

17th Annual



Light a **Life**

Service of Remembrance
and Tree Lighting Ceremony

Saturday, December 4th, 2021 6:00 PM
Streamed live via Facebook

**Chautauqua
Hospice &
Palliative Care**



Saturday, December 4, 2021

SERVICE OF REMEMBRANCE

6:00pm

Facebook Live Stream

www.facebook.com/hospicechautco

Welcome, reflection and
lighting ceremony

Recording will be available for viewing
at chpc.care/lal

The following community members are memorialized in this year's Light A Life program:

Allan Abbott	Shirley A Bailey	Joel A Bishop
Phyllis Abbott	Clair P Bajdo	Nancy Blears
Richard Abram	Christine Baker	Joseph Blechl
Richard Abram	Margie Baker	Glenn E Bloss
Edward Adamczak	Howard Baldwin	Ruth Boardman
Susie Ahmed	John Banach	James Boerst
Gertrude Aldrich	Nicholas Bankosh	Diane Boivin
Samuel Alessi	Dora Barbknecht	Eva Boland
Rigoberto Alfonso	Heinrich G Barbknecht	Joseph Bolla
Lawrence Alincic	George L Barone Jr	Mary Ann Bollman
Evelyn L Allen	George Barone	James Bollman
John Allenson	Helen Barone	Mary Ann Bollman
Robert B Allison	Richard G Bartell	Carol Boltz
Joyce Ames	Michael B Barton	Josephine Bonfiglio
Patricia J Ames	Susanne Bastedo	Sally T Bootey
Ethan Anderson	William Bausum	Jack Borton
Lucas Anderson	Edith B Beck	Thomas Boryczka
Isaac Anderson	Hiram Beckerink	Sylvia Borzelleri
David W Anderson	Sally Beckstrom	Shirley Bostaph
Nadine Anderson	June M Beers	Herman Bouquin
Bill Anderson	Josephine Beightol	Walter D Bowser
Kathleen L Anderson	Dean R Beler	Mary Ellen Brach
Margaret Anderson	Angeline Bellomo	Nancy Bragg
Michelle R Anderson	Elizabeth Belvin	Eric Bragg
Paul Anderson	Helen Benson	Charles Brennan
Charles Angelo	Murray Benson	Mary Brennan
Nancy L Annis	Craig R Benson	Cynthia Briggs
Susan Anthony	Shirley H Benson	Harry Briggs
Antonette Arcadipane	Terry Bentley	Ross Briggs
Kathryn M Armstrong	Norris and Virginia Bentley	James Brill
Myra L Armstrong	Marlene Bentley	Darlene I Brinkman
Howard L Arnold	Ray E Bentley	David Brooks
Norma Arvidson	Joyce Berger	Clayton H Brougham
Jeffrey R Attlesey	Patty Betts	Mary Brown
John F Aures	Geraldine Bickmore	Arden Brown
Beulah Avery	Ray Biekert	Joan Brown
Carol Baildon	André Biekert	Dianne Brown
John T Bailey	Josephine C Bielaszka	Richard Brown
Patrick Bailey	Henry Bielat	Richard Brown Sr

