



A collection of

# Poems & Readings

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“Use these poems and readings as inspiration, along with the flexibility to change, edit and expand to suit ones individual self. The following selection can be used as platform, or kept as they are.”



# Uplifting and Inspiring Words.

1

## Afterglow

I would like the memory of me to be a happy one.  
I'd like to leave an afterglow 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;  
Of happy memories that I leaves when life is done.

2

## Native American Poem

I give you this one thought to keep.  
I am with you still. I do not sleep.  
I am a thousand winds that blow.  
I am the diamond glints on the snow.  
I am the sunlight on ripened grain.  
I am the gentle autumn rain.

When you awaken in the morning's hush,  
I am the swift, uplifting rush  
of quiet birds in circled flight.  
I am the soft stars that shine at night.  
Do not think of me as gone.  
I am with you still in each new dawn.

3

## LOVE CAME FIRST...

You don't move on after loss, but you must move with. You must shake hands with grief, welcome her in, for she lives with you now. Pull her a chair at the table and offer her comfort. She is not the monster you first thought her to be. She is love. And she will walk with you now, stay with you now, peacefully. If you let her.

And on the days when your anger is high, remember why she came, remember who she represents. Remember. Grief came to you my friend because love came first. Love came first.

**Donna Ashworth**

4

### My Mother/Father kept a Garden

My Mother kept a garden.  
A garden of the heart;  
She planted all the good things,  
that gave my life it's start.

She turned me to the sunshine,  
And encouraged me to dream:  
Fostering and nurturing  
the seeds of self-esteem.

And when the winds and rains came,  
She protected me enough;  
But not too much, she knew  
I'd need to stand up strong and tough.

Her constant good example,  
Always taught me right from wrong;  
Markers for my pathway  
to last my whole life long.

I am my Mother's garden,  
I am her legacy.  
And I hope today she feels the love,  
Reflected back from me.

7

### The Star

A light went out on Earth for me  
The day we said goodbye  
And on that day a star was born,  
The brightest in the sky  
Reaching through the darkness  
With its rays of purest white  
Lighting up the Heavens  
As it once lit up my life  
With beams of love to heal  
The broken heart you left behind  
Where always in my memory  
Your lovely star will shine

6

### A Life Well Lived

A life well lived is a precious gift  
Of hope and strength and grace,  
From someone who has made our world  
A brighter, better place.

It's filled with moments, sweet and sad  
With smiles and sometimes tears,  
With friendships formed and good times shared  
And laughter through the years.

A life well lived is a legacy  
Of joy and pride and pleasure,  
A living, lasting memory  
Our grateful hearts will treasure.

5

### Next Door

When you miss me most,  
remember that I have only built a  
house next door. Just a breath  
away. We can whisper through  
the walls & send love notes in the  
shape of stars and sunsets, and  
the way the light glistens on the  
water just so. And although  
things are hard for you right now,  
I am not far away. I may be absent  
in the flesh but my spirit is  
dancing with the heavenly ones.  
We will reach each other again, I  
promise, just not yet. So find  
laughter again, find music and  
purpose and ways to feel alive.

We are only separated by a  
glimmer of time, an interval, so  
take comfort for I have only built  
a house next door.

by Ullie Kay

8

## One At Rest

Think of me as one at rest,  
 for me you should not weep  
 I have no pain no troubled thoughts  
 for I am just asleep  
 The living thinking me that was,  
 is now forever still  
 And life goes on without me now,  
 as time forever will.  
 If your heart is heavy now  
 because I've gone away  
 Dwell not long upon it friend  
 For none of us can stay  
 Those of you who liked me,  
 I sincerely thank you all  
 And those of you who loved me,  
 I thank you most of all.  
 And in my fleeting lifespan,  
 as time went rushing by  
 I found some time to hesitate,  
 to laugh, to love, to cry  
 Matters it now if time began  
 If time will ever cease?  
 I was here, I used it all,  
 and now I am at peace.

9

## Let Me Go

When I come to the end of the road  
 And the sun has set for me  
 I want no rites in a gloom filled room  
 Why cry for a soul set free?  
 Miss me a little, but not for long  
 And not with your head bowed low  
 Remember the love that once we shared  
 Miss me, but let me go.  
 For this is a journey we all must take  
 And each must go alone.  
 It's all part of the master plan  
 A step on the road to home.  
 When you are lonely and sick at heart  
 Go to the friends we know.  
 Laugh at all the things we used to do  
 Miss me, but let me go.

10

## Quilt of Life

What an amazing life,  
 like a beautiful patchwork quilt.  
 With various shades of colours  
 and a variety of designs.

You'll see family, friends, and loved ones,  
 with lots of personalities  
 Some are only whispers,  
 Some a passing breeze.

