

Poems

POEM 1

I Thought Of You Today

I thought of you with love today but that is nothing new
I thought of you yesterday and days before that too.
I think of you in silence as I often speak your name
All I have are memories and your picture in a frame.
Your memory is my keepsake with which I'll never part
God has you in His keeping; I have you in my heart.

Goodbye is not forever
Goodbye is not the end
It simply means I'll miss you
Until we meet again.

POEM 2

Life Must Go On

Grieve for me, for I would grieve for you.
Then brush away the sorrow and the tears
Life is not over, but begins anew,
with courage you must greet the coming years.
To live forever in the past is wrong;
can only cause you misery and pain.
Dwell not on memories overlong,
with others you must share and care again.
Reach out and comfort those who comfort you;
recall the years, but only for a while.
Nurse not your loneliness; but live again.
Forget not. Remember with a smile.

POEM 3

Feel No Guilt In Laughter

Feel no guilt in laughter,
he'd know how much you care.
Feel no sorrow in a smile
that he is not here to share.
You cannot grieve forever;
he would not want you to.
He'd hope that you could carry on
the way you always do.
So, talk about the good times
and the way you showed you cared,
The days you spent together,
all the happiness you shared.
Let memories surround you,
a word someone may say
Will suddenly recapture a time,
an hour, a day,
That brings him back as clearly
as though he were still here,
And fills you with the feeling
that he is always near.
For if you keep those moments,
you will never be apart
And he will live forever
locked safe within your heart.

POEM 4

Tell Them Now

If you're ever going to love someone,
love them now, while they can know
The sweet and tender feelings
from which true affection flows

Love them now, while they are living,
do not wait until they're gone
and then have it chiselled in marble
sweet words on ice stone

If you ever have tender thoughts
of anyone please tell them now

If you wait until they're sleeping,
never to awaken
there will be death between you both
and they won't hear you then

So if you love someone
even a little bit
let them know it while they're living
so they can treasure it,
for all time to come.

POEM 5

Our Mother's Garden

Our mother kept a garden
 A garden of the heart,
 she planted all the good things
 That gave our life its start.

She turned the garden to sunshine
 And encouraged it to dream
 Fostering and nurturing
 The Seeds of self esteem.

And when the winds and rain came,
 she protected the garden enough,
 But not too much because she knew
 It needs to stand up strong and tough

Her constant good example
 Always taught us right from wrong
 Markers for our pathway
 That will last a lifetime long

We are our mother's garden,
 We are her legacy
 And I hope today
 she feels that love reflected back from us.

POEM 7

Do not stand at my grave and weep

Do not stand at my grave and weep
 I am not there. I do not sleep.
 I am a thousand winds that blow.
 I am the diamond glints on snow.

I am the sunlight of ripened grain,
 I am the gentle Autumn rain,
 I am the shining star at night
 When you wake to the morning light.

My time has come, I am at rest,
 I am the sunset in the West,
 I am the clouds that race above
 Where I watch over those I love.

Do not stand at my grave and cry;
 I am not there, I do not die.
 So hear these words that here I say
 I am the love that guides your way.

POEM 6

Feel no guilt in laughter

"Feel no guilt in laughter
 She'd know how much you care.
 Feel no sorrow in a smile
 That she is not here to share.

You cannot grieve forever;
 She would not want you to.
 She'd hope that you could carry on
 The way you always do.

So, talk about the good times
 And the way you showed you cared,
 The days you spent together,
 All the happiness you shared.

Let memories surround you,
 A word someone may say
 Will suddenly recapture a time,
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That brings her back as clearly
 As though she were still here
 And fills you with the feeling
 That she is always near.

For if you keep those moments,
 You will never be apart
 And she will live forever
 Locked safe within your heart."

POEM 8

She is Gone / He is Gone

You can shed tears that she is gone
or you can smile because she has lived.

You can close your eyes and pray that she'll come back
or you can open your eyes and see all she's left.

Your heart can be empty because you can't see her
or you can be full of the love you shared.

You can turn your back on tomorrow and live yesterday
or you can be happy for tomorrow because of yesterday.

You can remember her and only that she's gone
or you can cherish her memory and let it live on.

You can cry and close your mind,
be empty and turn your back
or you can do what she'd want:
smile, open your eyes, love and go on.

—

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POEM 9

If Roses Grow In Heaven

If Roses Grow In Heaven

If roses grow in Heaven Lord
Please pick a bunch for me.
Place them in my mother's arms
and tell her they are from me.

Tell her I love her and miss her,
and when she turns to smile,
place a kiss upon her cheek,
and hold her for awhile.

Because remembering her is easy,
I do it every day.
But there is an ache within my heart
that will never go away.

POEM 10

After Glow

I'd like the memory of me to be a happy one
I'd like to leave an after glow of smiles when life is done
I'd like to leave an echo whispering softly down the ways
Of happy times and laughing times and bright and sunny
days
I'd like the tears of those who grieve to dry before the sun
And happy memories that I leave to linger on and on . . .

