

Never Forgotten

- Author Unknown -

You'll never be forgotten
That simply can not be
As long as I am living
I'll carry you with me.

Safely tucked within my heart Your light will always shine; A glowing ember never stilled Throughout the end of time.

No matter what the future brings Or what may lie ahead, I know that you will walk with me Along the path I tread.

So rest my angel, be at peace And let your soul fly free. One day I'll join your glorious flight For all eternity.

Dear Friends I Go

- Author Unknown -

Dear friends I go, but do not weep
I've lived my life, so full and deep
Throughout my life, I gave my best
I earned my keep, I've earned my rest
I never tried to be great or grand
I tried to be a helping hand.

If I helped in a team, if I helped on my own
It was more than repaid by
good family and friends I've known.
And If I went the extra mile,
I did it with pleasure
It was all worthwhile.

If I brightened your path, then let it be
A small contribution
from my loved ones and me,
Now sadly I leave you and travel alone
Through the mystic veil
to the great unknown.
With such beautiful memories
that will forever be
The way that I hope
You'll remember me.

Remember Me

- Antony Dowson -

Speak of me as you have always done.
Remember the good times, laughter and fun.
Share the happy memories we've made.
Do not let them wither or fade.

I'll be with you in the summer's sun And when the winter's chill has come. I'll be the voice that whispers in the breeze. I'm peaceful now, put your mind at ease.

I've rested my eyes and gone to sleep, But memories we've shared are yours to keep.

Sometimes our final days may be a test,

But remember me when I was at my best.

Although things may not be the same Don't be afraid to use my name.
Let your sorrow last for just a while.
Comfort each other and try to smile.

I lived my life, I've known joy and fun. Live on now, make me proud Of what you'll become.

Butterfly Readings

- Author Unknown -

No. 1

A butterfly lights beside us like a sunbeam
And for a brief moment its glory
and beauty belong to our world.
But then it flies again
And though we wish it could have stayed...
We feel lucky to have seen it.

No. 2

Don't weep at my grave,
for I am not there,
I've a date with a butterfly
to dance in the air.
I'll be singing in the sunshine,
wild and free
playing tag with the wind
while I am waiting for thee.

A Limb Has Fallen

- Author Unknown -

A limb has fallen from the family tree
I keep hearing a voice that says
"Grieve not for me."
Remember the best times,
the laughter the song,
The good life I lived, while I was strong.
Continue my heritage, I'm counting on you.
Keep smiling and surely
the sun will shine through.

My mind is at ease, my soul is at rest
Remembering all, now I truly was blessed.
Continue traditions, no matter how small
Go on with your life,
don't just stare at the wall.
I miss you all dearly, so keep up your chin
Until the day comes we're together again.

Funeral Blues (Stop All the Clocks)

- W.H. Auden -

Stop all the clocks, cut off the telephone,
Prevent the dog from barking
with a juicy bone,
Silence the pianos and with muffled drum
Bring out the coffin,
let the mourners come.

Let aeroplanes circle, moaning overhead
Scribbling on the sky the message
"He is Dead."
Put crepe bows round the white necks of the public doves,
Let the traffic policemen wear
black cotton gloves.

He was my North, my South, my East and West, My working week and my Sunday rest, My noon, my midnight, my talk, my song; I thought that love would last forever: I was wrong.

The stars are not wanted now;
put out every one,
Pack up the moon and dismantle the sun,
Pour away the ocean
and sweep up the woods;
For nothing now can ever come
to any good.

Life Well Lived

- Author Unknown -

A life well lived is a precious gift of hope and strength and grace From someone who has made our world a brighter, better place.

It's filled with moments sweet and sad with smiles and sometimes tears with friendships formed and good times shared and laughter throughout the years.

A life well lived is a legacy of joy and pride and pleasure A living, lasting memory our grateful heart's will treasure.

If I Should Go

- Joyce Grenfell -

If I should go before the rest of you Break not a flower nor inscribe a stone Nor when I'm gone speak in a Sunday voice But be the usual selves that I have known. Weep if you must, parting is hell But life goes on, so sing as well.

Life Must Go On

- A Navaho Prayer -

Grieve for me, for I would grieve for you.

