

24<sup>th</sup> July 2021

# Honesty

**“Some little pretensions to common sense and honesty.”**

*Lord Shelburne, in the House of Lords, November 1770*

Two chapters of my first book on grief and loss, *New Journeys Now Begin*, are about anger, a common emotion in bereavement. For the greater good, and because the strength of our anger takes us into uncharted and often uncomfortable territories, we suppress our anger – perhaps more than is healthy. The book contains a reflection on that, entitled “Hiding My Anger”. Amended today for the purposes of this reflection, it could now be an honest outpouring of feelings to a loved one or a trusted friend, or it could be a heartfelt prayer. I’ll leave that to you ...

*Look – I pull a curtain across my anger,  
for it is too private for you to see.*

*Look – I throw a cover over my rage,  
for it is too intimate to be on view.*

*Look – I cast a shroud around my fury,  
for it is too disturbing to be on display.*

*But behind this curtain, there is me and my anger –  
real, fierce, too obvious to hide.*

*And beneath this cover, there is me and my rage –  
uncontrolled, too big to go unheeded.*

*And within this shroud, there is me and my fury –  
vehement, wild, too intense to be ignored.*

*Will you wait for the curtain to be parted;  
be ready for the cover to be lifted;  
prepare yourself for the removal of the shroud?*

*For I need you to understand the anger,  
accept the rage and feel the fury.  
to know the reality of my very soul.*

*Will you wait, and watch, and understand,  
‘til curtains close, and covers fall, and shrouds enclose again,  
and accept what you’ve learned of me?*

*For now you see me as I really am,  
and now you’ve found where honest anger lurks,  
I need to know you love me still.*

## **A prayer for today**

*Honestly! This is me! Honesty? That’s what you need, right? Amen*