community, Dickinson lived much of her life highly introverted.

SEPTEMBER TWENTY-
SEVENTH



“Is death the last sleep?

No – it is the

last and final awakening.”

Sir Walter Scott

Sir Walter Scott, 1771 – 1832, 1st Baronet, Scottish historical novelist, playwright and poet with many contemporary readers in Europe, Australia, and North America.

SEPTEMBER TWENTY-EIGHTH



What is life?

It is the flash of a firefly in the
night.

It is the breath of a buffalo in the
wintertime.

It is the little shadow which runs
across the grass and loses itself in
the sunset.

Native American Proverb

SEPTEMBER TWENTY-NINTH



“Death is not extinguishing
the light;
it is putting out the lamp because
dawn has come.”

Rabindranath Tagore

Rabindranath Tagore, 1861 - 1941, Bengali polymath who reshaped Bengali literature and music, as well as Indian art with Contextual Modernism in the late 19th and early 20th centuries.



The Wave

A little wave, a he-wave, is bobbing along in the midst of the ocean having a great time.

One day he sees that he's headed toward the shore and he realizes that he'll soon be annihilated.

"My God, what's going to become of me?" he thinks, and he falls into a deep depression.

Another wave, a she-wave comes bobbing along, having a fine time. She says to the he-wave, "Why are you looking so glum and afraid?"

"Don't you know?" he says, "You're going to crash into that shore and then you'll be nothing!"

"Don't you know?" she says, "You're not a wave; you're part of the ocean."

Anonymous/Unknown

OCTOBER FIRST



The Holy Bible

“Faith is the confidence that what we hope for, will actually happen; it gives us assurance about things we cannot see.”

Hebrews 11:1

OCTOBER SECOND



There is no death!
What seems so is transition;
this life of mortal breath
is but a suburb of the life elysian,
whose portal we call Death.

Henry W. Longfellow

Henry Wadsworth Longfellow, 1807 – 1882, American poet and educator whose works include "Paul Revere's Ride", The Song of Hiawatha, and Evangeline.

OCTOBER THIRD



“At the center of your being you have
the answer; you know who you are
and you know what you want.”

Lao Tzu

Lao Tzu, also known as Laozi, died 531 BC, philosopher and poet of ancient China. Known as the reputed author of the Tao Te Ching and the founder of philosophical Taoism, and as a deity in religious Taoism and traditional Chinese religions.

OCTOBER FOURTH



My Heart Is In the Highlands

My heart's in the Highlands, my heart is not here,
My heart's in the Highlands a—chasing the deer—
A—chasing the wild deer, and following the roe;
My heart's in the Highlands, wherever I go.
Farewell to the Highlands, farewell to the North
The birth place of Valour, the country of Worth;
Wherever I wander, wherever I rove,
The hills of the Highlands for ever I love.
Farewell to the mountains high cover'd with snow;
Farewell to the straths and green valleys below;
Farewell to the forests and wild—hanging woods;
Farwell to the torrents and loud—pouring floods.
My heart's in the Highlands, my heart is not here,
My heart's in the Highlands a—chasing the deer
Chasing the wild deer, and following the roe;
My heart's in the Highlands, where ever I go.

Robert Burns

Robert Burns, 1759 – 1796, also known as Rabbie Burns, the Bard of Ayrshire and various other names and epithets, Scottish poet and lyricist. He is widely regarded as the national poet of Scotland and is celebrated worldwide.

OCTOBER FIFTH



“Seek not, my soul the life of the
immortals;

but enjoy to the full the resources
that are within thy reach.”

Pindar

Pindar, 522 – 446 BC, Ancient Greek lyric poet from Thebes. Of the canonical nine lyric poets of ancient Greece, his work is the best preserved.

OCTOBER SIXTH



"Life is eternal;
and love is immortal;
and death is only a horizon;
and a horizon is nothing save
the limit of our sight."

Rossiter W. Raymond

Rossiter Worthington Raymond, 1840 – 1918, American mining engineer, legal scholar and author. At his memorial, the President of Lehigh University described him as "one of the most remarkable cases of versatility."

OCTOBER SEVENTH



Prayer

We give them back to You, O Lord
who first gave them to us; yet as You did
not lose them in the giving, so we do not
lose them by their return...

For what is yours is ours also,
if we belong to You. Love is undying, and
life is unending and the boundary of this
mortal life is but a horizon, and the horizon
is nothing save the limit of our sight.

Lift us up, strong Son of God,
that we may see further. Cleanse our eyes
that we may see more clearly....

And while You prepare the place for us,
prepare us also for that happy place that
we may be with You, and with those we
love forevermore.

Amen

OCTOBER EIGHTH



“We are ignorant of the Beyond
because this ignorance is the
condition of our own life.

Just as ice cannot know fire except
by melting and vanishing.”

Jules Renard

Pierre-Jules Renard or *Jules Renard*, 1864 – 1910, French author and member of the Académie Goncourt, most famous for the works *Poil de carotte* and *Les Histoires Naturelles*.

OCTOBER NINTH



A Bridge Called Love

It takes us back to brighter years,
to happier sunlit days,
and to precious moments
that will be with us always.

And these fond recollections
are treasured in the heart
to bring us always close to those
from whom we had to part.

There is a bridge of memories
from earth to Heaven above...
It keeps our dear ones near us
It's the bridge that we call love.

Anonymous/Unknown

OCTOBER TENTH



“Death is beautiful when seen to be a
law, and not an accident —

It is as common as life.

Henry David Thoreau

Henry David Thoreau, 1817– 1862, American author, poet, philosopher, abolitionist, naturalist, tax resister, development critic, surveyor, and historian.

OCTOBER ELEVENTH



Never the spirit was born, the spirit shall cease to be never. Never was time it was not, end and beginning are dreams.

