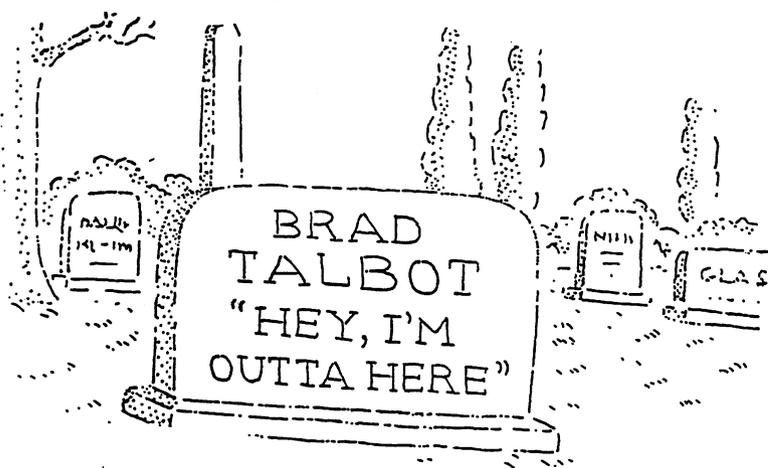


*"Frankly, I don't like the way things are going."*



### THE LAST TRIP

Sunset and evening star,  
And one clear call for me!  
And may there be no moaning of the bar  
When I put out to sea.

Twilight and evening bell,  
And after that the dark!  
And may there be no sadness of farewell  
When I embark:

For though from out our bourne of Time and Place  
The flood may bear me far,  
I hope to see my Pilot face to face  
When I have crossed the bar.

Alfred Lord Tennyson

## 5 Stages of Death

In her book, *On Death and Dying*, Dr. Kubler-Ross identifies five stages that many people experience when facing death:

- **Denial.** It's natural for a patient who is told that his condition is terminal to exclaim, "No, not me, it can't be true."
- **Anger.** "When the first stage of denial cannot be maintained any longer, it is replaced by feelings of anger, rage, envy and resentment. The logical next question becomes, "Why me?" Anger is often expressed toward God.
- **Bargaining.** In an effort to postpone his fate, the patient thinks God may reward him for good behavior with a reprieve.
- **Depression.** There is reactive depression, or a natural reaction to the loss of health or a job due to illness, and preparatory depression, or trying to adjust to the inevitable separation from the world.
- **Acceptance.** The patient reaches this stage when "he is neither depressed nor angry about his 'fate.' He will have been able to express his previous feelings, his envy for the living and the healthy, his anger at those who do not have to face their end so soon. He will have mourned the impending loss of so many meaningful people and places and he will contemplate his coming end with a certain degree of quiet expectation."

### *When I Must Leave You*

When I must leave you for a little while  
Please do not grieve and shed wild tears  
And hug your sorrow to you  
through the years.  
But start out bravely with a  
gallant smile;  
And for my sake and in my name  
Live on and do all things the same,  
Feed not your loneliness on empty days,  
But fill each waking hour in useful ways,  
Reach out your hand in comfort  
and in cheer  
And I in turn will comfort you  
And hold you near;  
And never, never be afraid to die,  
For I am waiting for you in the sky!