

'The Life That I Have'
by Leo Marks

The life that I have
Is all that I have
And the life that I have
Is yours.

The love that I have
Of the life that I have
Is yours and yours and
yours.

A sleep I shall have
A rest I shall have
Yet death will be but a
Pause.

For the peace of my years
In the long green grass
Will be yours and yours
And yours.

Branching Out



with Love



Welcome to the

**Bereaved
Friends
Group**

**It's never the end of the
story**



When I must leave you
by Helen Steiner Rice

When I must leave you for a
little while
please do not grieve and
shed wild tears
and hug your sorrow 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 all 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.

BEREAVED FRIENDS GROUP

As the name suggests, this is a
friendly group, that meets once a
month, on the **fourth Thursday of
each month at 2.30pm**, at
Southcot, 87 Brent Street, Brent
Knoll TA9 4EQ.

What we all have in common is the
loss of a loved one, be it a family
member or a close friend, whose
passing has left a great gap in our
lives.

We recognise that, whether the loss
was recent or some time ago,
bereavement is a traumatic
experience, and it can take time
and support from others for
recovery to begin.

The Bereaved Friends Group can
help provide this support. You are
most welcome to contact us to find
out more and hopefully feel
encouraged to come along.

The group provides a safe and
informal environment, where
confidences can be shared, safe in
the knowledge that they will go no
further.

We also like to spoil ourselves with
tea and delicious cakes!

There is no membership fee or
registration involved. New people
are always welcome.

For more information, please
telephone the group coordinators.

Margaret Smith 01278 760691
Gwen Hatton 01934 750416

