



## BE COMFORTED

Treasure precious memories. Remember the love.

Discover peace within. Have faith. Seize hope.

Take comfort in friends. Be patient with yourself.

Trust in tomorrow. Attend to your needs.

Ask for help. Let others give. Trust enough to take.

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Lean on others. Know people care.

Feel the warmth of friendship. Be circled by love.

Vow to move forward. Know the sun will shine.

Behold new life. See the light ahead.

Explore your heart. Seek healing. Let time pass.

Look ahead with confidence. Celebrate the dawn.

- Jan Michelsen