

Take Your Moment

Take your moment to mourn, but don't spend too much time.
My life was a wonderful celebration.
I am still with you and love you, but now you must seek me in different ways.

Learn to:

See my face in the beauty of the world
and hear my laughter in the giggle of a small child.

Feel my touch in the warmth of the sun,
and my voice in the gentle stirring of the wind,
and most of all, know that I am present to you always
in the quiet strength of our love for each other.

If you feel burdened with the problems of the day,
or fear the uncertainty of the future,
seek me in the wisdom and counsel of family and friends.
If you feel the pain of loneliness or the hurt of separation,
reach out to someone else in need of love,
for that is how you will quiet your sorrow.

And if you seek peace for yourself,
listen quietly to the sound of my voice present in your own heart,
for that is where I am always.

Were not our lives together more joy than sorrow;
more laughter than tears; more forgiveness than separation?
So, too, let this experience of life be turned from grief and sadness
to one of knowing and seeking the loving God within us all.

When you choose to remember our time together,
remember the days of celebration and laughter.
In this way the gift of my life and the power of its love
will continue to echo in the lives of all you touch.