



We didn't say, 'Bye-Bye'

You were there alone
Your hand I couldn't hold
All I could do is cry
We didn't say, bye-bye

My pain spirals deep
Tears fall, I crumble and weep
Cascading despair and grief
Amidst emptiness and disbelief

The crippling pain
Brings forth great strain
My thoughts I find hard to tame
I try not to point and cause blame

No one should be alone
When their final breath is blown
My heart weighs heavy like stone
I feel abandoned and alone

But take great comfort
In GOD who is all-knowing
His love forever bestowing
His peace like a river overflowing

The Master's arms are open wide
Welcoming His loved ones to abide
Even though you were not by their side
In your mourning... His comfort He will provide

Matthew 5:4

“Blessed are those who mourn, for they shall be comforted.”

When words are difficult to express, be encouraged to journal and reflect your feelings in time of bereavement, this has been known has a constructive way to cope with grief.

**Sonia Dougall on behalf of RWS
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