



**Celebration of Life  
And Committal for  
Anne Goodman**  
Meadowvale Cemetery  
Brampton

**Gathering of Family**

Peace be to this place and all who gather here.  
We come in grief, in promise  
In Love and in Hope.  
In the midst of sorrow  
We give thanks for life.

Today we gather in this beautiful pastoral place, with sorrow and gladness in our hearts.

Today we say goodbye to a part of Anne, who is loved so much by her family (and closest friends) here today.

This is a natural setting for the committal to the earth of the part of Anne that she no longer needs, for its work is done.

It is my privilege to be with you to share in this most intimate of experiences. I am Carole Berry, friend of Anne's over many years - both a colleague and fellow member of Voice of Women for Peace. Thank you for allowing me to be here with you.

Much of Anne remains deep in our hearts and souls – her love of life, her love of family, her commitment to peace and community-building, her intellect, her devotion to students and friends.

Today, at this family celebration of her life, we will share our thoughts and feelings. Know that we can indeed celebrate with all love and caring that which reflects her well-lived life.

To begin I ask Joe Paquette to begin with a traditional smudging ceremony.

This morning we come together to reflect on life. At times when we must face death and loss, we need one another's company for understanding and support.

Just to be together, to look into one another's faces, takes away some of our loneliness and draws our hearts together in the healing which we can offer one another.

At such times, the ways that sustain us separately come together in a virtual harmony assures us of the permanence of human goodness and hope.

We have come together to give thanks we knew the vibrant Anne, to express our gratitude for the days and years we were able to share with her.

We are here to remember and memorialize a good and caring and productive life.

By remembering the best of Anne, by recalling some her finest qualities, by honoring the principles, values, and dreams which guided her life, some of Anne's enduring nobility flows into us, that we ourselves might be more noble in the days ahead.

We are gathered for all these things. But our first task is to face, full and unafraid, the reality of this death and the grief and loss we feel.

We need to share our experience of Anne – as a daughter, wife, mother, grandmother and friend. Celebration of a beautiful life, so well-lived, so productive, so creative and sensitive, must be acknowledged so we can benefit.

Anne was a good role model and we need to remember this so we can emulate some of her best qualities ourselves in the days and months ahead.

Yes, we are sad because we are now separated from Anne. Yet she would be the first to tell each of you, that you are able to bring her to your mind through memories and stories as you wish. She gave you memories to keep you strong and focused.

## **READINGS**

### **Those who Love**

It always those who love the most who most miss the one they love

When comes the parting of the ways, and clouds loom dark above;

But tears will pass, skies will clear

Then will you smile again, and comfort find in memories, that now bring bitter pain.

### **Reflections**

No one person can sum up the life of another. Life is too precious to be passed over with mere words which ring empty. Rather it must remain as it is remembered by those who loved and watched and shared. For such memories are alive, unbounded by events of birth and death. And as living memories, we possess the greatest gift one person can give another.

It is in each of you, then, that the living memories of Anne's life are committed. To your hearts and minds go the enduring remembrances. Let us be together in silence. I ask that each of you use these moments to remember Anne as only you can. Let us enter this meditation with respect and with love.

Now, as your mind and spirit moves you to do so, please share your living memories of Anne.

Everyone shares personal reflections

### **The Spiritual Journey - Michael**

Anne's death is not the end...it is the end of her being as a body; however it is not as her spirit.

Some of this spirit is in who she has been and is for us all as family. What a wonderful person, mother, sister, wife (my beloved spice), aunt, cousin, daughter, grandmother and friend she is... and continues to be for us, all!

How often we have all heard her exchange to our "Love you.": "Love you lots" or "Love you too" she would say, sometimes blowing a big kiss! We all carry in us so many lovely things she did with and for us. Yes, Anne, will always love you lots and love you too.

Some of this spirit we see in the good works that continue from her love and commitment to do and to be love in the world. This love of living and making a difference she has engendered in so many, including us here gathered at this service, and in so many places... and with more to come.