Then brush away the sorrow and the tears

Life is not over, but begins anew,

With courage you must greet the coming years.

To live forever in the past is wrong; It can only cause you misery and pain. Dwell not on memories overlong, With others you must share and care again.

Reach out and comfort those who comfort you; Recall the years, but only for a while. Nurse not your loneliness; but live again. Forget not. Remember with a smile.

A Silent Tear

- Gaynor Llewellyn -

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"

I Hope You Live Louder

- Maris Donnelly -

I hope you laugh more
I hope you sing at the top of your lungs.
I hope you drive with the windows down and let the wind rustle through your hair.
I hope you hug.
I hope you kiss.

I hope you surround yourself with people who make you feel alive.

I hope you become the type of person that brings good energy wherever you go, and the type of person people want to be around.

I hope you speak what's on your mind, that you raise your voice for injustice, that you tell others that you love them, instead of waiting until it's too late.

I hope you live louder, shine brighter, From this moment on.

The Tide Recedes

- by MD Hughes -

The tide recedes but leaves behind bright seashells on the sand.
The sun goes down but gentle warmth still lingers on the land.
The music stops and yet it echoes on in sweet refrains.
For every joy that passes something beautiful remains.

Funeral Reading

- Author unknown -

A ship sails and I stand watching till she fades on 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 now

as when I last saw her.

Her diminished size and total loss from my sight is in me, not in her.

And just at that moment,

when someone at my side says she is gone,

there are others who are watching her coming over their horizon

and other voices take up a glad shout -

Here she comes!

That is what dying is.

An horizon and just the limit of our sight.

Her Journey's Just Begun

- Author Unknown -

Don't think of her as gone away her journey's just begun... Life holds so many facets, this earth is only one.

Just think of her as resting from the sorrows and the tears, in a place of warmth and comfort where there are no days or years.

Think how she must be wishing that we could know today, how nothing but our sadness can really pass away.

And think of her as living in the hearts of those she touched, for nothing loved is ever lost and she was loved so much.

I Heard Your Voice in the Wind Today

- Author Unknown -

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.

Miss Me - But Let Me Go

- Edgar A Guest -

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 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 the Master's plan
A step on the road to home.

So 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!

Native American Blessing

- Chief Dan George -

May the stars carry your sadness away
May the flowers fill your heart with beauty
May hope forever wipe away your tears
And, above all, may silence make you strong.

I Know, My Love, The Time Has Come

- Author Unknown -

I know, my love, the time has come
To finally let you go.
I know you're gone, I must move on
To walk this lonely road.
And yet it seems you're still with me
Each movement that I make A guiding light, still burning bright
With each step that I take.

I can't forget, I won't regret
The moments that we shared.
Your gentle face, the loving ways
That showed how much you cared.
Right from the start, you touched my heart,
You opened up my eyes.
You helped me see what I could be,
That I could reach the skies.

Now I still find you're on my mind,
Though you're so far away.
I know it's wrong, I can't hold on,
It's time to find my way Without your love to lift me up,
Sometimes it's hard to face.
But in my dreams you're still with me,
A part I can't erase.

With each new day, it doesn't fade,
It's lonely with you gone.
Memories keep haunting me,
And yet I must move on.
Perhaps in time someday I'll find
It doesn't hurt so much.
But I know now without a doubt,
I won't forget your love.

Butterfly Kisses

- John F Connor -

Don't cry for me,
please don't be sad
Hold on to the memories
of the times we both had
Don't dwell on dark thoughts,
hold on right to your wishes
Sending you hugs
and butterfly kisses.

I walk beside you
I am there all day long
I am right here
but you think I am gone.
You don't see me
but I can see you
What ever the problems
I will help you get through.

I am the wind in your hair the sand in your toes Butterfly kisses that you feel on your nose I am with you at sunrise and at sunset That you can not see me is my one regret.

I sit right right beside you
when you are sad
As you look through the photos
of times we both had
I watch you sleeping
I hold you so tight
Before I go
I kiss you goodnight.

I will watch over you from Heaven above Forever you will be my one true love Hold on to your dreams and all your wishes. Sending you hugs and butterfly kisses.

