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| **A time to mourn**  ***You are not alone in this difficult time.***  ***Be assured that we care for you and are thinking of you in your sadness.*** |  |
| **Take time to grieve**  ***May you find peace at the heart***  ***of your mourning.***  ***May the concern of your friends bring comfort in your sadness.***  **Take time to rest**  ***May you find strength in the midst***  ***of your weariness.***  ***May the knowledge of our support help you to be still and rest.***  **Take time to remember**  ***May you find healing in the remembrance***  ***of past times.***  ***May sharing your memories help***  ***to ease your loss.*** | **Take time to hope**  ***May you find hope despite***  ***your pain and sorrow.***  ***May the truth that you are cared for***  ***lighten your spirit.***  **Take time to care for yourself**  ***May you find ways to treat***  ***yourself well.***  ***May these words remind you to be gentle with yourself.***  **In the days ahead be assured**  **that we are here for you**  **and ready to share your burden**  **in whatever way we can*.*** |