Bhagavad Gita

*The **Bhagavad Gita**, often referred to as simply the Gita, is a 700-verse Hindu scripture in Sanskrit that is part of the Hindu epic Mahabharata. Hindu traditionalists assert that the Gita came into existence in the third or fourth millennium BC.*

OCTOBER TWELFTH



When Life is Done Remember Me

To the Living, I am gone,
To the sorrowful, I will never return;
To the angry, I was cheated.
But to the happy, I am at peace.
To the faithful, I have never left.
Talk to me, and I will hear,
your prayers, they comfort me,
your laughter makes me laugh,
but don't weep for me as I have my reward,
I am with the Father and he will never let me
perish,
The Lord comforts me, and longs to
comfort you.
So be happy my family and don't despair,
I am in good hands, waiting for the day
when
the Lord calls you to come home.

Anonymous/Unknown

OCTOBER THIRTEENTH



If God hath made this world so fair,
Where sin and death abound,
How beautiful beyond compare
Will paradise be found!

James Montgomery

James Montgomery, 1771 – 1854, British poet, hymn writer and editor. He was particularly associated with humanitarian causes such as the campaigns to abolish slavery and to end the exploitation of child chimney sweeps.

OCTOBER FOURTEENTH



Prayer

May we hear thy voice in Thy rod, as well as in Thy word; And gathering from the corrections with which we are

Exercised the peaceable fruit of righteousness, be able to

Acknowledge, with all our suffering brethren before us. Now in our grief, we are ever mindful of Thee, and we

Humbly request Thy blessing, not just for our brethren Who have gone to Thy side, but for ourselves, that we Need not suffer such loss to remain ever mindful of Thee!

Amen

OCTOBER FIFTEENTH



It is a far, far better thing that I do,
than anything I have ever done;
it is a far, far, better rest that I go to,
than I have ever known.

Charles Dickens

Charles John Huffam Dickens, 1812 – 1870, English writer and social critic. He created some of the world's best-known fictional characters and is regarded as the greatest novelist of the Victorian era.

OCTOBER SIXTEENTH



Unable are the Loved to die
For Love is Immortality,
Nay, it is Deity—

Unable they that love—to die
For Love reforms Vitality
Into Divinity.

Emily Dickinson

Emily Elizabeth Dickinson, 1830 - 1886, American poet. born in Amherst, Massachusetts. Although part of a prominent family with strong ties to its community, Dickinson lived much of her life highly introverted.

OCTOBER SEVENTEENTH



“The comfort of having a friend
may be taken away,
but not that of having had one.”

Lucius Annaeus Seneca

Lucius Annaeus Seneca, 65 - 4 BC, Roman philosopher and playwright.

OCTOBER EIGHTEENTH



“If we have been pleased with life,
we should not be displeased with
death,
since it comes from the hand
of the same master.

Michelangelo

Michelangelo di Lodovico Buonarroti Simoni, 1475 – 1564, Italian sculptor, painter, architect, poet, and engineer of the High Renaissance who exerted an unparalleled influence on the development of Western art.

OCTOBER NINETEENTH



God's Garden

It broke our hearts to lose you,
but you didn't go alone,

For a part of us went with you the
day God called you home.

Anonymous/Unknown

OCTOBER TWENTIETH



Two Travellers perishing in Snow
The Forests as they froze
Together heard them strengthening
Each other with the words
That Heaven if Heaven—must contain
What Either left behind
And then the cheer too solemn grew
For language, and the wind
Long steps across the features took
That Love had touched the Morn
With reverential Hyacinth—
The taleless Days went on
Till Mystery impatient drew
And those They left behind
Led absent, were procured of Heaven
As Those first furnished, said—

Emily Dickinson

Emily Elizabeth Dickinson, 1830 - 1886, American poet. born in Amherst, Massachusetts. Although part of a prominent family with strong ties to its community, Dickinson lived much of her life highly introverted

OCTOBER TWENTY-FIRST



“Each departed friend
is a magnet that
attracts us to
the next world.”

Jean Paul Richter

Jean Paul Richter, 1763 – 1825, German Romantic writer, best known for his humorous novels and stories.



Prayer

In your hands, O Lord,
we humbly entrust our brothers and
sisters. In this life you embraced them
with your tender love;
deliver them now from every evil
and bid them eternal rest.

The old order has passed away:
welcome them into paradise,
where there will be no sorrow, no
weeping or pain,
but fullness of peace and joy
with your Son and the Holy Spirit
forever and ever.

Amen

OCTOBER TWENTY-THIRD



He was exhaled;
his great Creator drew His spirit,
as the sun the morning dew.

John Dryden

John Dryden, 1631 - 1700, English poet, literary critic, translator, and playwright who was made Poet Laureate in 1668.

OCTOBER TWENTY-FOURTH



“As you comprehend this profound loss, let yourself cry knowing each tear is a note of love rising to the heavens”

Anonymous/Unknown

OCTOBER TWENTY-FIFTH



“Oh heart, if one should
say to you that the soul
perishes like the body,
answer that the flower withers,
but the seed remains.”

Khalil Gibran

*Khalil Gibran, 1883 – 1931, Lebanese-American artist, poet, and writer
of the New York Pen League.*



Prayer

“Let not your hearts be troubled.
Believe in God; believe also in me.
In my Father’s house are many rooms.
If it were not so, would I have told you
that I go to prepare a place for you?
And if I go and prepare a place for
you, I will come again and will take you
to myself, that where I am you may be
also. And you know the way to where
I am going.”

Amen

OCTOBER TWENTY-SEVENTH



“What need a man forestall his date
of grief,

And run to meet what he would most
avoid?”

John Milton

John Milton, 1608 – 1674, English poet, polemicist, man of letters, and a civil servant for the Commonwealth of England under Oliver Cromwell.

OCTOBER TWENTY-EIGHTH



“Grief has limits, whereas
apprehension has none.

