

Today We Commemorate

Jeremy David Sarka

May 10, 1987 – November 7, 2022

Iyar 11, 5747 – Cheshvan 13, 5783

Music: Ripple by Grateful Dead

What is death?

One viewpoint is with visions of immortality from Judaism early-morning prayers ¹

The soul which You have given me, Adonai, is pure.

You created it; You formed it; You breathed it into me.

You keep watch over it while it is in me.

You will take it from me in time to come and return it to me at the end of time.

All the while it is in me I will praise You, Adonai, Protector of the souls.

¹The Tapestry of Jewish Time ch21 p228

Carl Jung on death

It would seem to be more in accord with the collective psyche of humanity to regard death as the fulfillment of life's meaning and as its goal in the truest sense, instead of a meaningless cessation.

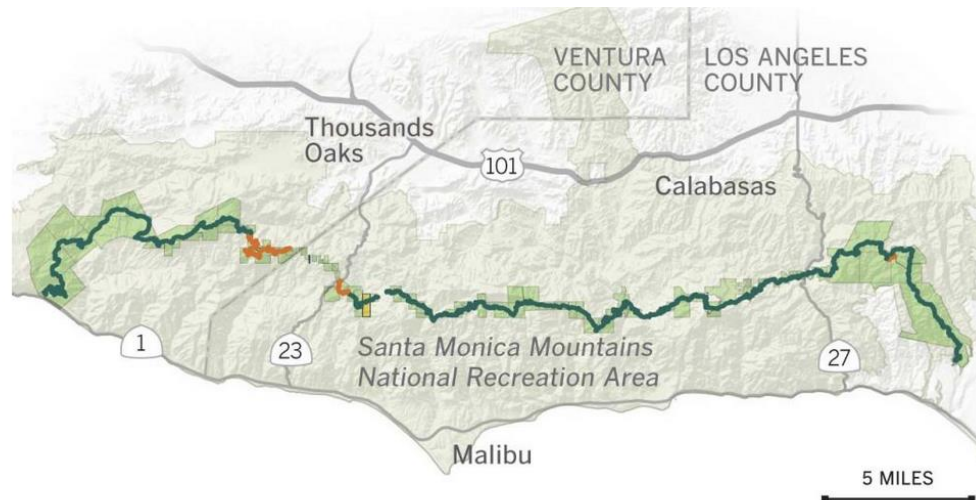
carljungdepthpsychologysite.blog/2020/05/10carl-jung-on-death

Today we are celebrating Jeremy's life, the gifts he brought to our lives with his presence, his storytelling, and his soul. As he wrote in a journal entry:

For all of my life, I have been committed to natural lifeways and what I know now as deep consciousness.

[January 4, 2021]

Examples of this are macrobiotics and homeopathics, pathways to balance, and shamanism. He went on a vision quest before undergraduate college; he embraced Carlos Castaneda's recapitulation practice before the first graduate school residential. He hiked the 67-mile backbone trail in the Santa Monica Mountains alone when he was 18. [There is only one camping site along the trail, so he would camp at Malibu Creek State Park and drive to the beginning of each day's segment. Then during the day Mike and I would move the car to the end of the day's segment, and he would arrive and drive back to his campsite.]



In addition to being a classmate, a cousin, a nephew, a son, **he was an artist.**

Films: Anthropocene (2019), The Artist (2017), Letters in the Sand (2009) martiansource.com

Song: I don't want to be lonely (2011)

Short story: The Chronicles of Rain deppresent.com

Paintings and Photos (Etsy store):



