

**Chris Brenchley – President Rotary Club of
Eastbourne AM**

Feel no guilt in laughter

Feel no guilt in laughter, they know how much you care.
Feel no sorrow in a smile that they are not here to share.
You cannot grieve forever; they would not want you to.
They'd hope that you could carry on the way you always
do.

So, talk about the good times and the way you showed
you cared,

The days you spent together, all the happiness you
shared.

Let memories surround you, a word someone may say

Will suddenly recapture a time, an hour, a day,

That brings them back as clearly as though they were still
here,

And fills you with the feeling that they are always near.

For if you keep those moments, you will never be apart

And they will live forever locked safely within your heart.

Gordon Jenkins – President Rotary Club of Sovereign Harbour

Remember Me in Your Heart

To the living, I am gone,
To the sorrowful, I will never return,
To the angry, I was cheated,
But to the happy, I am at peace,
And to the faithful, I have never left.
I cannot speak, but I can listen.
I cannot be seen, but I can be heard.
So as you stand upon a shore gazing at a beautiful sea . .

.
As you look upon a flower and admire its simplicity

Remember me.

Remember me in your heart:

Your thoughts, and your memories,

Of the times we loved,

The times we cried,

The times we fought,

The times we laughed.

For if you always think of me,

I will never have gone.

**Freda Hampson – President Rotary Club of
Eastbourne Sovereign**

Afterglow

I'd like the memory of me to be a happy one.
I'd like to leave an afterglow of smiles when life is done.
I'd like to leave an echo whispering softly down the ways,
Of happy times and laughing times and bright and sunny
days.
I'd like the tears of those who grieve, to dry before the
sun;
Of happy memories that I leave when life is done

Brian Higgins – President Rotary Club of Eastbourne

Life Must Go On

Grieve for me, for I would grieve for you.
Then brush away the sorrow and the tears
Life is not over, but begins anew,
With courage you must greet the coming years.
To live forever in the past is wrong;
It can only cause you misery and pain.
Dwell not on memories overlong,
With others you must share and care again.
Reach out and comfort those who comfort you;
Recall the years, but only for a while.
Nurse not your loneliness; but live again.
Forget not. Remember with a smile.

Melanie Adams –

As I look down from heaven
On this special Christmas day
I'll try to send you little signs
That I never went away

I see you when you're crying
I feel your loss and pain
So hold onto the knowledge
We'll be reunited once again

Even though you miss me
At this special time of year
The greatest gift you'll give me
Is your smile instead of tears

So when Christmas starts without me
Know we are not apart
For everytime you think of me
I'm with you in your heart.