For we grieve only for what we know
has happened, but we fear all that
possibly may happen.”

Pliny the Elder

Gaius Plinius Secundus, 23 – 79 AD, commonly known by his Anglicized name, Pliny the Elder, Roman author, naturalist, and natural philosopher. He was also a naval and army commander of the early Roman Empire and personal friend of the emperor Vespasian.

OCTOBER TWENTY-NINTH



“See, I have set before you this day
life and good, death and evil...

I have set before you life and death,
blessing and curse;

therefore choose life.”

Moses

Moses, 1393 – 1273 BC, prophet in Abrahamic religions and former Egyptian prince who later in life became a religious leader and lawgiver, to whom the authorship of the Bible is traditionally attributed.

OCTOBER THIRTIETH



It's hard to understand
Why God takes those we love.

Does He need them
more than we do,
In Heaven up above?

No one on earth can pretend
To know what's in God's plan.

All we can do is take it on faith
And trust we'll see
our loved ones again.

Anonymous/Unknown

OCTOBER THIRTY-FIRST



“The hour of departure has arrived,
and we go our separate ways, I to die,
and you to live.

Which of these two is better only
God knows.”

Socrates

Socrates, 469 – 399 BC, classical Greek philosopher credited as one of the founders of Western philosophy. He is an enigmatic figure known chiefly through the accounts of classical writers.

NOVEMBER FIRST



I fall asleep
in the full and certain hope
That my slumber shall not be broken;
And that, though I be all-forgetting,
Yet shall I not be all-forgotten,
But continue that life in the thoughts
And deeds of those I have loved.

Samuel Butler

*Samuel Butler, 1835 – 1902, iconoclastic Victorian-era English author who published a variety of works. Two of his most famous pieces are the Utopian satire *Erewhon* and a semi-autobiographical novel published posthumously, *The Way of All Flesh*.*

NOVEMBER SECOND



“Of all the music
that reached farthest into heaven,
it is the beating of a loving heart.”

Henry Ward Beecher

Henry Ward Beecher, 1813 – 1887, American Congregationalist clergyman, social reformer, and speaker, known for his support of the abolition of slavery and his emphasis on God's love.

NOVEMBER THIRD



The Holy Bible

For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ, Jesus our Lord.

Romans 8:38-39

NOVEMBER FOURTH



“Grief drives men to serious reflection, sharpens the understanding and softens the heart.”

John Adams

John Adams, 1735 – 1826, American lawyer, author, statesman, and diplomat. He served as the second President of the United States, the first Vice President, and as a Founding Father was a leader of American independence from Great Britain.

NOVEMBER FIFTH



Success

To laugh often and love much;
to win the respect of intelligent persons and
the affection of children;
to earn the approbation of honest critics
and to endure the betrayal of false friends;
to appreciate beauty;
to find the best in others;
to give of one's self;
to leave the world a little better,
whether by a healthy child, a garden patch
or a redeemed social condition;
to have played and laughed with enthusiasm
and sung with exultation; to know that even
one life has breathed easier because you
have lived, this is to have succeeded.

Ralph Waldo Emerson

Ralph Waldo Emerson, 1803 - 1882, American essayist, lecturer, and poet who led the Transcendentalist movement of the mid-19th century.

NOVEMBER SIXTH



“When love is lost, do not bow your head in sadness; instead keep your head up high and gaze into heaven for that is where your broken heart has been sent to heal.”

Anonymous/Unknown

NOVEMBER SEVENTH



The 'gift' of grief is that it presents us with the opportunity to heal and grow.

Jewish Proverb

NOVEMBER EIGHTH



Departed Comrade

Departed comrade! Thou,
redeemed from pain

Shall sleep the sleep that
kings desire in vain:

Not thine the sense of loss

But lo, for us the void

That never shall be filled again.

Not thine but ours the grief.

All pain is fled from thee.

And we are weeping in thy stead;

Tears for the mourners

who are left behind

Peace everlasting for the quiet dead.

Lucretius

Lucretius, 94 – 55 BC, Roman epic poet and philosopher.

NOVEMBER NINTH



“Out of suffering have emerged the strongest souls; the most massive characters are seared with scars.”

Khalil Gibran

Khalil Gibran, 1883 – 1931, Lebanese-American artist, poet, and writer of the New York Pen League.



Prayer

It is not only the Scripture that reminds us of our living in a dying world, but all observation and experience. Man is continually going to his long home, and the mourners daily go about the streets. And we are all accomplishing as hirelings our day, and in a little time our neighbors, friends, and relations will seek us ~ and we shall not be.

Thou hast made our days as a hand's breadth, and our age is as nothing before Thee; verily every man at His best estate is altogether vanity.

Amen

NOVEMBER ELEVENTH



Thus all things altered.

Nothing dies.

And here and there the unbodied
spirit flies.

Ovid

*Ovid, 43 – 17 BC, Ancient Roman classical Poet and Author of
Metamorphoses*

NOVEMBER TWELFTH



In reality one does not die nor does one live.

This is all just a mistake in one's belief.

He believes that he is living, a mortal (jiva), but in reality, he is immortal.

Shiva Hindu Proverb



Even Such is Time

Even such is Time, that takes in trust
Our youth, our joys, our all we have,
And pays us but with earth and dust;
Who in the dark and silent grave
When we have wandered all our ways,
Shuts up the story of our days;
But from this earth, this grave, this
dust, My God shall raise me up, I
trust.

Sir Walter Raleigh

Sir Walter Raleigh, 1552 – 1618, English landed gentleman, writer, poet, soldier, politician, courtier, spy, and explorer. He was cousin to Sir Richard Grenville and younger half-brother of Sir Humphrey Gilbert.

NOVEMBER FOURTEENTH



“Love does not die, people do.
So, when all that's left of me is love,
give me away as best you can.”

