

BEREAVEMENT SUPPORT

This being Human is a Guest House

This being human is a guest house.

Every morning a new arrival.

A joy, a depression, a meanness, some momentary awareness comes as an unexpected visitor.

Welcome and attend them all!

Even if they're a crowd of sorrows, who violently sweep your house empty of its furniture, still, treat each guest honorably.

They may be clearing you out for some new delight.

The dark thought, the shame, the malice, meet them at the door laughing, and invite them in.

Be grateful for whoever comes, because each has been sent as a guide from beyond.

Welcome difficulty.

Learn the alchemy True Human Beings know:

The moment you accept what troubles you've been given, the door opens.

Welcome difficulty as a familiar comrade.

Joke with torment brought by a Friend.

Sorrows are the rags of old clothes and jackets that serve to cover, and then are taken off.

That undressing, and the beautiful naked body underneath, is the sweetness that comes after grief.

(Rumi)

***“Death does not end our story...
Death does not end our relationships...
Life is changed not ended”***



For further information please contact Patricia Thomas, Bereavement Consultant on (02) 9649 6423 or email patriciat@catholiccemeteries.com.au or visit www.catholiccemeteries.com.au



*You didn't die,
you just changed shape,
became invisible
to the naked eye,
became this grief
it's sharpness
more real
than your presence was
before you were separate
to me
entire to yourself
now you are
a part of me
you are inside myself
I call you
by your new name
'Grief...Grief! '
Although I still call you
'Love.'*

~Dónall Dempsey