Curtis Brown	Abbie L Cardy	Robert Cole
Dianne Brown	Betty Carlson	Doug Cole
Doris Brown	Jon S Carlson	Diega Colletti
Edna Brown	Leslie Carlson	Doris Colt
Maurice W Brown	Marian Carlson	Beverly Comello
Kenneth Bruner	MaryLou Carlson	Vincent Consiglio Jr
Bernice Buchnowski	Robert B. Carlson	William Constable
Vera Buck	Sarah Carlson	Anthony Constantino
Tyler Bunce	Weston Carnes	Ludiena Constantino
DeLoris Bunce	Francis Carnes	Samuel R Conti
Robert Bunce	Clifton Carnes	Carlyle L Coons
William Bunce	Frances Carnes	Pamela Cooper
Howard Burchett	David Carpenter	Dorothy V Cooper
Darlene Burchett	Dick Carr	Henry Corbran
Rosella A Burge	Lori Carrow	Edwin Corl
June Burgett	Jay Ronald Carson	Elizabeth Kay Corl
Florence Burgett	Stanley Cartner	Karen Cotten
William G Burgett	Barbara Case	Karen D Cotten
Ann L Burgstrom	Sigurd Case	Dennis Courtney
Jessie Burham	Grace Cash	Mark Coyle
Barbara R Burkholder	Mary Cash	Patricia Crandall
Jacqueline Burnett	Ann L Castellano	John Crate
William Burns	Joan Catalano	Adam Christopher Crawford
Caresse G Bush	Mary Ellen Centner	Robert A Crick
Sharon Bykowski	Margaret Cettell	Peter Cronin
Ella Byler	Faith Katherine Chamberlin	Philip G Cronk
Martha Byler	William J Chant	Diane Cross
Mose W Byler	Barbara Chapman	June Cross
James Caccamise	Donald Chapman	Alan Crowell
Harold Cain	Joyce Chartion	Terrance Crowell
Albert D Cala	John Cheney	Dianne Crump
Carl S Calabrese	Rosemarie Cheney	Timothy Cudney
Virginio Calarco	Susan Christensen	Agnes Cunningham
Mary S Calhoun	Donald Christensen	Cynthia A Cunningham
Rosario Calimeri	Susan M Christensen	Thomas Cunningham
Beulah J Cammarata	Laura M Cimino	Colleen Cunningham-Smith
Phyllis J Campbell	Robert Clark	Richard M Curtiss
Richard Campbell	Roger Clark	Mary Czekanski
Patrick Canning	Dorothy R Cochrane	Luella Czerkies
Edwin Cannon	Bernice Cockshott	Nellie Dalrymple
Virginia Card	Bradley Colburn	Sally Damon
Ralph Cardone	Pauline Cole	Barbara M Daniels

William Dankert	Thomas Edington	Carl L Fransen
Karl Davis	Lynn J Edsall	Charles Fraterrigo
Michael Charles Davis	Dorothy Edstrom	Terry Frazier
Roger Davis	Joe Edwards	Neil Frederick
Betty J Davis-Newman	Johnana Ekstrom	Jason S French
Bruce Dean	Kermitt Ekstrom	James R Frost Sr
Diana Dean	Kenneth Paul Eldridge	William Fugagli
Luther H Dean	Rosemary Ellingson	Sandra L Fuller
Ruth E Dean	David G Emerling	Jayne C Furman
Virginia M Deceilio	Daniel Emerson	Mary Fusco
Mary E Degnan	Burton Emory	Bill Gabriel
Arlene M DeMarco	Burton W Emory	Doris Gabriel
Joanne E DePasquale	Mary Jane Engwall	Donald Gage
Pascal Deppas	Mary Epolito	Frances Galbato
Norbert L Derylak	Charles A Erickson	Thomas J Galbato
William Deuink	Joan H Ericson	David Gambino
Catherine Deuink	Phyllis Evangelist	Frances Gambino
Norma Devlin	Paul M Evinczik	Salvatore Gambino
Kelly Dickerson	Mary Fafinski	Alma D Garcia
Mary Anne Dietrick	Mildred Fafinski	Bernard Garrasi
Lawana Digirolamo	Dorothy W Fain	Frank R Gatto
Norma D Dikeman	Thomas Faison	Rose Gawronski
Charles Dillingham	Eunice M Faison	Betty Geiger
Samuel C Dimas	Mark Federko	Betty Geist
Mary Dixson	David Feinen	June Geist
Martha Dobek	Roy Ferguson Sr	Norma J Gervaise
Mary Dombrowski	Ginger Ferguson	Marian Giambra
Ana Dominguez	Marney Ferguson	George S Giambrone
Elizabeth Domino	Robert Fiedler	Richard Gibbons
Joseph Donisi	Rita Finger	Myron Gilbert
Steven Donner	Richard Fiore	Raymond E Gilbert
Dale Douglas	Helen Fiorella	Linda Gillson
Arthur Drewniak	James F Fischer	Heather A Glassford
Terry Drummond	Sharon A Fisher	Anna F Gligora
Robert Duff	Kenneth Fitzgerald	Michael J Gloss
Sandra Duffee	Jean Fitzpatrick	Michael Gloss
Philip Dunn	Michael Fitzpatrick	Dorothy Godlewski
Frederick Duttwieler	Michael E Flynn	Katie Golem
Mary Dworak	Anna Fogelberg	Anita R Golubski
James Eck	Hjalmar Fogelberg	Stephanie C Good Bear
Leonard Ecker	Knut Fogelberg	Frank Goodman Sr
Ray F Eckholm	Matilda Forsell	Agnes Goodyear

