

Long Time Sun

May the long time sun shine upon you

All love surround you

And the pure light within you

Guide your way on.

—An old Irish blessing



In loving memory of

Gretchen Wobrock

September 30, 1960 –

March 31, 2012

Messenger

My work is loving the world.
Here the sunflowers, there the hummingbird—
equal seekers of sweetness.
Here the quickening yeast; there the blue plums.
Here the clam deep in the speckled sand.

Are my boots old? Is my coat torn?
Am I no longer young, and still not half-perfect?
Let me
keep my mind on what matters,
which is my work,

which is mostly standing still and learning to be
astonished.
The phoebe, the delphinium,
The sheep in the pasture, and the pasture.
Which is mostly rejoicing, since all the ingredients are
here,

which is gratitude, to be given a mind and a heart
and these body-clothes,
a mouth with which to give shouts of joy
to the moth and the wren, to the sleepy dug-up clam,
telling them all, over and over, how it is
that we live forever.

—Mary Oliver

Welcome

Deborah Desmarais
Gretchen's Diamond Heart Teacher

Meditation

Corinne Wobrock, Gretchen's mother

Bob Wobrock, Gretchen's father

Original composition for the recorder,
“A Love Song for My Aunt Gretchen”
Performed by Henry Curley, Gretchen's nephew

“Messenger” by Mary Oliver
Read by Tara McHugh

Howie Machtinger, Gretchen's friend

“This We Have Now” by Rumi
Read by Jueli Garfinkle

Kevin Durkin, Gretchen's friend

Open Sharing

Musical Selections

“Long Time Sun” by Snatam Kaur
“In These Arms: A Song for all Beings”
by Jennifer Berezan