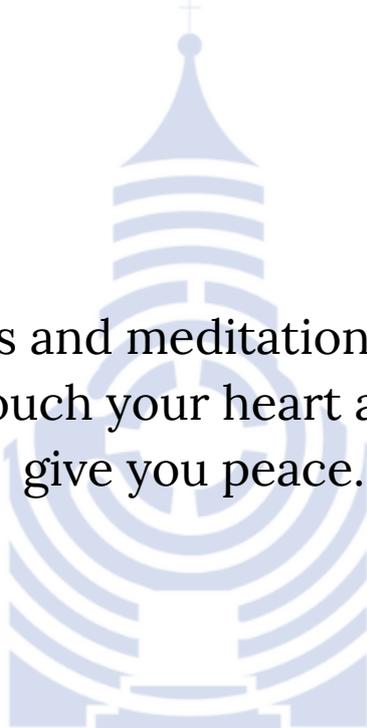


Words of Comfort



Grace Episcopal Church
111 Church Street
Yorktown, Virginia

www.GraceChurchYorktown.org



May the poems and meditations in this booklet
touch your heart and
give you peace.

Reverend Seldon M. Walker, Rector
Grace Episcopal Church ~ Yorktown, Virginia

Walking in love. Welcoming all.



Hope is the thing with feathers
That perches in the soul
And sings the tune without words
And never stops...at all
~Emily Dickinson

A Grief Blessing

May the sun bring you new energy every day,
bringing light into the darkness of your soul.
May the moon softly restore you by night, bathing
you in the glow of restful sleep and peaceful dreams.
May the rain wash away your worries and cleanse
the hurt that sits in your heart.
May the breeze blow new strength into your being
and
May you believe in the courage of yourself.
May you walk gently through the world, keeping
your loved ones with you always,
Knowing that you are never parted in the beating of
your heart.
~Native Apache Blessing



When sorrow comes, let us accept it simply,
as a part of life.

Let the heart be open to pain;
Let it be stretched by it.

All the evidence we have says that this is
the better way.

An open heart never grows bitter. Or if it does, it
cannot remain so.

In the desolate hour, there is an outcry; a clenching
of the hands upon emptiness; a burning pain of
bereavement; a weary ache of loss.

But anguish, like ecstasy, is not forever.

There comes gentleness, a returning quietness, and
a restoring stillness.

This, too, is a door to life.

Here also, is a deepening of meaning—and it can
lead to dedication, a going forward to the triumph of
the soul, the conquering of the wilderness.

And in the process will come deepening inward
knowledge that in the final reckoning, all is well.

~A. Powell Davies



You are our peace, O Lord
From the thousand wearinesses of
Our daily life,
From the disappointments,
From the nervous and senseless haste,
We turn to you and are at peace.

The clamor dies
We are alive in the sunshine of your presence,
Even so, come, Lord Jesus,
To this soul of mine.

~Anonymous



The violin eventually wears down and ceases to
function,
But the music that plays through it lives on in the
souls of those who heard it, and the souls of those
who were then inspired to play, too.

The body eventually wears down and ceases to
function.

The love that flows through it lives on in the soul of
those who received it,
And the souls of those who were then inspired to
give love, too.

~Doe Zantemata

Sometimes the strength within you is not a big fiery
flame for all to see.

It is just a tiny spark that whispers ever so softly:
Keep going.

~Anonymous

May the Lord help us quiet our hearts and listen for
his voice each day, rather than allowing our anxious
thoughts to distract us and may we turn our ear to
hear his counsel.

~Anonymous



It's okay to have a bad day.
It's okay to laugh.
It's okay to grieve after the first day and after the
tenth year.
It's okay to only seek those who understand.
It's okay to speak of your grief or
not to speak of it at all.
It's okay to do what you have to do
to make it through.
It's okay.
~*Anonymous*

Accept what is,
Let go of what was, and
Have faith in what will be.
~*Anonymous*



It takes as long as it takes. Be gentle on yourself.