Thus, her spirit is there, in the ongoing and new projects and programmes going forward in her name... projects and programmes that are based on her memory and presence, from her teachings and writing, and in her pervasive and pervasive influence.

As long as people, you and I and others, remember her and continue her work, her death can never be complete. I can hear her encouragement: “ Go for it ! “ . Her “ Sure !” in agreement. “ Perfect! ” as her response.

On a more profound level, Anne felt there was an indefinable immanent goodness, a spirituality, in humanity and in the world..a radiating force, a source of energy and enlightenment that was there but difficult to capture and to describe in words. Ubuntu, in the African traditions, share in this sensibility.

Not God, though....but a connection and interconnection in goodness in which all humanity shared and could act upon if so willing.

I will share with you a story in the Jewish tradition..and Anne loved stories and storytelling. The story is about “Tikkun Olam”. We spoke about it. The traditional story became altered, changed, developed ... through her studies, and through involvement in the Tikkun Toronto and its many workshops and gatherings here in Toronto and in California.

Tikkun Olam is a beautiful concept that comes from the mystical tradition of the Kaballah.

In a quick synopsis, Tikkun Olam refers to the repairing the world and restoring Goodness to the world in order to reestablish what has become a broken relationship. ( Wonderful imagery of fragments from shattered clay jars, representing

Goodness, spreading across the world and entering into every living thing and event but , as tiny fragments, difficult to perceive.)

The story tells us we have the capacity and the responsibility to find the light of Goodness hidden deep within ourselves and to bring that light of goodness to the surface of our lives for all to see and to know through our service to others.

We are asked to help others to realize this reality of their true nature and purpose. By doing these things we can restore Goodness in all its aspects and dimensions to humankind and to the world.

Anne lived this Goodness in, through and with her life...in death, she is of It.

Thank you for each of your reflections.

## **Summation**

And finally, the Native American Ishi people of the Pacific Northwest, who imagined that their dead spoke to them saying "When I am dead, cry for me a little, think of me sometimes, but not too much. It is not good for you to allow your thoughts to dwell too long upon the dead. Think of me now and again as I was in life, at some moment which is pleasant to recall, but not

for too long. Leave me in peace, as I shall too leave you in peace. While you live, let your thoughts be with the living."

## **The Committal**

When words say so little and tears say so much, we gather here today to accept that part of the natural cycle of life and death, that part of Anne which cannot remain with us. And we remember with gladness that there is a part of Anne which will forever live on in you and through you ---- you who had so much love for her and so many expectations.

Her memory is already committed safe and warm to your hearts; it is now time, with the deepest regret and sadness, to commit the remains of Anne back to the bosom of our earth, which sustains and regenerates all life. May peace, strength and understanding grow from this sorrow, and enrich your lives and the lives of those who follow you.



## **Reading**

Do not stand at my grave and weep –  
I am not there – I do not sleep.  
I am a thousand winds that blow  
I am the diamond glint on snow.  
I am the sunlight on ripened grain  
I am the gentle autumn rain.  
When you wake in the morning hush,  
I am the swift, uplifting rush  
Of quiet birds in circling flight.  
I am the soft starlight at night.  
Do not stand at my grave and weep.  
I am not there, I do not sleep.

## **Benediction**

It is done. We have bid a lovingly farewell to Anne.

We are profoundly glad that Anne lived. We are glad that we saw her face and felt the glow of her love. We cherish the memory of her words and deeds and character. Carrying her thus in our hearts, let us now go from this place in comfort and in peace, assured that even in this time of loss and sorrow, life remains precious and good.

May we also on this day rekindle in our hearts an appreciation for the gifts of life and other persons. Let us honor the life of Anne by living, ourselves, more nobly and loving in the days

ahead. As you return to the routines of your lives, go in love,  
and may an abiding peace go with you.