

## Walking with Grief

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

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

## He did not say—*Julian of Norwich*

He did not say, 'You shall not be tempest-  
tossed, you shall not be work-weary, you  
shall not be discomfited.' But he said, 'You  
shall not be overcome.' God wants us to heed  
these words so that we shall always be  
strong in trust, both in sorrow and in joy.

## Grief—*Tessa Wilkinson*

Grief is like standing with your back to the  
sea. We never know when the big wave will  
come and knock us over.

## Useful Contacts

**St Andrew's Church Office:** 232255

### Clergy:

The Rev'd James Blandford-Baker [Vicar]  
The Rev'd Paul Butler  
The Rev'd Janet Glover  
The Rev'd John Pelley

### CRUSE

St Luke's Church Centre  
Victoria Road, Cambridge CB4 3DZ  
Tel: 01223 302662

### National Council for One Parent Families

255 Kentish Town Road  
London NW5 2LX Tel: 020 74285400  
[www.oneparentfamilies.org.uk](http://www.oneparentfamilies.org.uk)

### The Samaritans

4 Emmanuel Road, Cambridge CB1 1JW  
Tel: 01223 364455

### Age Concern

County Office  
2 Victoria Street, Chatteris PE16 6AP  
Tel: 01354 686650 (Info line 696677)

*Heavenly Father, our refuge and  
strength in every time of need:  
help and comfort me today.  
Increase my trust in you, dispel my  
fears, revive my hope;  
lift me from the darkness of my grief to  
the light of your presence;  
through Jesus Christ our Lord.  
Amen.*

*Material taken from Creative Ideas for Pastoral Liturgy:  
Jan Brind & Tessa Wilkinson, Canterbury Press, 2008*

# For Those Who Are Grieving...

**St Andrew's Churches  
Histon and Impington**



Bereavement produces many emotions: you may feel shock, numbness, denial, yearning, searching, anxiety, anger, guilt, loneliness, depression, apathy, loss of identity. These are all part of grieving. You may experience some of these feelings, or none of them. Everyone grieves in their own way. To love someone is to risk the pain of parting. Not to have loved is never to have lived. The grief which we now experience is the honouring of our love.



### **Death of a Partner**

From *The Enduring Melody* by Michael Mayne

'Until death us do part.' If, within that closest of friendships, one should die, there is no greater anguish, no more lonely experience, than that of the one flesh being wrenched in two, with no one now to share the intimacies of your life, the private jokes and references. It's the heavy price we pay for loving, and our reason tells us that we would not have it otherwise, so that perhaps in time we may come to see that the grief we have to live with is the final, and most costly, gift we have to offer to the other who has died. But reason is not uppermost in periods of grief'.

### **The End—Tessa Wilkinson**

When an adult dies, it feels like the end of our past. But when a child dies it feel like the end of our future.

***I am the resurrection and the life,' says the Lord. 'Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die.'***

*John 11.25,26*

### **The Christian Hope**

There are a lot of myths around about what Christians believe about 'life after death.' Sometimes people talk as though the ultimate goal of life is to go to heaven when you die but that's not what Christian hope is all about. The Christian understanding is actually of a two stage process after death. The first (you might want to call it 'life after death') is described in the Bible by words like 'rest' and 'sleep.' Rest is a powerful idea, especially when life has been a struggle or a battle against illness; it is good to know that we can rest in the presence of the God who loves us and cares for us.

But the really important Christian hope is in the second part of the story (what one might call 'life after life after death'). This hope is that God will raise us up from rest, we will receive a new body and we will be part of God's renewal of the world and of the whole of creation. We will be able to be part of God's great project of bringing all people together in perfect relationship with Him and with one another, enjoying to the full all that He has wonderfully made.

***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.***

*Romans 8.38,39*

### **Adrift—Tessa Wilkinson**

My anchor has lost its hold  
I am adrift  
My boat is going where it will  
The sails are tattered and torn  
The sea seems enormous and uncharted  
It throws me hither and thither  
Into the deepest, darkest trough of despair  
Then back up again into the darkness  
Will my little craft be overwhelmed?  
As the huge waves of grief engulf it, will it come up again?  
And again and again?  
They say 'time heals...'  
Can my little boat be trimmed out with new sails?  
Can it sail again into a calm harbour and put down its anchor?  
Can the navigation system be mended, so I know where I am going?  
In time, in time...

***Circle me Lord,  
keep comfort near  
and discouragement afar  
bring a sense of your peace within  
and drive turmoil out.***