Helen Lowrie Marshall

POEM 11

Grieve Not For Me

A limb has fallen from the family tree.
I keep hearing a voice that says,
"Grieve not for me.
Remember the best times, the laughter, the song.
The good life I lived while I was strong.
Continue my heritage, I'm counting on you.
Keep smiling and surely the sun will shine through.
My mind is at ease, my soul is at rest.
Remembering all, how I truly was blessed.
Continue traditions, no matter how small.
Go on with your life, don't worry about falls
I miss you all dearly, so keep up your chin.
Until the day comes we're together again."

Legacy of Love

A husband,
a father, a pop too,
This is the legacy
we have from you.

You taught us love
and how to fight,
You gave us strength,
you gave us might.

A stronger person
would be hard to find,
And in your heart,
you were always kind.

You fought for us all
in one way or another,
Not just as a husband
not just as a father.

For all of us you
gave your best,
Now the time has come
for you to rest.

—

A wife, a mother,
a grandma too,
This is the legacy
we have from you.

You taught us love
and how to fight,
You gave us strength,
you gave us might.

A stronger person
would be hard to find,
And in your heart,
you were always kind.

You fought for us all
in one way or another,
Not just as a wife
not just as a mother.

For all of us you
gave your best,
Now the time has come
for you to rest.

So go in peace,
you've earned your sleep,
Your love in our hearts,
we'll eternally keep.

Your Mother

Your mother is always with you.
She's the whisper of the leaves as you walk down the
street,
she's the smell of certain foods you remember,
flowers you pick, the fragrance of life itself.
She's the cool hand on your brow when you're not feeling
well, she's your breath in the air on a cold winter's day.
She is the sound of the rain that lulls you to sleep,
the colours of a rainbow, she is Christmas morning.
Your mother lives inside your laughter.
She's the place you came from, your first home,
and she's the map you follow with every step you take.
She's your first love, your first friend, even your first ene-
my,
but nothing on earth can separate you.
Not time, not space...not even death.

SHORT VERSE 14

There is a place in our hearts
that is yours alone,
A piece of our lives
that no one else can own.
The tears in our eyes
we can wipe away,
but our memories of you
will always stay.

SHORT VERSE 15

Beautiful memories woven in gold,
this is the picture we tenderly hold.
Deep in our hearts your
memory is kept,
to love, cherish and never forget.

SHORT VERSE 16

We knew the time was coming,
and soon we'd have to part.
Your weary days are over,
and troubled nights have passed.
We watched you as you suffered
and God knew you'd had enough.
He took you gently from us,
and gave you peace at last.

SHORT VERSE 17

We knew the time was coming,
and soon we'd have to part.
Your weary days are over,
and troubled nights have passed.
We watched you as you suffered
and God knew you'd had enough.
He took you gently from us,
and gave you peace at last.

POEM 18

FOOTPRINTS

One night a man had a dream. He dreamed he was walking along the beach with the Lord. Across the sky flashed scenes from his life. For each scene, he noticed two sets of footprints in the sand: one belonging to him, and the other to the Lord.

When the last scene of his life flashed before him, he looked back at the footprints in the sand. He noticed that many times along the path of his life there was only one set of footprints. He also noticed that it happened at the very lowest and saddest times in his life.

This really bothered him and he questioned the Lord about it. "Lord, you said that once I decided to follow you, you'd walk with me all the way. But I have noticed that during the most troublesome times in my life, there is only one set of footprints. I don't understand why when I needed you most you would leave me."

The Lord replied, "My precious, precious child, I love you and I would never leave you. During your times of trial and suffering, when you see only one set of footprints, it was then that I carried you."

POEM 19

DEATH IS NOTHING AT ALL

I have only slipped away into the next room
I am I and you are you
Whatever we were to each other
That we are still
Call me by my old familiar name
Speak to me in the easy way you always used
Put no difference into your tone
Wear no forced air of solemnity or sorrow
Laugh as we always laughed
At the little jokes, we always enjoyed together
Play, smile, think of me, pray for me
Let my name be ever the household word that it
always was
Let it be spoken without effort
Without the ghost of a shadow in it
Life means all that it ever meant
It is the same as it ever was
There is absolute unbroken continuity
What is death but a negligible accident?
Why should I be out of mind?
Because I am out of sight?
I am waiting for you for an interval
Somewhere very near
Just around the corner
All is well.
Nothing is past; nothing is lost
One brief moment and all will be as it was before
How we shall laugh at the trouble of parting when we
meet again!

~ Canon Henry Scott-Holland, 1847-1918, Canon of St Paul's Cathedral

POEM 20

Remember by Christina Rossetti

Remember me when I am gone away,
Gone far away into the silent land;
When you can no more hold me by the hand,
Nor I half turn to go yet turning stay.
Remember me when no more day by day
You tell me of our future that you plann'd:
Only remember me; you understand
It will be late to counsel then or pray.
Yet if you should forget me for a while
And afterwards remember, do not grieve:
For if the darkness and corruption leave
A vestige of the thoughts that once I had,
Better by far you should forget and smile
Than that you should remember and be sad.

