



### **A Silent Tear**

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"

*Author unknown*

### **Afterglow**

I'd like the memory of me to be a happy one.  
I'd like to leave an afterglow of smiles when life is done.  
I'd like to leave an echo whispering softly down the ways,  
Of happy times and laughing times and bright and sunny days.  
I'd like the tears of those who grieve, to dry before the sun;  
Of happy memories that I leave when life is done.

*Helen Lowrie Marshall*

### **All Is Well**

Death is nothing at all,  
I have only slipped into the next room  
I am I and you are you  
Whatever we were to each other, that we are still.  
Call me by my old familiar name,  
Speak to me in the easy way which you always used  
Put no difference in 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 shadow on it.  
Life means all that it ever meant.  
It is the same as it ever was, there is unbroken continuity.  
Why should I be out of mind because I am out of sight?  
I am waiting for you, for an interval, somewhere very near,  
Just around the corner.  
All is well.



Nothing is hurt; nothing is lost.  
One brief moment and all will be as it was before.  
How we shall laugh at the trouble of parting when we meet again!  
Henry Scott Holland

#### **Autumn Rain**

Do not stand at my grave and weep.  
I am not there, 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 that swift uplifting rush  
Of quiet birds in circled flight.  
I am the soft star that shines at night.  
Do not stand at my grave and cry,  
I am not there, I did not die.  
Mary Frye

#### **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

### **Each New Dawn**

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 Canadian tradition

### **Footprints in the Sand**

One night I dreamed a dream.  
As I was walking along the beach with my Lord.  
Across the dark sky flashed scenes from my life.  
For each scene, I noticed two sets of footprints in the sand,  
One belonging to me and one to my Lord.  
After the last scene of my life flashed before me,  
I looked back at the footprints in the sand.  
I noticed that at many times along the path of my life,  
especially at the very lowest and saddest times,  
there was only one set of footprints.  
This really troubled me, so I asked the Lord about it.  
"Lord, you said once I decided to follow you,  
You'd walk with me all the way.  
But I noticed that during the saddest and most troublesome times of my life,  
there was only one set of footprints.  
I don't understand why, when I needed You the most, You would leave me."  
He whispered, "My precious child, I love you and will never leave you  
Never, ever, during your trials and testings.  
When you saw only one set of footprints,  
It was then that I carried you.

### **God saw you getting tired**

God saw you getting tired,  
When a cure was not to be.



So He wrapped his arms around you,  
and whispered, "come to me."  
You didn't deserve what you went through,  
So He gave you rest.  
God's garden must be beautiful,  
He only takes the best  
And when I saw you sleeping,  
So peaceful and free from pain  
I could not wish you back  
To suffer that again.

Frances and Kathleen Coelho

### **FORGET ME NOT**

Forget me not for I am with you  
My love is all around  
Forget me not my loved ones  
Just look - I can be found

A place you go - an easy chair  
A song it will remind you  
A lovely scent, a meal we shared  
Those memories will find you

I'm happy now my pain has gone  
And I'll watch over you  
So don't be sad my loved ones  
My promise I'll hold true

Just smile a while and think of me  
Please cancel all your fears  
Forget me not for I am with you  
So darlings dry your tears

### **Miss Me But Let Me Go**

Now that I've 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 too long, and not with your head bowed low.  
Remember the love that we once shared  
Miss me - but let me go

For this is a journey that we all must take, and each must go alone.  
It's all a part of a master plan, a step on the road to home.

So when your lonely and sad of heart, go to the friends we know.  
And bury your sorrows in doing good deeds,  
MISS ME - BUT LET ME GO.



Christina Rossetti

### **My Mother Kept a Garden**

My Mother kept a garden  
A garden of the heart;  
She planted all the good things,  
That gave my life its start.  
She turned me to the sunshine,  
And encouraged me to dream:  
Fostering and nurturing  
The seeds of self-esteem.  
And when the winds and rains came,  
She protected me enough;  
But not too much, she knew I'd need  
To stand up strong and tough.  
Her constant good example,  
Always taught me right from wrong;  
Markers for my pathway  
To last my whole life long.  
I am my Mother's garden,  
I am her legacy.  
And I hope today she feels the love,  
Reflected back from me.

Author Unknown

### **PERHAPS LOVE**

Perhaps love is like a resting place  
A shelter from the storm  
It exists to give you comfort  
It is there to keep you warm  
And in those times of trouble  
When you are most alone  
The memory of love will bring you home.

Perhaps love is like a window  
Perhaps an open door  
It invites you to come closer  
It wants to show you more  
And even if you lose yourself  
And don't know what to do  
The memory of love will see you through.

Oh, love to some is like a cloud  
To some as strong as steel  
For some a way of living  
For some a way to feel  
And some say love is holding on  
And some say letting go



And some say love is everything  
And some say they don't know.

Perhaps love is like the ocean  
Full of conflict, full of pain  
Like a fire when it's cold outside  
Or thunder when it rains  
If I should live forever  
And all my dreams come true  
My memories of love will be of you.

Verna Torres

### **WE LET YOU GO**

Into the darkness and warmth of the earth we lay you down  
Into the sadness and smiles of our memories we lay you down  
Into the cycle of living and dying and rising again we lay you down  
May you rest in peace, in fulfilment, in loving, may you run straight home in gods embrace  
Into the freedom of wind and sunshine  
We let you go  
Into the dance of the stars and the planets  
We let you go  
Into the winds breath and the hands of the star maker  
We let you go  
We love you, we miss you, we want you to be happy  
Go safely, go dancing, go running home  
Author unknown