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*A Time to Grieve*

*Between grief and nothing I will take grief.*

**William Faulkner**



## *So like fear*

What's wrong with the world, to make it so flat, shabby, worn-out looking? [...] No one told me that grief felt so like fear. I am not afraid, but the sensation is like being afraid. The same fluttering in the stomach, the same restlessness... At other times it feels like being mildly drunk, or concussed. There is a sort of invisible blanket between the world and me.

**C. S. Lewis**



## *Escaping grief*

Only the unloved  
and unloving  
escape grief.

**Claire Rayner**



## *A time for everything*

*There is a time for everything,  
and a season for every activity under  
heaven:  
a time to be born and a time to die,  
a time to plant and a time to uproot,  
a time to kill and a time to heal,  
a time to tear down and a time to build,  
a time to weep and a time to laugh,  
a time to mourn and a time to dance,*

*a time to scatter stones and a time to  
gather them,  
a time to embrace and a time to refrain,  
a time to search and a time to give up,  
a time to keep and a time to throw away,  
a time to tear and a time to mend,  
a time to be silent and a time to speak,  
a time to love and a time to hate,  
a time for war and a time for peace.*

**Ecclesiastes 3:1–8**



## Why?

Why should a dog, a horse,  
a rat have life,  
And thou no breath at all?

Shakespeare, *King Lear*, V.3



## Give us strength

Support us, Lord, when we are silent through grief!  
Comfort us when we are bent down with sorrow!  
Help us as we bear the weight of our loss! Lord, our  
Rock and our Redeemer, give us strength!

Jewish prayer