

## **Grief Poem**

**Contributed by Chaplin Robert Orr - Kindred Hospice**

**“Grief is the last act of love we give to our loved one.**

**Where there is deep grief there is great love. Grief is a great rite of passage, it is a hero’s journey of courage, of sacred battles, sorrow, love, joy and loss.**

**Through the darkness of grief we can see the light of love which transcends death. And with the pain can come gratitude for the gift of time we had, the love that was shared and the power to become a better person because they loved us.”**