

## **Not Fear Death**

*by Jo Ann Rosenfeld*

We should not fear death.

We fear dying.

We fear dying alone, solitary, no one to give us water or surcease,  
no one to say our name or hold our hand.

We fear dying in pain, deep seated, bone-boring, crampy pain, unending pain,  
sleep depriving pain.

We fear dying short of breath, gasping, getting confused on lack of oxygen

We fear missing our loved ones, celebrating their joys or helping their despair.

Nature uses everything, why not our bodies? Why not our souls?

If we don't know how or where, that shouldn't make it feared.

(2020)

*Jo Ann Rosenfeld is the Assistant Volunteer Medical Consultant for the Hospice of Ukiah and a member of the Ukiah Worship Group, which meets under the care of Redwood Forest Friends Meeting in Santa Rosa, CA (PacYM).*