

## *Cardinal Basil Hume - On Grief*

*Grief cannot be shared,  
for it is mine alone.*

*Grief is a dying within me,  
a great emptiness, a frightening void.*

*It is loneliness,  
a sickening sorrow at night,  
on awakening a terrible dread.*

*Another's words do not help.  
A reasoned argument explains little  
for having tried too much.*

*Silence is the best response to another's grief.*

*Not the silence that is a pause in speech,  
awkward and unwanted,  
but one that unites heart to heart.*

*Love, speaking in silence, is the way into the  
void of another's grief.*

*The best of all loves comes silently,  
and slowly too, to soften the pain of grief,  
and to begin to dispel the sadness.*

*It is the love of God, warm and true,  
which will touch the grieving heart and heal it.*

*He looks at the grieving person and has pity,  
for grief is a great pain.*

*He came among us to learn about grief  
and much else too, this Man of Sorrows.*

*He knows. He understands.  
Grief will yield to peace - in time.*