

My Creed for Grief

1995 Nan Zastrow

*My heart aches with intense emotion,
Allow me the dignity of grieving in my own way.
Though my grief may be swift or lengthy,
Give me time to accept that God has called him home.
I must find comfort with my loss, on my own.*

*When others leave me to my sorrow,
Be there for me. Don't set limits on my grief.
My profound pain must heal at my pace.
What is right for you, may take longer for me.
Respect this difference and give me space.*

*Let me speak his name. Tell his story.
Though my reflections are suspended in time
They are the healing balm for my pain.
I have reserved a special place in my heart
To lock in the cherished memories of his spirit.*

*Understand my sudden wash of tears,
They are the raindrops of life's adversity
And they create a rainbow of promise within me.
I must remind myself of God's assurance
That at our journeys end, we will meet again.*

*Above all, be patient as I mend.
Each celebration reminds me of other times.
I may need four seasons or more, before I find peace.
Each day brings me closer to triumph over death.
Please let me grieve in my way.*

*When inner acceptance comes, then I will know
That I conquered! There is victory over the grave.
No one can take away my treasured memories,
Or my cherished keepsakes of the living soul
Who once was a part of me. . . and still lives within me.*