Stephen Goot	William Ham	Josephine Hilyer
Susan Gornikiewicz	Bonnie J Hammel	Sue Ellen Hirsch
Jason Gould	Lillian R Handy	Frank Hlosta
Raymond Gourley	Constance Hannum	Lee Hoesel
Dorothy Gourley	Janet Hansen	Georgianna Hoesel
Leslie Gourley	John A Hanson	Eleanor Hoffman
Aaron Graham	Robert M Hanson	Jim Hoffower
Johnnie Graham	Sylvia J Hardin	Harriet Hoffower
Mary C Grassi	Sean Hardy	Courtney Hoglin
Donna Gratto	Nancy E Hargrave	Joann Hogleund
Herbert Graves	Amy Harle	Emory Holmquist
Marilyn Graves	Martha Harmon	Romeo Hontiveros
Joseph Greco	Nancy R Harner	Gary Hoover
Helena Green	Mary Ann Harp	Lillian G Hopes
Janith M Green	Roslyn Harp	Sandra L Hopkins
Bruce S Greene	Lamar Harrell	Shirley Hosier
David H Greenough	Stanley E Harrington	John C Howard
Gary Greenwood	Donald Hart	Alice M Howard
Carol Gregoreski	Jane Hartman	Robert Howard
Louann A Griffin	Thomas Hartson	Edith Howard
Mary Griffith	Thomas L Hartson	Lois Howard
Joseph Griffo	Waldo Haskins	Burdette M Howe
Ina Griswold	Douglas Hay	Carmelia Howe
Chloe Ann Gross	Linda D Hayes	Bertha G Howser
Robert M Group	Wayne Hazelton	Lisa A Huddleson
John R Grube	John Hearn	Gretchen J Hudson
Nancy J Guiffrida	Rose Heffner	Jeffrey Huestis
Virginia Guinnane	Judy Heilman	Kathleen Huffman
Daniel Gustafson	Walter Heilman	Ruth L Huffman
Shirley Gustafson	Charles Heinz	Margaret Hull
Henry M Hadley	Dorice Hendrickson	Agnes Hulpiau
Judith Hagberg	Norma J Hendrickson	Joann Huntington
Raymond Haines	James Hennessey	Bessie Indriolo
Louise Hair	Nancy A Hennessey	Linda Ingham
Delores Haley	Scott Hennessey	Richard Ingraham
Darlene Hall	Dawn Henry	Nick Ingrao
Diane Hall	Aurelia Hernandez Lopez	Grace Ingrao
Elaine S Hall	Donald and Kathryn Herzog	Lisa Jackson
Joyce Hall	Gerald Hewes	Sharon Jackson
Ronald M Hall	Peggy Higley	Kristen Jaffray
Brenda S Hallett	James D Hill	Adele R Jakubczak
Martellion Ham	Marjorie D Hiller	Victoria James

