

A Celtic Blessing for the Bereaved

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 unspoken words, unfinished
conversations be resolved in your memories.

Be not disturbed.

Be gentle with the one who walks with grief

It is you, be gentle with yourself

Swiftly forgive, and walk slowly.

Pause often

Be gentle as you walk with grief