

HOLD OUT A HAND

'Hold out a Hand' is a Newport-based charity set up to provide support and finance to organisations and charities involved with bereavement. All profits made by the charity go to further its aims - to provide bereavement support

'Hold out a Hand' has two areas of business:

- Providing offices and support to organisations throughout Wales providing bereavement support
- Running commercial businesses such as charity shops and cafes - community-based social enterprises that will meet local needs, be part of the community, and concentrate in particular on assisting the bereaved to donate items belonging to the deceased - often a difficult stage in loss

The charity plays an active role in the community through support of schools and activities for the young - bereavement affects everyone in the community at some stage in their lives and by bringing the subject of loss into the open, together with early involvement with the young in this sensitive area, we hope for major long-term benefits

Hold out a Hand - and help the bereaved

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Hold out a Hand and Help the Bereaved



Hold out a Hand
And Help The Bereaved

May time soften the pain

Until all that remains

Is the warmth of the memories

And the love.....

An Anthology of Poetry received from clients and counsellors

I am about to leave, my last breath does not say goodbye, for my love for you is timeless beyond the touch of death.
I leave my thoughts my laughter, my dreams to you what no thief can steal, the memories of our times together: the tender, loved filled moments, the successes we have shared, the hard times that brought us closer together and the roads we have walked side by side.
I also leave you a solemn promise that after I am home in the bosom of God, I will still be present, whenever and wherever you call on me. My energy will be drawn to you by the magnet of our love. Whenever you are in need, call me - I will come to you, with my arms full of wisdom and light to open your blocked paths, to untangle your knots and to be your avenue to God.
And all I take with me as I leave is your love and the millions of memories of all we have shared. So I truly enter my new life as a millionaire. Fear not or grieve at my departure, you whom I have loved so much, for my roots and yours are forever entwined

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 be 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 leave when my life is done.

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 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 stand at my grave and cry,
I am not there, I did not die.

You can shed tears that she has 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 that 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 for yesterday
Or you can be happy for tomorrow because of yesterday.
You can remember her and only that she has 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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Hold out a Hand and Help the Bereaved

Several months before his death Pilot Officer John Gillespie Magee a 19 year old American composed this immortal sonnet and sent it to his parent

Oh I have slipped the surly bonds of earth
And danced the skies on laughter-silvered wings
Sunward I've climbed and joined the tumbling mirth
Of sun-split clouds and done a hundred things
You have not dreamed of-wheeled and soared and swung High in
the sunlit silence, hovering there,
I've chased the shouting wind along and flung
My eager craft through footless hails of air.
Up, up the long, delirious burning blue
I've topped the wind-swept heights with easy grace
Where never lark, nor eagle flew.
And, while with silent, lifting mind I trod
The high untrespassed sanctity of space,
Put my hand, and touched the face of God.

Some people come into our lives and quickly go,
Some people move our souls to dance.
They awaken us to new understanding with the passing
Whispers of their wisdom.
Some people make the sky more beautiful to gaze upon
They stay in our lives for a while,
leave footprints on our hearts,
And we are never the same.

When I am dead, cry for me a time.
Think of me sometimes, but not too much.
Think of me now and again as I was in life
In some moments it's pleasant to recall, but not for long.
Leave me in peace and I shall leave you in peace,
And while you live, let your thoughts be with the living

Distance takes us far apart and darkens my today,
I have to keep remembering you're just a thought away.
When the world is too confusing and times are hard to bear
I pull your precious meaning your bright spirit from the air
If I sometimes drift into a lonely state of mind
I gather up the memories of days we left behind.
And though you're not beside me, I can tap into my heart
And draw upon the warmth and love, that lives when we're apart
And with these fond reflections, on times when you are near
I sense a little bit of what it's like, to have you hear.

What can I do to stop this and take away the pain?
Of losing someone precious, I may never see again.
Life can feel so empty and although I have to grieve the one I
love is part of me, so he will never really leave.

I know I cannot touch him, but if I listen he will say
I'm here still close beside you; I'm just a thought away.
I can't believe he's left me and though my tears will flow,
The warmth he left will dry my tears, so he will never really go.

I have shared a lifetime with him; he gave me treasures I can
store,
To have missed the chance to love him would have been the
greatest loss of all.
I will think of those moments he left me and then will realize
I can draw on his love forever, so no one really dies.

Though we are dead grieve not for us with tears
Think not of death with sorrowing fears
We are so near that every tear you shed
Touches and tortures us though you might think us dead.
But when you laugh and sing in glad delight
Our souls are lifted upwards by the light.
Laugh and be glad for all that life is giving
And we, though dead will share your joy in living.

The pattern of our lives is formed with tender care
And he who does the weaving works in colours dark and fair
We see old strands of colour as the tapestry unfolds
Not understanding why there must be greys among the gold
But in the master weavers' eye the whole design is clear
For he alone knows why and when the dark threads must appear.
And if we trust his guiding hand then one day we will see
The final picture woven in a perfect tapestry.

