

# BEREAVEMENT SUPPORT

## The Mustard Seed Story

Once upon a time there was a widow whose only son died in a tragic car accident. She was so sad, no one could comfort her. At last she went to the home of the village Holy Man. *'Please use your special powers to bring my son back to me'* she begged. *'You are so close to God, you must be able to persuade him to take away my sadness!'*

The Holy Man felt very sorry for the woman. *'Find a home that has not known any sorrow. Bring me a mustard seed from that place I will then be able to take away your pain.'*

The woman set out in search of the mustard seed, *'I will find a wealthy family'* She found a magnificent mansion and knocked at the door. It was opened by a well-dressed lady. The widow greeted her and said, *'I am looking for a home that has not known any sorrow. I must know if this is such a place.'*

*'You have come to the wrong house.'* replied the woman at the door. She broke down and cried. She invited the widow to enter her home and told her of the sadness that had come to her family. The widow stayed with the rich lady for many days, listening to her sad stories and caring for her.

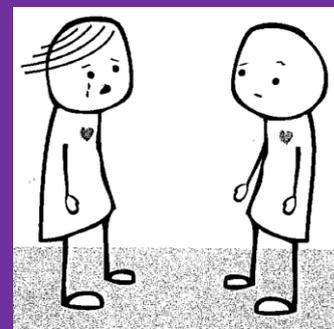
When she left she continued her search for a home that had never known any sorrow. Soon she came to a small house nearby. There her experience was the same. Everywhere she went, to homes rich and poor, she heard stories of sadness and sorrow, and everyone found her to be a caring listener.

After a year of travelling from village to village she became so involved in the sadness of theirs that she forgot about her search for the mustard seed. In helping to relieve the pain of others, her sadness found a place of peace in her own heart. Although we are grieving we have loved and that is a gift.

***'Grief is the price we pay for love'*** (Queen Elizabeth)

*These words –penned by Queen Elizabeth II following the 911 terrorist attacks in the USA – are a reminder that although we are grieving we have loved, and that is a gift.*

*“Life is  
changed not  
ended”*



*If you ask  
around you may  
be surprised  
what others  
have survived  
before you.*

(The Little Book of Loss & Grief)  
<https://lizcrowe.org/books/>

*“Death does not  
end our story...  
Death does not  
end our  
relationships”*