



**sids**  
SUDDEN INFANT DEATH SERVICES  
*of illinois, inc.*

## Beatitudes for Those Who Comfort

**Blessed are** those who do not use tears to measure the true feelings of the bereaved.

**Blessed are** those who do not always have a quick “comforting” answer.

**Blessed are** those who do not make judgments on the bereaved’s closeness to God by their reaction to the loss of their loved one.

**Blessed are** those who hear with their hearts and not with their minds.

**Blessed are** those who allow the bereaved enough time to heal.

**Blessed are** those who admit their uncomfortableness and put it aside to help the bereaved.

**Blessed are** those who do not give unwanted advice.

**Blessed are** those who continue to call, visit and reach out when the crowd has dwindled and the wounded are left standing alone.

**Blessed are** those who know the worth of each person as a unique individual and do not pretend that they can be replaced or forgotten.

**Blessed are** those who realize the fragility of bereavement and handle it with an understanding shoulder and a loving heart.

By Jackie Deems

Reprinted with permission from Burlington Bereavement Resource Council, *Perspectives*, Volume 3 No. 4, December 1990