Janice Jankowski	Kenneth Kelley	Albert F Kuehn
Justine Jankowski	Rose Kennedy	C. Marie Marie Kusneske
Neal Jaynes	Thomas Kennedy	Evelyn K Kuzdale
Phyllis Jenkins	Bettie Kenny	Brian Lackner
Lisa Jimerson	Sandra S Kenny	Mary Ledoux
Marvin R John	Ronald Kerr	Holly Langdon
Alma Johnson	Dianne Kervin	Lyle Langendorfer
Gene Johnson	Marianne B Ketcham	Ronald C Langless
Betty S Johnson	Martha Keys	Barbara Lanphere
Albert Johnson	Bessie Kibbe	Bernard "Skip" Lanphere
Arthur R Johnson	Norma J Kidd	Debra Larson
Audrey Johnson	Lowell Kilburn	Jon Michael Lasher
Carol A Johnson	Betty J Kime	Ronald Lauffenburger
Elaine C Johnson	Emolyn Ivadell Kinley	Harry LaVoice
Erick J Johnson	Joan Kinney	Katherine Lawson
Eugene Johnson	Donald Kish	Raymond C Lawson Jr
James N Johnson	Helen Kjornsberg	Raymond C Lawson Sr
John W Johnson	Norman J Klajbor	Doris Jean Layton
Patricia Johnson	Robert G Klein	Terry M Lazar
Phyllis Johnson	Marcia Kleinfelder	Quintley Leamer
Richard K Johnson	Versye Knight	Pama LeBarron
Ronald Johnson	Cletus Knight	Clifford C Lee
Sherwood Johnson	Eddie Knight	Beverly Lefebvre
Violet Johnson	Linda Knight	Ronnie Lehman
Yvonne L Johnson	Betty Kohlbacher	Gary Lennon
Anna Mae Jones	Daniel Kojm	Ruth Leonard
Bernice V Jones	Catherine Kopp	Julius Leone
Janice Jones	June Kopta	Frances Irene Lepp
Pauline Jones	Leslie Kopta	Flossie Lesch
Trenholm D Jordan	Davie E Koschel	William Lesch
Kamen D Kamenov	Beatrice Koser	James Lesch
John Kamman	Patricia Kozlowski	Paul J Lessard
Diana Kane	John Krantz	David Lewandowki
Patricia Kappler	Carole Krause	Bernice Lewis
Ann M Karoczun	Casimir C Krauza	Chester Lewis
Lois Karrow	James Kroah	Eve Lewis
Jim Kaufman	Sharon Krol	Janet M Lindell
Dolores C Kaufman	Verda Maureen Krystofiak	Geraldine L Lindell
Dickson Keech	Dorothy Krystofiak	Rodney Lindquist
Frederick R Keifer	Sally Kucharski	Carol Linn
Julia Keller	Leo Kuebler	Richard Lisciandro

Reggie Littlefield	Hilda Matias	Judith Mola
Lois Livingston	Shayne Matteson	Ruth Mole
June Locke	Martha J Mattison	Robert Moon
Mary Lombardo	RoseMarie Maulding	Lourdes Moreno
Louise Long	Nandor Maurer	Lee G Morgan
Dick and Alice Lord	Albert Mazurek	Anna Morley
Ida Mae Lord	Judy L McChesney	Mary Morris
Ernest R Love	David McDonald	Joan Morrison
Laura Loverme	James McDonough	Marvin Morse
Anthony Loverme	Marianne McElrath	Gladys Morse
William Lowery	Patty McEntarfer	Patricia G Morton
Joyce E Lucas	Lillian McFarren	Myrna Moss
Margaret Luce	Marjorie McGinnis	Gerald Motto
Peter Lumia	Shirley McIntyre	Francis J Moynihan
Catherine Lundell	Dorothy McQuiggan	Carolyn Mullen
Agnes R Lunetta	Charles Meier	Joan M Munella
Dorothy Lyle	M. Alice Mencer	Gordon Munson
Barbara Lynn	Priscilla Merchant	Kenneth Murphy
Carol Mackey	Clarence Merow	Susan H Murphy
Allan R Mackinnon	Sally Merwin	Eleanore Murray
Anne Madden	Richard Michalski	James Murray
Diana Majka	Robin Michos	Kathleen Murray
Anna Manzella	Anthony Mikula	Joseph J Muzzo
Fredora Manzella	Daniel George Mikula	Jane P Nagel
Laura M Manzella	Kathleen M Mikula	Peter Nalbone
Carolyn Mara	Jemima Miller	B. Elaine Nash
Michele Marable	Linda F Miller	Harold W Nass
Nancy C Marano	Paul A Miller	John Nebrich
Sebastian Margaglio	Rachel Miller	Louise R Neckers
Anthony "Rocky" Marino	Robert A Miller	Gunnard S Nelson
Tom Marino	Sandra Miller	David Nelson
David G Markey	Constance Milliman	Evelyn J Nelson
William E Marsh	Bill J Milliron	Suzanne Nephew
Eduardo Marte-Altura	Alice Minarovich	Jennifer Newhall
Carl Martin	Patrick Minehan	Janet Nichols
Gordon Martin	June Mirwald	Mary E Nicholson
Sheri Martin	Dolores Mitcham	David B Nickle
Norvale M Martin-Gane	Jerre Mitchell	John Noble
Willard Mason	James Mitchener	Karl Noor
Theodore A Mason	Sally Modica	Mary Jane Nordsiek
Verna J Mathews	Thomas B Mohr	William Norris