Im Still Here

- Author Unknown -

Friends, please don't mourn for me I'm still here, though you don't see. I'm right by your side each night and day And within your heart I long to stay.

My body is gone but I'm always near.
I'm everything you feel, see or hear.
My spirit is free, but I'll never depart
As long as you keep me alive in your heart.

I'll never wander out of your sightI'm the brightest star on a summer night.
I'll never be beyond your reachI'm the warm moist sand
when you're at the beach.

I'm the colourful leaves when Autumn's around And the pure white snow that blankets the ground. I'm the beautiful flowers of which you're so fond, The clear cool water in a guiet pond.

I'm the first bright blossom you'll see in the spring, The first warm raindrop that April will bring. I'm the first ray of light when the sun starts to shine, And you'll see that the face in the moon is mine.

When you start thinking there's no one to love you,
You can talk to me through the Lord above you.
I'll whisper my answer through the leaves on the trees,
And you'll feel my presence in the soft summer breeze.

I'm the hot salty tears
that flow when you weep
And the beautiful dreams
that come while you sleep.
I'm the smile you see
on a baby's face.
Just look for me, friend,
I'm every place!

Looking Back

- Edgar A Guest -

I might have been rich if I'd wanted the gold instead of the friendships I've made.

I might have had fame if I'd sought for renown in the hours when I purposely played.

Now I'm standing today on the far edge of life, and I'm just looking backward to see
What I've done with the years and the days that were mine, and all that has happened to me.

I haven't built much of a fortune to leave to those who shall carry my name, And nothing I've done shall entitle me now to a place on the tablets of fame.

But I've loved the great sky and its spaces of blue;
I've lived with the birds and the trees;
I've turned from the splendour of
silver and gold
to share in such pleasures as these.

I've given my time to the children who came; together we've romped and we've played, And I wouldn't exchange the glad hours spent with them for the money that I might have made.

I chose to be known and be loved by the few, and was deaf to the plaudits of men; And I'd make the same choice should the chance come to me to live my life over again.

I've lived with my friends and I've shared in their joys, known sorrow with all of its tears; I have harvested much from my acres of life, though some say I've squandered my years.

For much that is fine has been mine to enjoy, and I think I have lived to my best, And I have no regret, as I'm nearing the end, for the gold that I might have possessed.

Memories in the Heart

- Author Unknown -

Feel no guilt in laughter, she knows how much you care Feel no sorrow in a smile that she's not here to share You cannot grieve forever, she would not want you to She'd hope that you can carry on, the way you always do

So talk about the good times and the ways 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 her back as clearly as though she were still here And fills you with the feelings that she is always near For if you keep these moments, you will never be apart And she will live forever locked safe within your heart

The Memory of Me

- Author Unknown -

I'd like the memory of me to be a happy one. I'd like to leave an after glow 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 As you recall the happy memories that I leave when life is done.

They Are Not Dead

- Author Unknown -

They are not dead Who leave us this great heritage of remembering joy

They still live in our hearts In the happiness we knew, in the dreams we shared.

They still breathe, In the lingering fragrance, windblown from their favourite flowers.

They still smile in the moonlight's silver And laugh in the sunlight's sparkling gold.

They still speak In the echoes of the words we've heard them say, again and again.

They still move In the rhythm of waving grasses, in the dance of the tossing branches.

They are not dead!

When I Must Leave You

- Helen Steiner Rice -

When I must leave you for a little while
Please do not grieve and shed wild tears
And hug your sorrow to you through the years
But start out bravely with a gallant smile;
And for my sake and in my name
live on and do all things the same.

Feed not your loneliness on empty days,
But fill each waking hour in useful ways,
Reach out your hand in comfort and in cheer
And I in turn will comfort you and hold you near;
And never, never be afraid to die,
For I am waiting for you in the sky!

What Will Matter

- Michael Josephson -

Ready or not,
some day it will all come to an end.
There will be no more sunrises,
no minutes, hours or days.
All the things you collected,
whether treasured or forgotten,
will pass to someone else.
Your wealth, fame and temporal power
will shrivel to irrelevance.
It will not matter what you owned
or what you were owed.

Your grudges, resentments, frustrations and jealousies will finally disappear.

