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## Jeremiah: To mourn, to Hope

'Hope' by George Frederic Watts.



These words have been written by the  
Northumbria Community:

“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  
Christ speak for you unspoken words.

Unfinished conversation  
will be resolved in him.

Be not disturbed.

Be gentle with the one  
who walks with grief.

If it is you, be gentle with yourself.

Swiftly forgive;  
walk slowly, pausing often.

Take time, be gentle  
as you walk with grief.”