Anonymous/Unknown

NOVEMBER FIFTEENTH



Farewell

Farewell to Thee! But not farewell
To all my fondest thoughts of Thee;
Within my heart they still shall dwell
And they shall cheer and comfort me.

Life seems more sweet that

Thou didst live

And men more true Thou wert one;
Nothing is lost that Thou didst give,

Nothing destroyed that

Thou hast done.

Anne Brontë

Anne Brontë, 1820 - 1849, English novelist and poet, the youngest member of the Brontë literary family. The daughter of Patrick Brontë, a poor Irish clergyman in the Church of England.

NOVEMBER SIXTEENTH



“He who has a why to live can
bear almost any how.”

Friedrich Nietzsche

Friedrich Wilhelm Nietzsche, 1844 - 1900, German philosopher, cultural critic, poet, and Latin and Greek scholar whose work has exerted a profound influence on Western philosophy and modern intellectual history.

NOVEMBER SEVENTEENTH



He That is Down Needs Fear
No Fall

He that is down needs fear no fall,
He that is low, no pride;
He that is humble ever shall
Have God to be his guide.
I am content with what I have,
Little be it or much;
And, Lord, contentment will I crave,
Because Thou savest such.
Fullness to such a burden is
That go on pilgrimage:
Here little, and hereafter bliss,
Is best from age to age.

John Bunyan

*John Bunyan, 1628 – 1688, English writer and Baptist preacher best remembered as the author of the religious allegory *The Pilgrim's Progress*.*

NOVEMBER EIGHTEENTH



The Holy Bible

O' Lord have mercy on me in my
anguish. My eyes are red from
weeping; my health is broken from
sorrow.

Psalms 31:9



If Roses Grow in Heaven

If roses grow in heaven
If roses grow in heaven,
Lord please pick a bunch for me,
Place them in my Mother's arms
and tell her they're from me.
Tell her I love her and miss her,
and when she turns to smile,
place a kiss upon her cheek
and hold her for awhile.
Because remembering her is easy,
I do it every day,
but there's an ache within my heart
that will never go away.

Anonymous

NOVEMBER TWENTIETH



“Never does a man know the force
that is in him till some mighty affliction
or grief has humanized the soul.”

Frederick William Robertson

Frederick William Robertson, 1816 – 1853, known as Robertson of Brighton, an English divine.

NOVEMBER TWENTY-FIRST



The new life's salutation
Life, we've been long together
Through pleasant and through
cloudy weather;
'Tis hard to part when friends
are dear,
Perhaps 'twill cost a sigh, a tear;
Then steal away, give little warning,
Choose thine own time:
Say not "Good night," but in some
brighter clime
Bid me "Good morning."

Anna Barbauld

Anna Laetitia Barbauld, 1743– 1825, prominent English poet, essayist, literary critic, editor, and children's author.

NOVEMBER TWENTY-SECOND



He assumes a cheerful countenance
suppressing the grief which weighs
heavily on his heart.

Latin Proverb

NOVEMBER TWENTY-THIRD



When I am dead, my dearest,
Sing no sad songs for me;
Plant thou no roses at my head,
Nor shady cypress tree:
With showers and dewdrops wet;
And if thou wilt, remember,
And if thou wilt, forget..
I shall not see the shadows,
I shall not feel the rain;
I shall not hear the nightingale
Sing on, as if in pain;
And dreaming through the twilight
That doth not rise nor set,
Haply I may remember
And haply may forget.

Christina Rossetti

Christina Georgina Rossetti, 1830 - 1894, English poet who wrote a variety of romantic, devotional, and children's poems. She is famous for writing Goblin Market and Remember, and the words of the Christmas carol in the Bleak Midwinter.



Prayer

God of all consolation, in your
unending love and mercy for us,
you turn the darkness of death into
the dawn of new life.

Show compassion to your people in
sorrow.

Be our refuge and our strength to lift
Us from the darkness of this grief
to peace and joy in your presence.

We ask this through Christ,
our Lord.

Amen

NOVEMBER TWENTY-FIFTH



Say not in grief
'he is no more'
but in thankfulness
that he was.

Hebrew Proverb



Feel No Guilt in Laughter

Feel no guilt in laughter, he'd know how much you care.

Feel no sorrow in a smile that he is not here to share.

You cannot grieve forever; he would not want you to.

He'd hope that you could carry on the
way you always do.

So, talk about the good times and the way you
showed you cared,

The days you spent together, all the
happiness you shared.

Let memories surround you, a word someone may say

Will suddenly recapture a time, an hour, a day,

That brings him back as clearly as though
he were still here,

And fills you with the feeling that he is always near.

For if you keep those moments, you will never be apart

And he will live forever locked safely within your heart.

Anonymous/Unknown

NOVEMBER TWENTY-SEVENTH



“Your grief for what you've lost
lifts a mirror up to
where you're bravely working.”

Rumí

Jalāl ad-Dīn Muhammad Rūmī, 1207 - 1273, also known as Jalāl ad-Dīn Muhammad Balkhī, and more popularly simply as Rumi, 13th-century Persian poet, jurist, Islamic scholar, theologian, and Sufi mystic.

NOVEMBER TWENTY-EIGHTH



“There is no despair so absolute as that which comes with the first moments of our first great sorrow, when we have not yet known what it is to have suffered and be healed, to have despaired and have recovered hope.”

George Eliot

*Mary Ann Evans, 1819 – 1880, known by her pen name **George Eliot**, was an English novelist, journalist, translator and one of the leading writers of the Victorian era.*

NOVEMBER TWENTY-NINTH



“Unable are the loved to die for
love is immortality.”

Emily Dickenson

Emily Elizabeth Dickinson, 1830 - 1886, American poet. born in Amherst, Massachusetts. Although part of a prominent family with strong ties to its community, Dickinson lived much of her life highly introverted.

