

**'The Life That I Have'**  
**by Leo Marks**

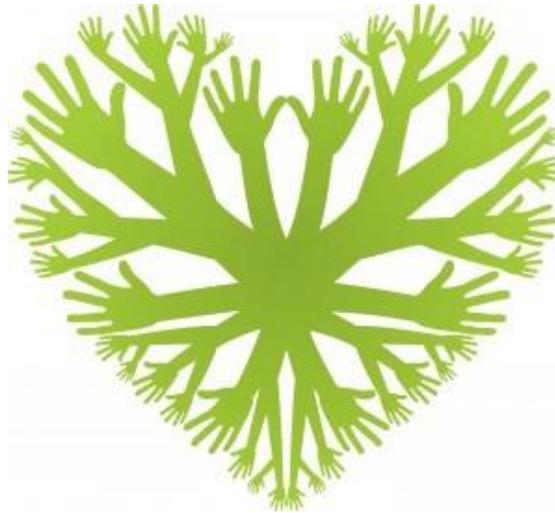
The life that I have  
Is all that I have  
And the life that I have  
Is yours.

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

