Feast of All Souls
2nd November, 2019
Joe Daly  Paddy Daly  Kathleen Downes  Benny Duffy
Michael Duggan  Monica Elliott  Mary Finlay  Frank Fitzpatrick
Una Flaherty  Eleanor Ford  William Freney  Eileen Gannon
Patricia Garrihy  Ned Gaynor  Pauline Gibbons  Mike Gilligan
I Thank You God that I have lived

In this great world and known its many joys

The song of birds, the strong, sweet scent of hay

And cooling breezes in the secret dusk.

The flaming sunsets at the close of day

Hills, and the lonely heather covered moors

Music at night, and moonlight on the sea

The beat of waves upon the rocky shore.

And wild, white spray, flung high in ecstasy,

The faithful eyes of dogs, and treasured books.

The love of kin and fellowship of friends

And all that makes life dear and beautiful.

I thank you too, that there has come to me

A little sorrow, and sometimes, defeat

A little sorrow and the loneliness

That comes from parting, and the word ‘Goodbye’

Dawn breaking after weary hours of pain

When I discovered that night’s gloom must yield

And morning light break through to me again

Because of these and other blessings poured

Unmasked upon my wondering head,

Because I know that there is yet to come

An even richer and more glorious life,

And most of all, because your only Son

Once sacrificed life’s loveliness for me

I thank you God, that I have lived.
They are not gone from us
But gone before us
Suggestions for people who have been Bereaved

• Know you can survive. You may not think so, but you can.
• Struggle with “why” it happened until you no longer need to know “why” or until you are satisfied with partial answers.
• Know that you may feel overwhelmed by the intensity of your feelings but all your feelings are normal.
• Anger, guilt, confusion and forgetfulness are common responses. You are not crazy; you are in mourning.
• Be aware you may feel appropriate anger at the person, at the world, at God, at yourself. Its OK to express it.
• You may feel guilty for what you think you did or did not do. Guilt can turn into regret through forgiveness.
• Having suicidal thoughts is common. It does not mean that you will act on these feelings.
• Remember to take one moment or one day at a time.
• Find a good listener with whom to share. Call someone if you need to talk.
• Don’t be afraid to cry. Tears are healing.
• Give yourself time to heal.
• Try to put off major decisions.
• Expect setbacks. Emotions can return like a tidal wave but you may only be experiencing a remnant of grief, or an unfinished piece.
• Give yourself permission to get professional help.
• Be aware of the pain of family and friends.
• Be patient with yourself and with others who may not understand.
• Set your own limits and learn to say no.
• Steer clear of people who want to tell you what or how to feel.
• Knowing that there are groups that can be helpful such as the Samaritans. Freephone number is 116 123, day and night.
• Call on your personal faith to help you through.
• It is common to experience physical reactions to your grief e.g. headaches, loss of appetite, inability to sleep.
• The willingness to laugh with others and at yourself is healing.
• Wear out your questions, anger, guilt or other feelings until you can let them go. Letting go doesn’t mean forgetting.
• Know that you will never be the same again, but you can survive and even go beyond just surviving.
• Be kind and gentle with yourself.

Ennis Parish Bereavement Group
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