NOVEMBER THIRTIETH



Old Irish Blessing for
Time of Sorrow

May you see God's light on
the path ahead

When the road you walk is dark.

May you always hear,

Even in your hour of sorrow,

The gentle singing of the lark.

When times are hard may hardness

Never turn your heart to stone,

May you always remember

when the shadows fall—

You do not walk alone.

DECEMBER FIRST



The Holy Bible

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

Isaiah 41:10

DECEMBER SECOND



I Should Like to Send You a Sunbeam

Family o' mine: I should like to send you a
sunbeam, or the twinkle of some bright star,
or a tiny piece of the downy fleece that
clings to a cloud afar.

I should like to send you the essence of a
myriad sun-kissed flowers,
or the lilting song as it floats along, of a
brook through fairy bowers.

I should like to send you the dew-drops that
glisten at break of day,
and then at night the eerie light that mantles
the Milky Way.

I should like to send you the power that
nothing can overflow –
the power to smile and laugh the while a-
journeying through life you go.
But these are mere fanciful wishes; I'll send
you a Godspeed instead,
and I'll clasp your hand – then you'll
understand all the things I have left unsaid.

Anonymous/Unknown

DECEMBER THIRD



“Life and death are one thread,
the same line viewed from
different sides.”

Lao Tzu

Lao Tzu, also known as Laozi, died 531 BC, philosopher and poet of ancient China. Known as the reputed author of the Tao Te Ching and the founder of philosophical Taoism, and as a deity in religious Taoism and traditional Chinese religions.

DECEMBER FOURTH



Give Me My
Scallop-Shell of Quiet

Give me my scallop-shell of quiet,
My staff of faith to walk upon,
My scrip of joy, immortal diet,
My gown of glory, hope's true gage;
And thus I'll take my pilgrimage.

Sir Walter Raleigh

Sir Walter Raleigh, 1552 – 1618, English landed gentleman, writer, poet, soldier, politician, courtier, spy, and explorer. He was cousin to Sir Richard Grenville and younger half-brother of Sir Humphrey Gilbert.

DECEMBER FIFTH



"When someone we love dies, it seems as if time stands still. And silence... a quiet sadness... often can be felt, not just heard, a longing for one more day... one more word... one more touch... And we may not understand why God chose to have him leave this earth so soon, or why he had to leave before we were ready to say goodbye, but little by little, we will begin to remember not just that he died, but that he lived. And that his life gave us memories too beautiful to forget. We will see him again someday, in a heavenly place where there is no parting. A place where there are no words that mean goodbye."

Anonymous/Unknown

DECEMBER SIXTH



“When you experience unconditional love it becomes so interwoven into the very fabric of your life that it cannot be faded when washed in loss and grief.”

R. Glenn Kelly

R. Glenn Kelly, 1962 - present, American Grief Support writer and advocate. Author of “Sometimes I Cry in The Shower: A Grieving Father’s Journey to Wholeness and Healing,” and, “The Grieffcase: A Man’s Guide to Healing and Moving Forward in Grief.

DECEMBER SEVENTH



Hope is grief's
best music.

British Proverb

DECEMBER EIGHTH



The Holy Bible

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Philippians 4:6-7

DECEMBER NINTH



“And with the morn those angel faces
smile, which I have loved long since
and lost awhile.”

John Henry Newman

John Henry Newman, 1801 – 1890, also referred to as Cardinal Newman, John Henry Cardinal Newman, and Blessed John Henry Newman, important figure in the religious history of England in the 19th century.

DECEMBER TENTH



“There is nothing that can replace the absence of someone dear to us, and one should not even attempt to do so.

One must simply hold out and endure it. At first that sounds very hard, but at the same time it is also a great comfort.

For to the extent the emptiness truly remains unfilled one remains connected to the other person through it.”

Dietrich Bonhoeffer

Dietrich Bonhoeffer, 1906 – 1945, German Lutheran pastor, theologian, anti-Nazi dissident, and key founding member of the Confessing Church.

DECEMBER ELEVENTH



"Oh, but," quoth she, "great griefe will
not be tould,

And can more easily be thought than
said."

Edmund Spenser

*Edmund Spenser, 1552 – 1599, English poet best known for *The Faerie Queene*, an epic poem and fantastical allegory celebrating the Tudor dynasty and Elizabeth I.*

DECEMBER TWELFTH



I give you this one thought to keep –

I am with you still – I do not sleep.

I am a thousand winds that blow,

I am the diamond glints on snow,

I am the sunlight on ripened grain,

I am the gentle autumn rain.

When you awaken in the morning's
hush,

I am the sweet uplifting rush,
of quiet birds in circled flight.

I am the soft stars that shine at night.

Do not think of me as gone –

I am with you still in each new dawn.

Native American Prayer

DECEMBER THIRTEENTH



“The display of grief makes more demands than grief itself.

How few men
are sad in their own company.”

Lucius Annaeus Seneca

Lucius Annaeus Seneca, 65 - 4 BC, Roman philosopher and playwright.

DECEMBER FOURTEENTH



Prayer

Father...Give me strength to carry on
To honor the memory of my loved one
Help me to smile at the sound of the name
That brings both joy and heartbreaking pain
Let me find ways to keep them alive
To see their smile when I close my eyes
And when I am ready, help me dear Lord,
To help another hurting soul on this road
Let me be a beacon of light
On the path that leads
from the darkest of night
Let me always remember that
this is not the end
Because love is eternal
and love always wins.

Amen

DECEMBER FIFTEENTH



Those who die without being
forgotten get longevity.

Tao Te Ching

Tao Te Ching, central Taoist text, ascribed to Lao-tzu, the traditional founder of Taoism. Apparently written as a guide for rulers, it defined the Tao, or way, and established the philosophical basis of Taoism.

