

Gone From My Sight

I am standing upon the seashore.
A ship, at my side, spreads her white
sails to the moving breeze and starts
for the blue ocean.

She is an object of beauty and strength.
I stand and watch her until at length
she hangs like a speck of white cloud
just where the sea and sky come
to mingle with each other.

Then, someone at my side says,
"There, she is gone"

Gone where?

Gone from my sight. That is all.
She is just as large in mast and hull
and spar as she was when she left my
side.

And, she is just as able to bear her load of
living freight to her destined port.
Her diminished size is in me, not in her.

And, just at the moment when someone
says, "There, she is gone,"
there are other eyes watching her coming,
and other voices ready to take up the glad
shout:
"Here she comes!"
And that is dying.

Henry Van Dyke

*What can separate us from the love of
God?*

*I am convinced that neither death, nor
life, nor angels, nor rulers, nor things
present, nor things to come, nor
powers, nor height, nor depth, nor
anything else in all creation, will be able
to separate us from the love of God in
Christ Jesus our Lord. (from Romans
8:38)*

Contact Numbers

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Birmingham Cruse Bereavement Care
0121 687 8010

Cruse Young Peoples Helpline
0808 808 1677

Samaritans 0845 790 9090

Bereavement Advice Centre
0800 634 9494

National Associations of widows
0845838 2261

Compassionate Friends
(for parents who have lost a child)
0845 123 2304

Age Concern Weoley Castle
0121 477 0272

www.stmaryselloak.org.uk

churchofenglandfunerals.org/light-candle

here for you wherever you are



St Mary's Selly Oak

In a time of bereavement

your family will be remembered
in the prayers at church.



The death of someone you love is probably the most painful thing that you will have to cope with. Bereavement can be a frightening and lonely time. Everybody reacts differently to loss and there is no right or wrong way to grieve. This leaflet contains the thoughts and prayers of people who have lost someone dear and there are some helpful contacts on the back.

You may wish to look at our website or the Church of England website to light a candle (details on the back of the sheet).

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Hold my hand, Lord.
Walk me through the loneliness and the valley of my sorrow.
Hold on to me when I am afraid to think about tomorrow.
Let me lean on you, Lord, when I am too weary to go on.
Hold my hand, Lord, through the night until I see the light of dawn.

Amen

When I am dead,
cry for me a little,
think of me sometimes, but not too much.
Think of me now and again as I was in life
at some moments it's pleasant to recall,
but not for long.
Leave me in peace
and while you live
let your thoughts be with the living
An Indian prayer

Do not hurry
as you walk with grief;
it does not help the journey.
Walk slowly,
pausing often:
do not hurry
as you walk with grief.

Be not disturbed
by memories that come unbidden.
Swiftly forgive;
and let Christ speak for you
unspoken words.
Unfinished conversation
will be finished by him.
Be not disturbed.

Be gentle with the one
who walks with grief.
If it is you,
be gentle with yourself.
Swiftly forgive;
walk slowly,
pausing often.

Take time, be gentle
as you walk with grief

Andie Raine

Eternal God, from whom every family in heaven and earth takes its name, we remember today our child whom you lent us to love and is now taken from us. Hold each one in peace today and for ever and, as we offer you our memories of their unfinished lives, bring us at last to rejoice together in that light and love that have no end; through your own child who died and was raised to glory, our saviour Jesus Christ.

Amen

You can shed a tear that she is gone
or you can smile because she has lived.

You can close your eyes and pray that she will come back
or you can open your eyes and see all that she has left.

Your heart can be empty because you can't see her
or you can be full of the love you shared.

You can turn your back on tomorrow
and live yesterday
or you can be happy for tomorrow
because of yesterday.

You can remember her and only that she is gone
or you can cherish her memory and let it live on.

You can cry and close your mind, be empty and turn your back
or you could do what she would want:
smile, open your eyes, love and go on.

David Harkins