Ann Notaro	Frederick Richmond Persell	Barbara Reid
Patricia Nowak	Betty Persons	Shirley Reid
James Nowicki	Theo Petersen	Cordell Rettig
Faith Oakes	Theodora Petersen	Donald Rexroad
Carol Obrien	Hannah H Petersen	Alice P. Reynolds
Richard OBrocta	Lewis "Pete" L Peterson	Elsie D Reynolds
Patricia Ode	Liselotte Peterson	Maurice I Reynolds
Sandra J Odegaard	Lorraine L Peterson	Maynard M Reynolds
Carmen Oliver	Eileen M. Petrisko	Sandra L Reynolds
Greg Olson	Donald Phillips	W. Brook Rhinehart
Kenneth Olson	Freda D Phillips	Betty Rhodes
Kipling Olson	Violet Pickup	Donald Rice
Lance W Olson	Robert Pierce	Lewis C Rice
Wendy O'Malley	Robbie Pierce	Alan J Richards
Sean O'Rourke	Charles D Pierce	Clara Richardson
Tina Ortiz	Joann Pierce	Lucy Rider
Aaron Oswald	Martha Pierce	Ruperta Rios
Rita M Ott	David Pike	Joan Risley
Glendine Ottaway	Phyllis Pilgrim	Kalin Rivera
Delores I Overturf	Fernando Pintagro	Victor C Rivera
Truth Pacos	Sarah J Pollino	RoseMarie Rizzo
Phyllis H Paddock	William Poole	Edward O Robbins
Patricia Page	Mary Popielski	Marlene L Robbins
Ada Pearl Paine	Charles Porpiglia	Thomas Roberts
Kay Palmquist	Barclay Potts	Ronald Robertson
Donald F Pamula	Wayne F Powell	Carolyn Robinson
Marilyn L Park	Iola Press	Herbert Robinson
Chuck Parker	David Prince	Dorothy Rodriguez
Frank H Parsons	Eloise M Putnam	Mary Ann Rogers
Sharon A Passarelli	Coralee Querreveld	Philip M Rohler
Joseph Patanella	Carl Raineir	Stephen F Roman
Sushilaben Patel	Jose Ramirez	Dorothy M Roman
Angelene Paterniti	Mavorette Rater	Luis M Rosa
Diane Paul	Donald E Ray	Patricia Rosing
Raymond F Pauszek	Karen Raynor	Harold "Butch" Ross
Jon T Pearson	Charles Raynor	Linda Ross
David E Peck	Gordon D Raynor	Hazel Roth
Marion Pell	Robert Raynor	Marilyn D Roth
Basilisa Perez	Mary Reale Racitano	Irene Rozumalski
Dylan A Perry	Joan Reardon	Evangelista Ruiz
Marilyn Perry	J, Richard Reed	Mikey Rusignuolo

Helen Russ	Sally Scolton	Terrence J Spencer
Hannelore Russell	Gilbert Seegert	Lois J Sphon
Robert Russell	Susan Sellers	Angelo Spicola
Marilyn Russell	Marion Serio	Lyla Spitz
Virginia Sack	Jeanne M Seybold	Mary Lou Sprague
Cheryl Sack	Michael Shanahan	Janice St. George
Diane Sack Maloney	Gertrude Shields	Gertrude K Stafford
John Sack	Norman J Shopland	Eleanore Stankey
Richard Saden	Diane M Shults	Eileen S Star
Frederick Safford	Bertha Simmons	Rosanne N Stark
Debra D Salgado	Michael D Siragusa	Wallace Starwalt
Katherine Sample	Marion Siskar	Frank Stefanelli
Arthur W Samples	Michael E Sisson	Marilyn Stefanelli
Dorothy Samuelson	Penny Skelly	Angeline Stenstrom
Phyllis Samuelson	Robert D. Skinner	Jimmie Stephenson
Raymond Sanders	Walter Sliwinski	Frederick Stern
Lois A Sanderson	Wesley Sly	Gregory T Stewart
Audrey L Sandhoff	Leon Smith	Sheryl M Stewart
Patricia Sandle	Johnnie-Mae Smith	Lowell A Stimson
Carl Sandstrom	Mathew Smith	Kathy Stoll
Columba Santell	Barbara Smith	Edward J Stone
Garie E Santiago	Beverly Smith	Sharon Stonefoot Nuse
Nilda Santos	Edith L Smith	Helen Stronz
Maud S Saville	Frances Smith	Earl Sturgis
Jean Say	Jack E Smith	Clyde T Sturgiss
James L Say	Peter Smith	Lucille Sunday
Theodore Schmonsky	Richard R Smith	Nancy J Swain
James Schmonsky	Irene Snow	Priscilla Swanson
Donald Schmonsky	Melody Snyder	Deborah Swanson
Richard Schmonsky	Jeanine Snyder	Florence Swanson
Linda L Scholl	Lewis Snyder	JoAnn Swanson
Donald Schrader, Sr	Helen P Snyder	Ralph Swanson
Donald Schrader, Jr	Joan Snyder	Sadybeth Swanson
Fred A Schrader, Jr	Roberta Snyder	Sue Swanson
Julia Schrantz	Virginia Sobecki	Shawn Sweeney Sr
Teresa Schroder	Richard Thomas Soble	Laurine Sweeney
Jean Schultz	Marilyn A Soehnlein	Barbara Sweet
Melissa Schuppenhauer	Angelo Soldano	Kathleen Taber
Marie J Schwab	Mathilda Solomonson	Irene C Tarnowski
James Scofield	Mary Songer	Sondra Tarr
Theresa Scofield	Betty Spann	Victor Tatum