DECEMBER SIXTEENTH



Irish Poem

When we lose someone we love
it seems that time stands still.
What moves through us is a silence,
a quiet sadness,
A longing for one more day, one more
word, one more touch.
We may not understand why you left
this earth so soon,
or why you left before we were ready
to say good-bye,
but little by little, we begin to remember
not just that you died,
but that you lived. And a life that gave us
memories too beautiful to forget.
We will see you again some day, in a
heavenly place
where there is no parting.
A place where there are no words that
mean good-bye.

Slán go fóill

DECEMBER SEVENTEENTH



“Our dead are never dead to us,
until we have forgotten them.”

George Eliot

*Mary Ann Evans, 1819 – 1880, known by her pen name **George Eliot**, was an English novelist, journalist, translator and one of the leading writers of the Victorian era.*

DECEMBER EIGHTEENTH



“Trials are medicines which our gracious and wise Physician prescribes because we need them; and he proportions the frequency and weight of them to what the case requires. Let us trust his skill and thank him for his prescription.”

Isaac Newton

Sir Isaac Newton, 1643 – 1727, English physicist and mathematician who is widely recognized as one of the most influential scientists of all time and as a key figure in the scientific revolution.

DECEMBER NINETEENTH



Go Deeper Than Love

Go deeper than love, for the soul has
greater depths,
love is like the grass, but the heart is
deep wild rock molten, yet dense and
permanent.

Go down to your deep old heart, and
lose sight of yourself.

And lose sight of me, the me whom you
turbulently loved.

Let us lose sight of ourselves, and break
the mirrors.

For the fierce curve of our lives is
moving agin to the depths
out of sight, in the deep living heart.

D.H. Lawrence

David Herbert Richards Lawrence, 1885–1930, English novelist, poet, playwright, essayist, literary critic and painter who published as D. H. Lawrence.

DECEMBER TWENTIETH



Death leaves a heartache
no one can heal.

Love leaves a memory
no one can steal.

Irish Saying

DECEMBER TWENTY-FIRST



“Heaven knows we need never be
ashamed of our tears, for they are rain
upon the blinding dust of earth,
overlying our hard hearts. I was better
after I had cried, than before—more
sorry, more aware of my own
ingratitude, more gentle.”

Charles Dickens

Charles John Huffam Dickens, 1812 – 1870, English writer and social critic. He created some of the world's best-known fictional characters and is regarded as the greatest novelist of the Victorian era.

DECEMBER TWENTY-SECOND



The only thing we can take is love,
When our time on earth is complete.
The love we feel, give and receive,
Lives on, for again we shall meet.

Anonymous/Unknown

DECEMBER TWENTY-THIRD



Be still, sad heart!
and cease repining;
Behind the clouds is
the sun still shining;
Thy fate is the common fate of all,
Into each life some rain must fall.

Henry Wadsworth Longfellow

Henry Wadsworth Longfellow, 1807 – 1882, American poet and educator whose works include "Paul Revere's Ride", The Song of Hiawatha, and Evangeline.

DECEMBER TWENTY-FOURTH



“Sorrow comes in great waves...but rolls over us, and though it may almost smother us, it leaves us. And we know that if it is strong, we are stronger, inasmuch as it passes and we remain.”

Henry James

Henry James, 1843 – 1916, American writer who spent most of his writing career in Britain. He is regarded as one of the key figures of 19th-century literary realism.

DECEMBER TWENTY-FIFTH
CHRISTMAS



A Christmas Prayer

Father in heaven, please bless our family this Christmas as we struggle to see all the joy in the world.

Be present with us as we laugh and cry. Lord, help us find comfort and give us peace in our hearts, as we know that our loved one is celebrating with you this Christmas.

Thank you for your Christmas gift to us, the promise of Salvation through your Son, our Savior, Jesus Christ.

We ask that you bless all those who are grieving this Christmas, that they too may be comforted and come to know you.

In your name we pray.

Amen

DECEMBER TWENTY-SIXTH



Before the beginning of years
There came to the making of man
 Time, with a gift of tears;
 Grief, with a glass that ran;
 Pleasure, with pain for leaven;
 Summer, with flowers that fell;
Remembrance, fallen from heaven,
 And madness risen from hell;
Strength without hands to smite;
Love that endures for a breath;
 Night, the shadow of light,
And Life, the shadow of death.

Algernon Charles Swinburne,

Algernon Charles Swinburne, 1837 – 1909, English poet, playwright, novelist, and critic. He wrote several novels and collections of poetry such as Poems and Ballads, and contributed to the famous Eleventh Edition of the Encyclopedia Britannica.

DECEMBER TWENTY-SEVENTH



"I think of death as some delightful journey that I shall take when all my tasks are done."

George Eliot

*Mary Ann Evans, 1819 – 1880, known by her pen name **George Eliot**, was an English novelist, journalist, translator and one of the leading writers of the Victorian era.*

DECEMBER TWENTY-EIGHTH



“There is neither happiness nor misery
in the world;

there is only the comparison of one
state with another, nothing more.

He who has felt the deepest grief is
best able to experience supreme
happiness.

We must have felt what it is to die,
Morrel, that we may appreciate the
enjoyments of life.”

Alexandre Dumas

Alexandre Dumas, 1802 – 1870, also known as Alexandre Dumas, père, French writer. His works have been translated into nearly 100 languages, and he is one of the most widely read French authors.

DECEMBER TWENTY-NINTH



I measure every Grief I meet
With narrow, probing Eyes –
I wonder if It weighs like Mine –
Or has an Easier size.

Emily Dickinson

Emily Elizabeth Dickinson, 1830 - 1886, American poet. born in Amherst, Massachusetts. Although part of a prominent family with strong ties to its community, Dickinson lived much of her life highly introverted.

DECEMBER THIRTIETH



“He sought...
to transform the grief which looks
down into the grave by showing it the
grief which looks up to the stars.”

