## When it’s our time…

When it’s our time to face the frailty of life,

give us patience to wait and watch with love.

When it’s our time to be honest about our mortality,

give us insight not to draw back from what is real.

When it’s our time to be cast low with the sorrow of loss,

give us understanding to know the value of tears.

When it’s our time to wonder if we’ll ever cope,

give us acceptance of the support of others.

When it’s our time to hurt with the nagging pains of grief,

give us openness to the healing touch.

When it’s our time to lift our heads and look at the world again,

give us awareness to see and know what’s good.

When it’s our time to smile once more,

give us the capacity to know that hope has come.

When it’s our time to take a faltering step into a new beginning,

give us the purpose to start afresh.

When it’s our time to pause and remember,

give us a reassurance that love is not lost.

(Dawn Allan)