~Kelly Rae Roberts

I know for certain that we never lose the people we love...even to death. They continue to participate in every act, thought, and decision we make. Their love leaves an indelible imprint in our memories. We find comfort in knowing that our lives have been enriched by having shared their love.

~Leo Buscaglia



Our sorrow can bring understanding as well as pain, breadth as well as the contraction that comes with pain. Out of love and sorrow can come a compassion that endures. The needs of others hitherto unnoticed, the anxieties of neighbors never before realized, now come into the ken of our experience, for our sorrow has opened our life to the needs of others.

Sorrow can enlarge the domain of our life, so that we may now understand the triviality of the things many pursue. What is important is not luxury but love; not wealth but wisdom; not gold but goodness. And our sorrow may clear our vision so that we may, more brightly, see the God of whom it was said, "The Lord is nigh unto them that are of a broken heart."

Beyond the hurry and turmoil of life rises the Eternal. There is a God in a world in which human beings could experience tenderness. There is a God in which two lives can be bound together by a tie stronger than death.

Out of love may come sorrow; but out of sorrow can come light for others who dwell in darkness. And out of light we bring to others will come light for ourselves—the light of solace, of strength, of transfiguring and consecrating purpose.

~Morris Adler



Fading Sun

Whenever someone special dies,
God lets them paint the endless sky.
He calls the young and precious first
And gives them the colors of heaven and earth
To create the sunset of their choice
Which becomes their silent voice
Proclaiming that they do live on,
Their love seen through a fading sun
~Molly Murphy O'Hara

Healing doesn't mean the damage never existed.
It means the damage no longer controls our lives.
~Anonymous



Grieve not,
Nor speak of me with tears,
But laugh and talk of me
As if I were beside you.
I loved you so—
T'was heaven here with you.
~Isla Paschal Richardson

Twilight Hours
Though my soul may set in darkness,
It will rise in perfect light.
I have loved the stars too fondly
To be fearful of the night.
~Sarah Williams



A Litany of Remembrance

In the rising of the sun and in its going down, we
remember them

In the blowing of the wind and in the chill of winter,
we remember them.

In the opening of buds and in the rebirth of spring,
we remember them.

In the blueness of the sky and in the warmth of
summer, we remember them.

In the rustling of leaves and in the beauty of
autumn, we remember them.

In the beginning of the year and when it ends,
we remember them.

When we are weary and in need of strength,
we remember them.

When we are lost and sick at heart,
we remember them.

When we have joys we yearn to share,
we remember them.

So long as we live, they too shall live for they are a
part of us as we remember them.

*~Rabbis Sylvan Kamens
and Jack Reimer*



See, I will not forget you.
I have carved you on the palm of my hand.
~Isaiah 49:15

Courage isn't always the lion's roar,
It is sometimes the heart at the end of the day
Saying I will try again tomorrow.
~Mary Ann Radmacher



Healing doesn't mean the damage never existed.
It means the damage no longer controls our lives.

~Anonymous

There is no stop watch on grief.

~Anonymous

Though nothing can bring back the hour of splendor
in the grass,
Of glory in the flower.
We will grieve not—
Rather find strength in what remains behind.

~William Wordsworth



Those whom we have loved never really leave us.
They live on forever in our hearts and cast their
radiant light onto
every shadow.

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.
~Anonymous



Comfort for the Loss of a Pet

My friend, I know you are hurting with sorrow
deep and true;

I wish that there was something I could do for you.

To simply say I'm sorry just doesn't seem to be
enough to adequately express
my heartfelt sympathy.

Night has fallen on your heart

And cast a shadow long;

Your world now changed forever because your
beloved friend is gone.

You lost a family member who was loved
like all the rest;

A loyal, loving companion who always gave his best.

But time will heal your broken heart

Though it may take awhile.

Sweet memories will replace the loss and
you'll think of him and smile.

He crossed the Rainbow Bridge, my friend,

And will never be alone;

He's carefree and contented now

In his new celestial home.