Victor Hugo

Victor Marie Hugo, 1802 – 1885, French poet, novelist, and dramatist of the Romantic movement. He is considered one of the greatest and best-known French writers.



New Year Prayer

Father, we surrender our thoughts — especially our feelings and our emotions to You. You who are Faithful and True. Where loss and grief loom, help us fully trust in You and Your goodness, no matter the circumstances. Your Word says that You don't give a Spirit of sorrow but rather Your perfect love drives out woe. Lead us to walk in the freedom of that love.

Your Word promises that when we pray, anxiety will flee and peace will prevail. We purpose in our hearts to pray more faithfully and consistently so we can walk confidently in Your peace.

Amen

Happy New Year

INDEX

- Aborigine Proverbs**, 81
Adam, Juliette (1836 – 1936), 254
Adams, John (1735 – 1826), 311
Aeschylus (525 BC - ?), 109, 132, 265
Aldrich, Thomas Bailey (1836 – 1907), 10
Amiel, Henri Frédéric (1821 – 1881), 208
Aristophanes (450 – 388) BC, 234
Arouet, François-Marie (**Voltaire**) (1694 – 1778), 118
Aughey, James H. (1828 – 1911), 5
Bacon, Francis (1561 – 1626), 126
Ballou, Sullivan (1829 – 1861), 36
Balzac, Honoré de (1799 – 1850), 262
Barbauld, Anna Laetitia (1743 – 1825), 329
Barrett Browning, Elizabeth (1806 – 1861), 191
Beecher, Henry Ward (1813 – 1887), 138, 163, 309
Beecher-Stowe, Harriet Elisabeth (1811 – 1896), 85
Bible Scripture, 25, 30, 34, 39, 58, 66, 80, 91, 93, 99, 106, 114, 124, 130, 140, 154, 178, 185, 187, 207, 215, 225, 237, 247, 256, 267, 277, 310, 326, 339, 346
Bonhoeffer, Dietrich (1906 – 1945), 348
Brent, Charles Henry (1862 – 1929), 177
British Proverbs, 345
Brontë, Anne (1820 – 1849), 79, 209, 323
Brontë, Emily Jane (1818 – 1848), 69
Bryant, William Cullen (1794 – 1878), 144
Buddha, Gautama
Bunyan, John (1628 – 1688), 325
Burns, Robert (1759 – 1796), 280
Bushnell, Horace (1802 – 1876), 222
Butler, Samuel (1835 – 1902), 308
Byron, George Gordon (1788 -1824), 142
Campbell, Thomas (1777 – 1844), 244
Carlyle, Jane Welsh (1801 – 1866), 156
Cary, Alice (1820 – 1871), 48
Chunang Tse (370 – 287 BC, 65
Colton, Charles Caleb (1780-1832), 94
Dalai Lama, 189
Dickens, Charles John Huffman (1812 – 1870), 24, 47, 291, 359
Dickinson, Emily Elizabeth (1830 – 1886), 20, 41, 131, 272, 292, 296, 337, 367
Donne, John (1572 – 1631), 38, 134
Dostoyevsky, Fyodor Mikhailovich (1821 – 1881), 32, 158, 258
Drummond, William (1585 – 1649), 105
Dryden, John (1631-1700), 37, 299
Dumas, Alexandre (1802 – 1870), 366
Dupin, Amantine Lucile Aurore (**George Sand**) 1804 – 1876, 255
Edwards, Tryon (1809 – 1894), 148
Emerson, Ralph Waldo (1803 – 1882), 89, 270, 312
Evans, Mary Ann (**George Eliot**) (1819 – 1880), 21, 194, 336, 355, 365
Franklin, Benjamin (1706 – 1790), 60, 188
Freud, Sigmund (1856 – 1938), 167
Gray, Thomas (1716 – 1771), 196
Khalil (1883 – 1931), 16, 122, 184, 218, 229, 245, 301, 316
Grant, Anne Macvicar (1755 – 1838), 8, 104
Hafez (1325 -1389), 186
Han Shan, (9th Century), 92
Hawthorne, Nathaniel (1804 – 1864), 241
Hebrew/Jewish Prayers & Proverb, 14, 86, 263, 314, 333
Henry, Arthur Kenney (1776–1855), 172
Housman, Alfred Edwards, (1859 - 1936), 226
Holland, Henry Scott (1847 – 1918), 206
Hugo, Victor Marie (1802 – 1885), 26, 368
Ingersoll, Robert Green "Bob" (1833 – 1899), 231
Irish Prayer & Proverbs, 338, 354, 358
Irving, Washington (1783 – 1859), 1
James, Henry (1843 – 1916), 362
Jefferson, Thomas (1743 – 1826), 259
Johnson, James Weldon, (1871 – 1938), 239
Joyce, James Augustine Aloysius (1882 – 1941), 232
Kelly, R. Glenn (1962 – present), 7, 68, 116, 153, 236, 344
Kempis, Thomas à (1380 – 1471), 64
Khayyám, Omar (1048 – 1131), 98
Kierkegaard, Soren (1813-1855), 43
Latin Proverbs, 330
Lamartine, Louis de Prat de, Alphonse (1790 -1869), 72
Lawrence, David Herbert Richard (1885 – 1930), 357
Lincoln, Abraham 1809 – 1865

