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***From the Northumbrian Community  
Celtic Prayer Book:***

Do not hurry  
as you walk with grief;  
it does not help the journey.

Walk slowly,  
pausing often:  
do not hurry as you walk with grief.

Be not disturbed  
by memories that come unbidden.  
Swiftly forgive;  
and let Christ speak for you  
unspoken words.  
Unfinished conversations  
will be resolved in Him.  
Be not disturbed.

Be gentle with the one  
who walks with grief.

If it is you,  
be gentle with yourself.  
Swiftly forgive,  
walk slowly,  
pausing often.

Take time,  
be gentle,  
as you walk with grief.

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