There's a time for remembering a time to recall
The trails and the triumphs the fears and the falls.
There's a time to be grateful for moments to be bless
The jewels of our memory where love is our guest.
There is gold that is gleaming in past we once knew
In our tears and our laughter t'was love brought us thru
There's a road we have traveled where sunlight has kissed
That carries us onwards when loved ones are missed

We bless ourselves with love; we bless one another with strength.
We bless our world with joy.
Let us go forward now on our journey
May we rejoice in all that we have
Let us acknowledge all that we have loved and lost
And yet remain open in trust and faithfulness
To all that is to come.

If I should go before the rest of you
Break not a flower or inscribe a stone
Nor when I'm gone, speak in a Sunday voice
But be usual selves that I have know
Weep if you must parting is hell
But life goes on, so sing as well

Leaf by leaf tumble and fall,
All my haggard hurts.
Like an oak tree ever so slowly letting go,
So the heartache of my heart.
There goes a bit of sadness
Now a leaf of anger flies.
Then it's dropping of self pity,
The leaf of forgiveness takes forever to fall;
Almost as long as no-trusting.
Leaf by leaf they fall from the heart,
Like a tree in its own time.
Old wounds don't heal quickly they drop in despairing slowness
Never looking at the clock.
It seems a forever process this healing of the heart,
And I am none too patient,
But quiet day finally comes when the tree with no leaves
Is decidedly ready for the new.
And in my waiting heart, the branch with no leaves have a hint of
green.

Hold fast to your memories
To all of the cherished moments of the past,
To the blessings and the laughter
The joys and the celebrations
The sorrow and the tears of fond yesterdays
That we shared and spent together.
And they keep the one you loved close to you in spirit
And thought
The special moments and memories in your life will never
change
They will always be in your heart today and forever.

Life is precious, Life and death are connected
By vulnerability.
The new born child and the dying elder remind us
Of the precious gift of Life.

The terminus is not where we stay,
It is the beginning of a new journey.
It is where we reach beyond
Where we experience new adventures
It is where we get off to enter new territory.
To explore new horizons
To extend our whole being
It is a place touching the future
It opens up new vistas
It is the gateway to eternity

Words are quite inadequate when death's dark shadows fall
Yet, please know the one you've lost
Is not far away at all
For, with certainty the human soul can never really die
And they'll be beside you always as the years go by

Yet do not try to hide the grief that you now truly feel.
For with every tear that falls your heart will start to heal.
May these words bring you comfort
And help you realize that when life on earth is over
No one really dies.

So please know that thoughts are with you
Throughout this time of pain
And when your grief is lessened
May you find the joy in life again.

When I leave you for a little while,
Please do not grieve and shed wild tears
And hug your sorrows to you through the years
But start out bravely with a gallant smile
And for my sake and in my name
Live on and do things the same
Feed not your loneliness on empty days
But fill each waking hour in useful ways
Reach out your hand in comfort and cheer,
And I in turn will comfort you and hold you near
And never, never be afraid to die
For I am waiting for you in the sky.

Grieve not my love when I depart
Have no regret or bitter tears
Just keep a place within your heart
Remembering all the happy years.
The time we shared both good and bad
Oh how the years so quickly passed
So much undone we meant to do
But time forever does not last
With death a love like ours lives on
Will overcome all other fears
So when God calls and I am gone
Be glad we shared such happy years.

Perhaps, if we could see the splendour of the land
To which our loved ones are called from you and me
We'd understand.
Perhaps if we could hear the welcome they receives all
So dear we would not grieve.
Perhaps, if we could know the reason why they went
We'd smile and wipe away the tears that flow
And we'd be content.

Slowly we learn about the importance of powerlessness
We experience it in our own lives and live with it in our days
The secret of it is not to be afraid of it, not to run away
The dead know that we are not God
All they ask it that we do not desert them.
Remember me not with sorrow for such was not my way
Remember me not with tears for we all must die some day
Think only that I loved you of the good times that we knew
And a sunny summer morning
When we promised to be true

And remember I died a soldier
For the sake of the folk back home
Remember I died in battle
For those who I called my own
I died for the love of freedom
For a world I never knew
And the hopes of the summer morning the hopes that I shared with
you

So remember me not with sadness
But let me belong to the past
And leave me here alone now
For I found what I sought at last.

Be still my soul, the hour is hastening on

When we shall be forever with the Lord

Where disappointment, grief and tears are gone

Sorrows forgotten; loves pure joy restored.

Be still my soul, when pain and fear are past,

All safe and blessed we shall meet at last

I'll lend you for a little while a child of mine God said
For you to love the while he lives,
And mourn for when he's dead.
It may be one day, or seven years
Or twenty-two or three,
But will you, till I call him back
Take care of him for me?
He'll bring his charms to gladden you,
And should his stay be brief,
You'll have his special memories
To help you in your grief.

I cannot promise he will stay
Since all from earth returns,
But there are lessons taught below
I want this child to learn.
I've looked this whole world over
In search for teachers true.
And from the folk that crowd life's lanes, I have chosen you
Now will you give him all your love,
And not think the labour vain,
And please don't hate me when I come
And take this lent child home again.

I thought that I heard them say
Dear Lord They will be done
For all the joys thy child shall bring
The risk of grief we'll run
We'll shelter him with tenderness
We'll love him while we may
And for the happiness we've known
Will forever grateful stay.
But should it be that he is called
Much sooner than we planned
We'll brave the bitter grief that comes and try to understand