INDEX

- Longfellow**, Henry Wadsworth (1807 – 1882), 27, 141
- Lowell**, James Russell (1819 – 1891), 11, 63, 217
- Lucretius**, (94 – 55 BC), 315
- Markham**, Edwin (1852 – 1940), 52, 176
- Martin-Owens**, Deana (1965 – Present), 23
- McCreery**, J. L. (1835 – 1906), 67
- Menander** (342 – 291 BC), 224
- Michelangelo** (1475 – 1564), 294
- Mill**, John Stuart (1806 – 1873), 13
- Miller**, James Russell (1840 – 1912), 61
- Milton**, John (1608 – 1674), 137, 303
- Montgomery**, James (1771 – 1854), 289
- Montgomery**, Robert (1807-1855), 182
- Moore**, Thomas (1779-1852), 6, 113
- Moses** (1393 – 1273 BC), 305
- Mother Julian of Norwich** (1342 – 1416), 75
- Müller**, Friedrich Max (1823 – 1900), 55
- Native American Proverbs**, 266, 274, 350
- Newman**, John Henry (1801 – 1890), 347
- Newton**, Sir Isaac (1643 – 1727), 356
- Nietzsche**, Friedrich Wilhelm (1844 – 1900), 110, 324
- Ovid** (43 – 17 BC), 260, 318
- Pascal**, Blaise (1623 – 1662), 2, 96
- Penn**, William (1644 – 1718), 160, 164
- Pindar** (522 – 446 BC), 281
- Plato** (428 - 347 BC), 57, 152, 181
- Plutarch** (46-120), 42
- Poe**, Edgar Allan (1809 – 1849), 219, 249, 257
- Prayer**, Christian, 9, 45, 49, 54, 78, 121, 133, 136, 149, 168, 198, 220, 243, 283, 290, 298, 302, 317, 332, 352, 363, 369
- Proust**, Valentin Louis Georges Eugène Marcel (1871 – 1922), 102, 200
- Quintus**, Ennius (239 -169 BC), 90
- Raleigh**, Sir Walter (1552 – 1618), 119, 320, 342
- Raymond**, Rossiter Worthington (1840 – 1918), 150, 282
- Renard**, Pierre-Jules (Jules Renard) (1864 – 1910), 284
- Richter**, Jean Paul (1763 – 1825), 297
- Riley**, James Whitcomb (1849 – 1916), 19, 235, 264
- Robertson**, Frederick William (1816 – 1853), 328
- Rossetti**, Christina Georgina (1830 – 1894), 76, 331
- Rumi**, Jalāl ad-Din Muhammad (1207 – 1273), 4, 115, 128, 147, 211, 251, 335
- Sai Baba of Shirdi** (1835 – 1918), 83
- Schopenhauer**, Arthur (1788- 1860), 22
- Schubert**, Franz Peter (1797 – 1828), 31
- Scott**, Sir Walter (1771 – 1832), 273
- Secundus**, Gaius Plinius (Pliny the Elder) (23 – 79 AD), 304
- Seneca**, Lucius Annaeus (65 - 4 BC), 12, 195, 221 293, 351
- Shakespeare**, William (1564 – 1616), 50, 129, 180
- Shelley**, Percy Bysshe (1792 – 1822), 135, 170
- Shiva Hindu Proverbs**, 246, 319
- Socrates** (469 – 399 BC), 120, 253, 307
- Sophocles** (496 – 406 BC), 169
- Spafford**, Horatio Gates (1828 – 1888), 103
- Spenser**, Edmund (1552 – 1599), 349
- Sufi Epigram**, 70
- Swift**, Jonathan (1667 – 1745), 17
- Swinburne**, Algernon Charles (1837 – 1909), 364
- Tagore**, Rabindranath (1861 – 1941), 87, 157, 175, 275
- Tao Te Ching** (See also Lau Tzu), 18, 353
- Taylor**, John (1753 – 1824), 227
- Tennyson**, Alfred (1809 – 1892), 71, 205, 248, 268
- The Bhagavad Gita**, 74, 145, 202, 269, 287
- Thoreau**, Henry David (1817 – 1862), 286
- Tolstoy**, Count Lev Nikolayevich (Leo) (1828 – 1910), 46
- Twain**, Mark (Samuel Clemens) (1835 – 1910), 53, 111, 171
- Tzu**, Lao (? - 531 BC), 40, 101, 279, 341
- Unknown Fallen Hero**, U.S., 159
- Van Dyke**, Henry Jackson (2852 -1933), 125, 179
- Von Goethe**, Johann Wolfgang (1749 – 1832), 29, 51, 201, 252
- Watts**, Isaac (1674 – 1748), 44
- Webster**, Daniel (1782 – 1852), 197
- Whitman**, Walter "Walt" (1819 – 1892), 33, 214
- Wordsworth**, William (1770 – 1850), 15, 84, 192

ABOUT THE AUTHOR

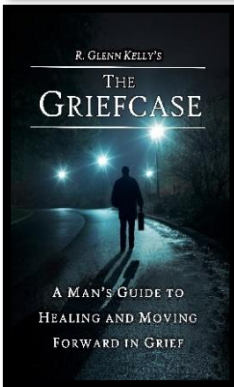
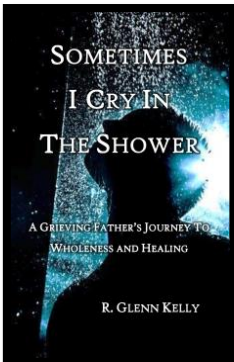
R. Glenn Kelly is a writer, public speaker, Grief Support Advocate, and grieving father. After the tragic loss of his teenage son, he left behind the corporate world to work exclusively with bereaved men, and the women who want to understand them.



R. Glenn is the author of the self-help books, “Sometimes I Cry in the Shower: A Grieving Father’s Journey to Wholeness and Healing,” and “The Griefcase: A Man’s Guide to Healing and Moving Forward in Grief.” He has

appeared on television, support workshops and even college universities to discuss moving forward towards the new normal in recovering from traumatic loss.

Look for both books in paperback and eBook on-line at R. Glenn’s website, grievingmen.com, Amazon, Barnes and Noble and bookstores everywhere.



If you would like to enlist R, Glenn Kelly for speaking engagements, interviews, articles or support, please go to www.grievingmen.com or contact him by email at rglennkelly@rglennkelly.com or [@rglennkelly](https://twitter.com/rglennkelly) on Twitter.