Mary Taylor
Billy Taylor
Carol Taylor
Gloria Taylor
H. Mary Taylor
Henry TeCulver
James Teeter
Roger Tenglund
Phyllis Tenpas
Barbara Terry
Beth J Textor
Karen Thayer
Adrian Thomas
John W Thomas
Jerome Thompson
C. Philip Thorsell
Joanna Tillman
Carol Tilyou
Robert Todd
Phyllis L Torbjornsen
Carmelo Torres
Chad Michael Trask
Melissa Sue Trask
Lynn Trask
Maj Britt Traynor
Francis E Trevelline
Peggy Triaga
Joseph Triaga
Paul Trippy
Tonko Trojanovic
Mary Trusso
Raymond C Turck
Charles L Turcotte
Barbara Turnbull
Jennifer Uhl
Margaret Ulrich
Sophia T Urbanik
Betty Jane Vaccaro
Beverly Vail
James Vail
Meredith R Valentine

Manuel Valle
Lois J Vandette
Rachel C Vanguilder
Ronald VanOrd
Iris R Vazquez
Rose Marie Venable
Bonnie Vincent
Johnny Vincent
Peter Volpe
Joyce Vona
Harry Wakefield
James Walker
Dolores Wallace
June M Walldorff
Dave Walters
Kathleen Walz
Betty K Ward
Richard Warden
Ashley Warner
Adrian Warner
Ruby Warner
Eva Watson
George Watson
Joan M Watson
Joey A Wdowiasz
Nancy L Webster
Richard Wehrenberg
Russell Weise
Richard Weiss
William J Wells
Nancy Westerborg
Joan Westpfahl
Fae Wewe
Margaret White
John Whitehead
Linda Whiteley
Jill Whitfield
Shirley A Whitton
Lucille Widrick
Christine Wight
Joyce S Wight

Julie E. Wilcox
Barbara E Williams
Gloria Williams
Richard "Captain Rick" L
Willman
Constance Wilson
Donald J Wilson
Raymond W Wiltsie
Roger A Wiltsie
Lucy Winder
Donald R Winslow
Rosemary Wiseman
Carolyn S Wisniewski
Hattie M Wofford
Leo Wolanin
Harold Wolfe
Jeffery Woodard
W. Jack Woodbury
Brian J Woods
Crystal D Woodye
Ross Worden
Dale Wright
Jane L Wright
Leroy Wright
Harold Wurster
Kahle Yale
Barbara S Yates
Leigh Yates
Mick Yates
Dennis A Yokom
Grace Young
Martha Young
Salvatore Zambito
Frederick Zarczynski
Brandon Zebrowski
Walter Zilich
Terry Zofchak

Grief

by Gwen Flowers

I had my own notion of grief.
I thought it was the sad time
That followed the death of someone you love.
And you had to push through it
To get to the other side.
But I'm learning there is no other side.
There is no pushing through.
But rather,
There is absorption.
Adjustment.
Acceptance.
And grief is not something you complete,
But rather, you endure.
Grief is not a task to finish
And move on,
But an element of yourself-
An alteration of your being.
A new way of seeing.
A new definition of self.



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