So too, your hopes, ambitions, plans and to-do lists will expire.

The wins and losses that once seemed so important will fade away.

It won't matter where you came from or what side of the tracks you lived on at the end.

It won't matter whether you were beautiful

or brilliant.

Even your gender and skin colour will be irrelevant.

So what will matter? How will the value of your days be measured?

What will matter is not what you bought
but what you built,
not what you got but what you gave.
What will matter is not your success
but your significance.
What will matter is not what you learned
but what you taught.

What will matter is every act of integrity, compassion, courage or sacrifice that enriched, empowered or encouraged others to emulate your example.

What will matter is not your competence

but your character.

What will matter is not how many people you knew, but how many will feel a lasting loss when you're gone.

What will matter is not your memories but the memories of those who loved you.

What will matter is how long you will be remembered, by whom and for what.

Living a life that matters doesn't happen by accident.

It's not a matter of circumstance but of choice.

Choose to live a life that matters!

When Tomorrow Starts Without Me

- Author Unknown -

When tomorrow starts without me and I'm not there to see;
If the sun should rise and find your eyes all filled with tears for me.
I wish so much you wouldn't cry the way you did today
While thinking of the many things we didn't get to say.

I know how much you love me
as much as I love you
And each time that you think of me,
I know you'll miss me too.
But when tomorrow starts without me
please try to understand,
That an angel came and called my name
and took me by the hand.

She said my place was ready in heaven far above;
And that I'd have to leave behind, all those I dearly love.
So when tomorrow starts without me, don't think we're far apart
For every time you think of me, I'm right here in your heart.

You Meant So Much

- Cassie Mitchell -

You meant so much to all of us You were special and that's no lie You brightened up the darkest day And the cloudiest sky.

Your smile alone warmed hearts
Your laugh was like music to hear
I would give absolutely anything
To have you well and standing near.

Not a second passes
When you're not on our mind
Your love we will never forget
The hurt will ease in time.

Many tears I have seen and cried They have all poured out like rain But I know that you are happy now And no longer in any pain.

Finding You in Beauty

- Walter Rinder -

The rays of light filtered through The sentinels of trees this morning. I sat in the garden and contemplated. The serenity and beauty Of my feelings and surroundings Completely captivated me. I thought of you. I discovered you tucked away In the shadows of the trees. Then, rediscovered you In the smiles of the flowers As the sun penetrated their petals In the rhythm of the leaves Falling in the garden In the freedom of the birds As they fly searching as you do. I'm very happy to have found you, Now you will never leave me For I will always find you in the beauty of life.

Our Lives Go On Without You

- Author Unknown -

Our lives go on without you
But nothing is the same
We have to hide our heartache
When someone speaks your name.

Sad are the hearts that love you Silents are the tears that fall Living without you Is the hardest part of all.

You did so many things for us Your heart was so kind and true And when we needed someone We could always count on you.

The special years will not return
When we are all together
But with the love that's in our hearts
You walk with us forever.

Where Do They Go To?

- Author Unknown -

Where do they go to, the people who leave? Are they around us, in the cool evening breeze? Do they still hear us, and watch us each day? I'd like you to think of them with us that way.

Where do they go to, when no longer here? I think that they stay with us, calming our fear. Loving us always, holding our hands Walking beside us, on grass or on sand.

Where do they go to?
Well it's my belief
They watch us and help us
to cope with our grief.
They comfort and stay with us,
through each of our days.
Guiding us always
through life's mortal maze.

As Parting Goes

- James Whitcomb Riley -

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."

When Great Trees Fall

by Maya Angelo

When great trees fall, rocks on distant hills shudder, lions hunker down in tall grasses, and even elephants lumber after safety.

When great trees fall in forests, small things recoil into silence, their senses eroded beyond fear.

When great souls die,
the air around us becomes light, rare, sterile.
We breathe, briefly.
Our eyes, briefly, see with a hurtful clarity.
Our memory, suddenly sharpened,
examines, gnaws on kind words unsaid,
promised walks never taken.

Great souls die and our reality, bound to them, takes leave of us.

Our souls, dependent upon their nurture, now shrink, wizened.

Our minds, formed and informed by their radiance, fall away.

