



To Mourn Is to Hope

When we grieve, we see death as the result.
When we mourn, we see death as the challenge.

When we grieve, we are confused. We have questions that have no answers.
When we mourn, we show others that life is filled with mystery.
And who knows God's ways?

When we grieve, we are frightened by this new emotion that has left us
unaware.

When we mourn, we encompass our pain and strive to understand it.

When we grieve, we feel the emptiness of the word left unsaid,
When we mourn, we say words of love, appreciation and comfort.

When we grieve, we visualize a smile that won't be delivered.
When we mourn, we deliver the smile first to set a comfortable mood.

When we grieve, we long for a caress we will never feel.
When we mourn, we hug each other to acknowledge that life is fragile,
And we must handle it with care.

When we grieve, we shed tears of anger, defeat, and sadness.
When we mourn, we cry tears that cleanse the soul and refresh the spirit.

When we grieve, we are a survivor of this world.
When we mourn, we are an heir to the next world.

When we grieve, we see a beginning without an end.
When we mourn, we see an end with a new beginning.

From the book
Blessed Are They That Mourn, by Nan Zastrow