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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*.*** |