We are not so much maddened, as reduced to the unutterable ignorance of dark, cold caves.

And when great souls die,
after a period peace blooms,
slowly and always irregularly.
Spaces fill with a kind of soothing electric vibration.
Our senses, restored, never to be the same, whispers to us.
They existed... They existed...
We can be. Be and be better.
For they existed.

A Gardener's Last Wish

- Joyce Fothergill -

Don't carry me off in a brass handled coffin With a wreath on my chest, I won't be at rest.

There's nothing much worse than a ride in a hearse To a hole in the ground with just strangers around.

No! Bury me deep in the compost heap Or pop me right under a nice floribunda.

Its really much wiser to be come fertiliser Then I can grow roses as I decomposes.

The Fisherman's Prayer

I pray that I may live to fish...

Until my dying day.

And when it comes to

my last cast,

I then most humbly pray:

When in the Lord's

great landing net

And peacefully asleep

That in His mercy I be judged

Big enough to keep.

Prayer of Passing

- Anara Solray -

Know that everything you do and everything you have done has been a contribution to The Whole.

Bless-ed be who you are.

When the time comes for your Eternal Spirit to leave this Earthly body ...
Your wings will unfurl, the breath of the wind will uplift you,
and you will be born anew without effort.
For where you are going there is no pain,
no fear, no heartache.
There is only love.

You will breathe one last breath while your spirit occupies your physical body, and with the next in-breath you will breathe a breath of great Light.

You will feel more love than you have known for a long, long time.

For you are going Home.

In the turning of the seasons, the love within your heart, the love of your being has expanded into fullness and now settles in peace to rest.

In the dawn of ages, your spirit has celebrated your essence which, once again, is to be made new.

In the flowing of the rivers, know beyond a doubt of doubts the truth that your spirit is truly one with the Divine Whole.

One Heart ... One Mind ... One Spirit ... One.

You are the blessing. You are the peace. You are the love.
You are the Light within the holiness.
You are the Flight within the freedom.
You are the Essence in the centre of the blossom.
This is who you are, and much, much more.
Much, much more.

On Death

- Kahil Gibran -

You would know the secret of death.

But how shall you find it unless you seek it in the heart of life?

The owl whose night-bound eyes are blind unto the day cannot unveil the mystery of light.

If you would indeed behold the spirit of death, open your heart wide unto the body of life.

For life and death are one, even as the river and the sea are one.

In the depth of your hopes and desires
lies your silent knowledge of the beyond;
And like seeds dreaming beneath the snow, your heart dreams of spring.
Trust the dreams, for in them is hidden the gate to eternity.
Your fear of death is but the trembling of the shepherd
when he stands before the king whose hand is to be laid upon him in honour.
Is the shepherd not joyful beneath his trembling,
that he shall wear the mark of the king?
Yet is he not more mindful of his trembling?

For what is it to die but to stand naked in the wind and to melt into the sun?

And what is it to cease breathing, but to free the breath from its restless tides, that it may rise and expand and seek God unencumbered?

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.

On Joy and Sorrow

- Kahil Gibran -

Then a woman said,
Speak to us of Joy and Sorrow.
And he answered:
Your joy is your sorrow unmasked.

And the selfsame well from which your laughter rises was often times filled with your tears.

And how else can it be?

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?

And is not the lute that soothes your spirit,

the very wood that was hollowed with knives?

When you are joyous, look deep into your heart and you shall find it is only that which has given you sorrow that is giving you joy.

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.

Some of you say "Joy is greater than sorrow," and others say "Nay, sorrow is the greater."

But I say unto you, they are inseparable.

Together they come, and when one sits alone with you at your board, remember that the other is asleep upon your bed.

Verily you are suspended like scales between your sorrow and your joy.
Only when you are empty are you at standstill and balanced.
When the treasure-keeper lifts you to weigh his gold and his silver, needs must your joy or your sorrow rise or fall.

God's Garden

- Author Unknown -

God looked around his garden And he found an empty place He then looked down upon the earth And saw your tired face

He put his arms around you And lifted you to rest God's garden must be beautiful As he only takes the best.

He knew that you were suffering He knew you were in pain He knew you'd never, ever Get well on earth again.

