***Some reflections and prayer in time of mourning***

***Each occasion we glimpse them - Source unknown***

Each occasion we glimpse her,

that turn of a head, that smile,

the way he walked, his sense of humour,

each time the pain we feel in our hearts.

In time, though,

through the windows of our tears

we will see them

and smile.

In time

we will let go of sorrow.

In time

beauty, music and remembered places

will bring solace not pain.

In your time,

God of all time,

may what we have sown in pain

be reaped in joy.

***We seem to give them back to you God - Fr Bede Jarrett O.P.***

We seem to give them back to you God,

Who gave them to us.

Yet as you not lose them in the giving,

So we do not lose them by their return.

Not as the world gives, do you give, O lover of souls.

What you give, you do not take away

For what is yours is ours if we are yours.

And life is eternal and love is immortal,

and death is only an horizon,

and an horizon is nothing save the limit of our sights.

Lift us up, strong Son of God, that we may see further;

cleanse our eyes that we may see more clearly:

draw us closer to yourself

that we may know ourselves to be nearer to our loved ones

who are with you.

And while you do prepare a place for us,

prepare us also for that happy place,

that where you are, we may also be for evermore. Amen

***Prayer of the Bereaved – Source Unknown***

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.

***Prayer of the Bereaved – Source Unknown***

Dearest Jesus,

who wept at the death of your friend

and taught that they who mourn

shall be comforted,

grant us the comfort of your presence

in our loss.

Send Your Holy Spirit to direct us

lest we make hasty or foolish decisions.

Send Your Spirit to give us courage

lest through fear we recoil from living.

Send Your Spirit to bring us your peace

lest bitterness, false guilt, or regret

take root in our hearts.

The Lord has given.

The Lord has taken away.

Blessed be the name of the Lord. Amen.

***Beyond life’s struggle now – Patrick Sayles***

How the season change,

how certain it is that summer gives way to autumn,

and the falling of the leaves and the passing of so many things,

and the tears of one who grieves.

Yet winter gives way to spring,

new hope and life after suffering.

Lord, so it is,

and as certain too the promise of new life in you

after life’s woes and pains.

For our loved ones gone

no more strains and suffering now,

beyond life’s struggle

there awaits the joy of your embrace.

Thank you, Lord. Amen.