

Reflection

Nothing ever really dies, that is not born anew.

The miracles of nature, all tell us this is true.

The flowers sleeping peacefully beneath winter's snow,
awaken to the sunshine's warmth, when spring winds start to blow.

And all around on every side, new life and joy appear,
to tell us nothing ever dies and we should have no fear.

For death is just a detour, along life's winding way,
that leads God's chosen children to a bright and glorious day.

Farewell my Friend

It was beautiful as long as it lasted. The journey of my life, I have no regrets whatsoever save the pain I leave behind. Those dear hearts who love and care and the strings pulling at the heart and soul. The strong arms that held me up when my own strength let me down. At every turning of my life, I came across good friends, friends who stood by me even when time raced me by. Farewell, farewell my friends, I smile and bid you goodbye. No, shed no tears for me, I need them not. All I need is your smile. If you feel sad, do think of me, for that's what I'll like. When you live in the hearts of those you love, remember then – you never die.

Reflection

Whatever your cross, whatever your pain, there will always be sunshine after the rain. Perhaps you may stumble, perhaps even fall, but God's always ready, to answer your call. He knows every heartache, he sees every tear, a word from His lips, can calm every fear. Your sorrows may linger throughout the night, but suddenly vanish in dawns early light. The Saviour is waiting, somewhere above, to give you his grace, and send you his love. Whatever your cross, whatever your pain, God always sends rainbows, after the rain!!!

All is Well

Death is nothing at all; I have only slipped away 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 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 it was. Let it be spoken without effect, without the ghost of a shadow on it.

Life means all that it ever meant. It is the same as it ever was; there is absolutely unbroken continuity.

What is this death but a negligible accident; 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.

On the Death of the Beloved

Though we need to weep your loss, you now dwell in that safe place in our hearts where no storm or night or pain can reach you. Though your days here were brief, your spirit was alive, awake, complete. Let us not look for you only in memory, where we would feel lonely without you. You would want us to find you in presence. May you continue to inspire us: to enter each day with a generous heart. To serve the call of courage and love until we see your face once again in that land where there is no more separation, where all tears will be wiped from our mind, and where we will never lose you again.

John O'Donoghue

Reflection

Don't grieve for me, for now I'm free,
I'm following the path God laid for me.
I took his hand when I heard him call,
I turned my back and left it all.
I could not stay another day,
to laugh, to love, to work or play.
I found that peace at close of day.
If my parting has left a void,
Then fill it with remembered joy.
A friendship shared, a laugh, a kiss,
ah yes, these things, I too will miss.
Be not burdened with times of sorrow.
My life's been full: I've savoured much.
Good friends, good times, a loved ones touch.
Perhaps my time seemed all too brief,
don't lengthen it with undue grief.
Lift up your hearts and share with me,
God wanted me now, He has set me free.

Reflection

You can shed tears that _____ has gone, or you can smile because they lived.
You can close your eyes and pray that he/she will come back,
Or you can open your eyes and see all that he/she has left.
Your heart can be empty because you cannot see him/her,
Or you can be full of the love that you shared with him/her.
You can turn your back on tomorrow and live yesterday,
Or you can be happy for tomorrow because of yesterday.
You can remember him/her and only that he/she has gone,
Or you can cherish his/her memory and let it live on.
You can cry and close your heart, be empty and turn your back,
Or you can do what he/she would have wanted....
Smile, love, play and go on!!!

Reflection

After the night time comes the dawn,
After the darkness, light,
After the winter comes the spring, bringing new delight.
After the shadow comes the sun, after the storm comes peace,
After the loss and loneliness, tears will surely cease.
After the sadness of the heart, after the hurt and pain,
After the time of emptiness, love will still remain.
After the heartache and despair, strength and hope are born.
After the night time comes the light, after the darkness – dawn.

“I am the resurrection and the life, says the Lord.
Anyone who follows me will have the light of life”.

Dying in order to live more fully

I believe in death. I believe that it is part of life. I believe that we were born to die, to die that we may live more fully; born to die a little each day to selfishness, to pretence and to sin. I believe that every time we pass from one stage of life to another, something in us dies and something new is born. I believe we taste death in moments of loneliness and rejection, in moments of sorrow and disappointment, when we are afraid, lose courage and give up, when we see our dreams broken, and every time we say goodbye. I believe too that we are dying before our time when we live in bitterness, in hatred and in isolation. I believe that each day we are creating our own death by the way we live. But to those who believe in Christ, death is a gateway, a gateway to eternal life...

God's Garden

God looked around his garden and 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, he always takes the best. He knew that you were suffering, he knew you were in pain. He knew that you would never get well here 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.

Reflection

Lord, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end, nor do I really know myself. And the fact that I think I am doing your will, does not mean that I am actually doing it. But I believe that the desire to please you, does in fact please you, and I hope that I have that desire. I know that if I do this, you will lead me by the right road, though I may know nothing about it. Therefore, I trust you always. Though I may seem to be lost and in the shadow of death, I will not fear, for you are with me, and you will never leave me to face my perils alone.

Thomas Merton

Footprints

One night a man had a dream. He dreamt that he was walking along a beach with the Lord. Across the sky flashed the scenes of his life. For each scene, he noticed not one but two sets of footprints in the sand. He understood immediately that one belonged to him, and the other to the Lord. But then he noticed a curious thing. At the lowest and saddest times in his life, there was only one set of footprints. This bothered him, so he asked the Lord: "How come that during the most difficult times in my life, the very times when I most needed you, you left me on my own?" Then the Lord replied: "My friend, during your trials and sufferings, when you see only one set of footprints, those footprints are mine. It was then that I carried you".

Reflection

Time is not measure by the years that you live, but by the deeds that you do and the joy that you give. And each day as it comes brings a chance to each one to love till the fullest leaving nothing undone. That would brighten the life or lighten the load of some weary traveller lost on life's road. So what does it matter how long we may live, if as long as we live, we unselfishly give.

A Blessing for Death

I pray that you will have the blessing of being consoled and sure about your own death. May you know in your soul that there is no need to be afraid. When your time comes. May you be given every blessing and shelter that you need. May there be a beautiful welcome for you in the home that you are going to. You are not going somewhere strange. You are going back to the home that you never left. May you have a wonderful urgency to live your life to the full. May you live compassionately and creatively and transfigure everything that is negative within you and about you. When you come to die, may it be after a long life. May you be peaceful and happy and in the presence of those who really care for you. May your going be sheltered and your welcome assured. May your soul smile in the embrace of your anam cara. Amen!

J O'Donoghue

Nobody walks alone

Oft' times when the highway of life seems rough and all your dreams have flown, just remember wherever your road may go, nobody walks alone. When everyone else has let you down, and under your sins, you groan, just keep reminding your burdened heart, nobody walks alone. Then suddenly you'll feel his hand in yours, and his eyes lifting up your own, and you'll hear his gentle, forgiving voice "Nobody walks alone".

Nick Kenny

"May the angels lead you into Paradise
May the choir of angels receive you
May you have Eternal Rest!"