Some who stay forever,  
 In this life and beyond.  
 You'll see the sad times  
 The soft and quiet hours  
 And yes...

You'll see the miraculous, magical moments  
 The wonderfully loving moments

The most beautiful patches are of all the special  
 people

The happy times

The magic moments...

But, every single one sewn together

To match, blend, highlight, contrast

Every Blessed piece, to make up this...

Wonderful patchwork life of mine.

11

## Family Tree

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

12

## I'm There Inside Your Heart

Right now I'm in a different place  
 And though we seem apart  
 I'm closer than I ever was,  
 I'm there inside your heart.  
 I'm with you when you greet each day  
 And while the sun shines bright  
 I'm there to share the sunsets, too  
 I'm with you every night.  
 I'm with you when the times are good  
 To share a laugh or two,  
 And if a tear should start to fall  
 I'll still be there for you.  
 And when that day arrives  
 That we no longer are apart,  
 I'll smile and hold you close to me,  
 Forever in my heart.

14

## My Journey's Just Begun

Don't think of me as gone away  
 My journey's just begun  
 Life holds so many facets  
 This earth is but one  
 Just think of me as resting  
 From the sorrows and the tears  
 In a place of warmth and comfort  
 Where there are no days and years  
 Think of how I must be wishing  
 That you could know today  
 How nothing but your sadness  
 Can really go away  
 And think of me as living  
 In the hearts of those I touched  
 For nothing loved is ever lost  
 And I know I was loved so much

13

## Always Around

I am the stars, twinkling at night,  
 I am the moon glowing and bright,  
 I am the sunshine rising at dawn, giving you light and keeping you warm.  
 I am the rainfall caressing your cheek sending you rainbows to brighten your week.  
 I am the wind drying your tears, blowing away troubles, smoothing your fears.  
 I am the clouds, so look up to the sky, check out the shapes as i am passing by.  
 I am the butterfly hovering above, that feather the robin bringing you love.  
 I am the song that music you hear sending sweet memories, keeping you near.  
 I am the flower that send out it's scent, I'm still around you, i never went!  
 So, whenever you're feeling lonely or down remember I'm with you,  
 I'm always around.

written by  
 -Mary Jac

## All Is Well

Death is nothing at all,  
 I have only slipped 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 which you always used  
 Put no difference in your tone,  
 Wear no forced air of solemnity or sorrow  
 Laugh as we always laughed at the little jokes we 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 effect, without the trace of shadow on it.  
 Life means all that it ever meant.  
 It is the same as it ever was, there is unbroken continuity.  
 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.

**I carry your heart with me  
 (i carry it in my heart)**

I carry your heart with me (I carry it in my heart)  
 I am never without it (anywhere I go you go, my dear; and whatever is done  
 by only me is your doing, my darling)  
 I fear no fate (for you are my fate, my sweet) I want no world (for beautiful you are  
 my world, my true) and it's you are whatever a moon has always meant  
 and whatever a sun will always sing is you.

Here is the deepest secret nobody knows (here is the root of the root and the bud  
 of the bud and the sky of the sky of a tree called life; which grows higher than soul  
 can hope or mind can hide) and this is the wonder that's keeping the stars apart,

I carry your heart(I carry it in my heart)

**17****Memories in the Heart**

Feel no guilt in laughter, she  
 knows how much you care  
 Feel no sorrow in a smile  
 that she's not here to share.  
 You cannot grieve forever,  
 she would not want you to  
 She'd hope that you can carry on,  
 the way you always do  
 So talk about the good times and  
 the ways 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 her back as clearly as  
 though she were still here  
 And fills you with the feelings  
 that she is always near  
 For if you keep these moments,  
 you will never be apart  
 And she will live forever locked  
 safe within your heart

**18****Legacy of Love**

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

**19****In Memory**

Our lives go on without you  
 But nothing is the same  
 We have to hide our heartache  
 When someone speaks your name  
 Sad are the hearts that love you  
 Silent are the tears that fall  
 Living without you is the hardest  
 part of all  
 You did so many things for us  
 Your heart was so kind and true  
 And when we needed someone  
 We could always count on you  
 The special years will not return  
 When we are all together  
 But with the love in our hearts  
 You walk with us forever.

**20****The Broken Chain**

We little knew the day that  
 God was going to call your name.  
 In life we loved you dearly,  
 In death we do the same.  
 It broke our hearts to lose you  
 But you didn't go alone.  
 For part of us went with you  
 The day God called you home.  
 You left us peaceful memories.  
 Your love is still our guide,  
 And though we cannot see you  
 You are always at our side.

Our family chain is broken  
 and nothing seems the same,  
 but as God calls us one by one  
 the chain will link again.