

# *Final Journey*

*A memoir journal to bring comfort through  
the loss of your loved one*



*Look back. Remember. Treasure forever...*

*Sabina Mason*

An ornate gold border with intricate scrollwork and floral patterns, framing the central text. The border is composed of four corner pieces and four side pieces, all rendered in a metallic gold color.

*Picture to go here*

# *Introduction*

This memoir Journal is created as a keep sake during these very difficult times. When a loved one passes away there is a natural overwhelming feeling of grief, loneliness and emptiness. Some of us would rather fade away. There is a sense that life has put you on hold, but for how long ...

This interactive journal has been delicately put together, it describes your loved ones final journey and gently guides you through reflecting on your memories, emotions, intentions, and energy.

Experience has taught us there are a few things most people want at the end of life:

- To be remembered
- To pass down their life experiences and beliefs
- To know that their life mattered

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.







# *Crossing Over*

Oh, please don't feel guilty  
It was just my time to go  
I see you are still feeling sad,  
And the tears just seem to flow.  
We all come to earth for our lifetime,  
And for some, it's not so many years.  
I don't want you to keep crying,  
You are shedding so many tears.  
I haven't really left you  
Even though it may seem so.  
I have just gone to my heavenly home  
And I am close to you thank you know.  
Just believe that when you say  
My name, I'm standing next to you,  
I know you long to see me,  
But there is nothing I can do.  
But I'll still send you messages  
And hope you understand,  
That when your time comes to "cross over"  
I'll be there to take your hand.

-Author Unknown-

Name:

[illegible]





## *Forever in my heart*

For all you were to me in life  
And all the joy you brought,  
Your memory is with me  
In every single thought.  
The pain I felt at losing you  
Will never go away,  
But knowing that  
You're in my heart  
Helps me through each day.  
When you were here I always felt  
That nothing could go wrong ,  
But your still my inspiration  
And your memory keeps me strong.  
And though my heart is heavy  
It's also full of love,  
And that's enough to comfort me  
While you're in Heaven up above.


-Author Unknown-

**I can write a pleasant memory I hold of my loved one:**

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

[illegible]





*"I will always  
cherish the moments  
we spent together.  
They light up my life.  
You are always in  
my heart"*

-Author Unknown-

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[illegible]





# *The Family Tree*

*A limb has fallen from the family tree I hear a  
voice that whispers, 'Grieve not for me'  
Remember the best times, the laughter, the songs  
The good I lived while I was strong  
Continue my heritage, I'm counting on you  
Keep smiling, the sun will shine through.  
My mind is at ease, my soul is at rest  
Remembering all... how I was truly blessed  
Continue traditions, no matter how small  
Go on with your lives, don't stare at the wall  
I miss you all dearly so keep up your chin  
Until that fine day we're together again.*


-Author Unknown-

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width, providing a guide for handwriting or typing. The background is a clean, solid white color.

[illegible]



# *Remember Me*



To the living, I am gone,  
To the sorrowful, I will never return,  
To the angry, I was cheated,  
But to the happy, I am at peace,  
And to the faithful, I have never left.  
I cannot speak, but I can listen.  
I cannot be seen, but I can be heard.

So as you stand upon a shore gazing at a beautiful sea,  
As you look upon a flower and admire its simplicity,  
Remember me.

Remember me in your heart:  
Your thoughts, and your memories,  
Of the times we loved,  
The times we cried,  
The times we fought,  
The times we laughed.

For if you always think of me, I will never have gone.

by Margaret Mead

**I have so many things I'd like to say to you:**

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Write a letter to loved one

[illegible]

# *Let Me Go*

When I come to the end of the road  
And the sun has set for me  
I want no rites in a gloom filled room  
Why cry for a soul set free?  
Miss me a little, but not for long  
And not with your head bowed low  
Remember the love that once we shared  
Miss me, but let me go.

For this is a journey we all must take  
And each must go alone.  
It's all part of the master plan  
A step on the road to home.  
When you are lonely and sick at heart  
Go to the friends we know.  
Laugh at all the things we used to do  
Miss me, but let me go.

by Christina Rossetti

[illegible][illegible]





# *Life is But A Dream*

I am lying next to you, awake now while you sleep,  
For death has just released me, yet in your dream you weep.

If only you could see me, so peaceful and serene,  
But you must live a little more and carry on the dream,  
A dream from which one day you'll wake and see me by  
your side,

And know for sure that I'm still here and that I never "died."  
So now go on, be strong and look for me in wondrous things, In  
the quietness of starlight and the warmth that sunshine-brings,

And hear my voice to calm you, to say that it's all right,  
For I'm only here beside you, whispering in the night.  
Of course you'll cry, you'll miss me, your very soul will ache,  
But I am here, a breath away, waiting for you to wake,  
So know that life is just a dream of love and fleeting pain,  
And know I'm waiting by your side to love you once again

by Paul Haywood

**I can write about what it will feel to keep going:**

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

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*"At every stage we offer care, kindness and compassion, in treating and looking after your loved one throughout their stay"*

Date:

**A message from the staff at** \_\_\_\_\_

## *As you grieve*

Try to be patient with yourself as you are coming to terms with your loss.

Take physical exercise 10-15min walk every day

Allow yourself time to express your feelings

Know that most people cope with a bereavement privately and quietly. It may help to meet with someone outside of the family who understands what you are going through.

# *It's Ok not to be Ok*

We are here for you...

Grief is a natural reaction to a significant loss. Most bereaved individuals can work through their grief with family and friends.

If you are struggling with your grief, please seek support from a counsellor or a local support group.

Grievance counselling Tel number:

Pastoral care Tel number:

Patient/relative advocacy service Tel number:

Other:

## **Online resources**

The Irish Hospice Foundation <https://hospicefoundation.ie/bereavement-2-2/covid19-care-and-inform/acknowledging-and-coping-with-grief-from-a-covid-19-death/>

[www.BEREAVED.ie](http://www.BEREAVED.ie)

Anam Cara <https://anamcara.ie> Tel: +353 (0)1 4045378 or email us at [info@anamcara.ie](mailto:info@anamcara.ie)

Cruse Bereavement Care guide <https://www.cruse.org.uk/get-help/about-grief>



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