He saw the road was getting rough And the hills were hard to climb So he closed your weary eyelids And whispered "Peace be thine."

It broke our hearts to lose you But you didn't go alone For part of us went with you The day God called you home.

He Only Takes The Best

- Therese Pearman -

God saw you getting tired, And a cure was not to be. So he put his arms around you, And whispered "Come to me".

With tearful eyes we watched you, And saw you pass away. Although we loved you dearly, We could not make you stay.

A golden heart stopped beating, Hard working hands to rest. God broke our hearts to prove to us, He only takes the best.

A Place To Rest

- Author Unknown -

God looked down on your body,
So tired from hanging on,
From a life that was overwhelming you,
And wanted back His son.
So he took away the air you breathe,
And gave you what was best,
A place to be at peace,
A final place to rest.

A Lifetime Wish

- Author Unknown -

If I could have a lifetime wish, A dream that would come true, I'd pray to God with all my heart for yesterday and you.

A thousand words can't bring you back; I know because I've tried. And neither will a million tears, I know because I've cried.

You left behind my broken heart, And happy memories too. I never wanted memories, I only wanted you."

In Our Hearts

- Author Unknown -

We thought of you with love today
But that is nothing new
We thought about you yesterday
And days before that too

We think of you in silence
We often speak your name
Now all we have are memories
And your picture in a frame

Your memory is our keepsake With which we'll never part God has you in his keeping We have you in our hearts.

I Only Wanted You

- Author Unknown -

They say memories are golden well maybe that is true.
I never wanted memories
I only wanted you

A million times we needed you, a million times we've cried. If love alone could 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 no one could ever fill.

If tears could build a stairway and heartache make a lane, I'd walk the path to heaven and bring you back again.

Our family chain is broken, and nothing seems the same. But as God calls us one by one, the chain will link again.

A Grief Blessing

May the sun bring you new energy by 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 one with you always,

Knowing that you are never parted in the beating of your heart.

Life Is a Journey

- Rabbi Alvin Fine -

Birth is a beginning And death a destination And life is a journey: From childhood to maturity And youth to age; From innocence to awareness And ignorance to knowing: From foolishness to discretion And then perhaps to wisdom. From weakness to strength or From strength to weakness And often back again; From health to sickness, And we pray to health again. From offence to forgiveness, From loneliness to love, From joy to gratitude, From pain to compassion, From grief to understanding, From fear to faith. From defeat to defeat to defeat Until, not looking backwards or ahead, We see that victory lies not At some high point along the way But in having made the journey Step by step, A sacred pilgrimage. Birth is a beginning And death a destination And life is a journey.

Death Is Not the End

- Peter Tatchell -

Death is not the end
But the beginning of a metamorphosis.
For matter is never destroyed
Only transformed
And rearranged –
Often more perfectly.
Witness how in the moment of a caterpillar's death
The beauty of the butterfly is born
And released from the prison of the cocoon
It flies free.

The Dash

- Linda Ellis -

I read of a man who stood to speak at the funeral of a friend. He referred to the dates on the tombstone from the beginning - to the end.

He noted that first came the date of birth and spoke of the second with tears But he said what mattered most of all, was the dash between those years.

For the dash represents all the time that he/she spent alive on earth And now only those who loved him/her, know what that little line is worth.

For it matters not, how much we own; the cars, the house, the cash. What matters is how we live and loved when we're living out our dash.

If we could just slow down enough to consider what's true and what is real And always try to understand the way other people feel.

And be less quick to anger and show appreciation more And love the people in our lives like we've never loved before.

If we treat each other with respect and more often wear a smile Remember that this special dash might only last a while.

So when you're eulogy's being read with your life's action to rehash Will you be pleased with what there's to say About how you spent your dash?

Not, How Did He Die? But How Did He Live?

- Author Unknown -

Not how did he die, but how did he live? Not what did he gain, but what did he give?

These are the units to measure the worth Of a man as man, regardless of birth.

Not what was his church, nor what was his creed? But had he befriended those really in need?

Was he ever ready, with word of good cheer. To bring back a smile, to banish a tear?

Not what did the sketch in the newspaper say, But how many were sorry when he passed away.