Mike and Marcia Presentations

Mike eulogy

Road trip presentation

Marcia eulogy

Pacifica colleagues' word-cloud comments

Closing – Healing a Broken Heart

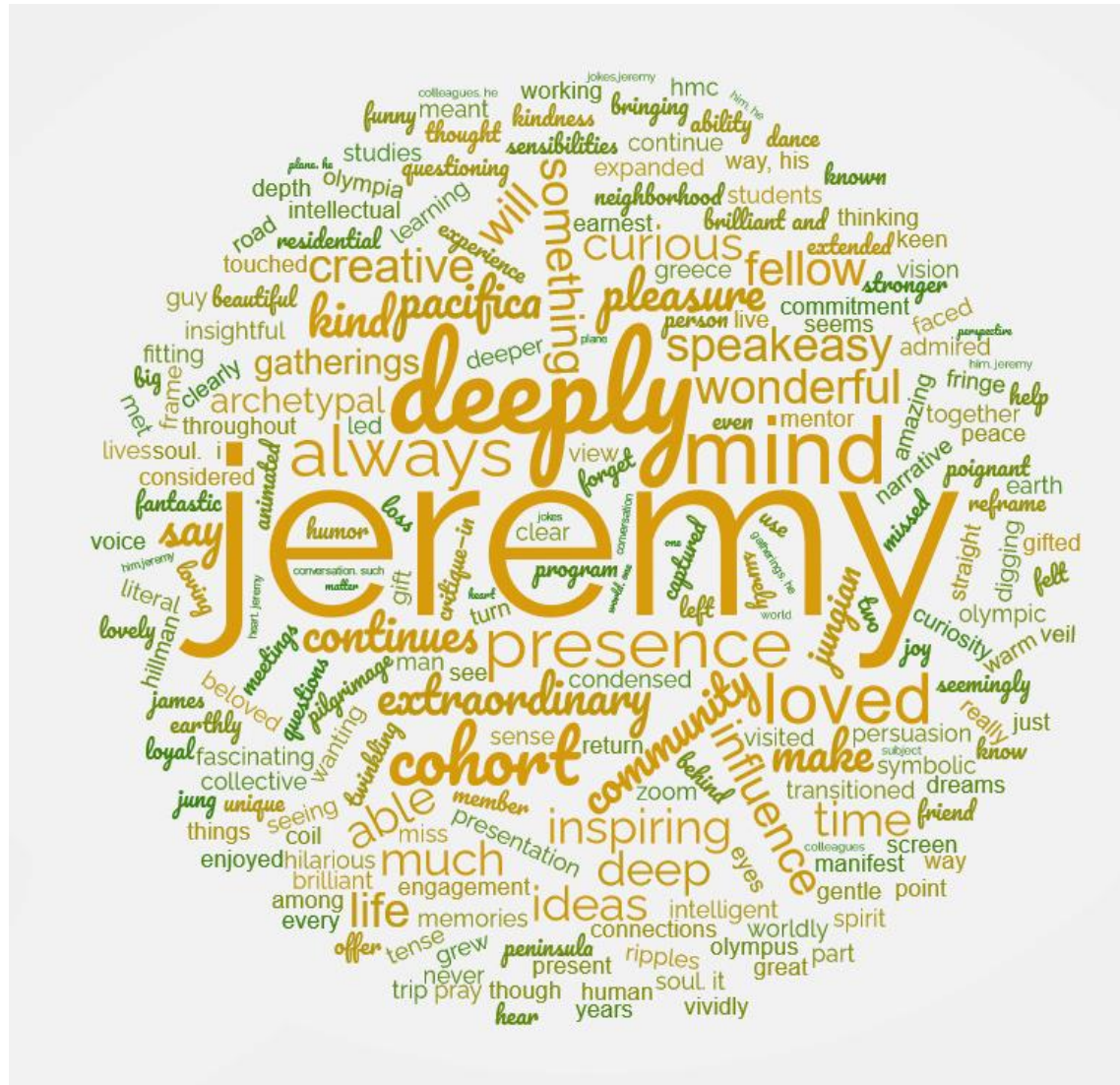
Invite Relatives and Friends – aunts Sara Eve and Barbara photo slide show

References:

The Tapestry of Jewish Time, A Spiritual Guide to Holidays and Life-Cycle Events, Rabbi Nina Beth Cardin, Berman House, Inc, 2000 ch21 Death and Mourning: A Life to Be Remembered p228, 238

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Pacifica colleagues' word-cloud comments



Closing Prayer

Healing a Broken Heart ²

*The death of a loved one leaves us wounded. Sometimes we fear we will never heal. But with time, we do. Sometimes we fear that the darkness will overwhelm us. But with time it lifts. We can help ourselves by speaking of our loved ones, tending to their possessions, performing acts of lovingkindness in their name and teaching others the precious lessons of their legacy. And we can help heal the hurt of others who mourn by listening to their stories, sitting with them when they cry, entering the world of their loved ones and bringing them closer to us. As long as our loved ones are remembered, as long as they remain a part of us, they can never die. **May their memory be a blessing.***

²The Tapestry of Jewish Time ch21 p238

It is so sad for us to never see or hear him again, sad for the loss, and grateful that his life ended so peacefully without fear or suffering, doing what he loved to do.

Thank you for helping us to honor Jeremy, our kin of course, but also Sandy, my cousin, actually my mom's cousin but almost my age, who I've known longer than my siblings, that is if you can know someone as a baby, and Sally, who I met as a teen, maybe 10 years older, and Mariann, just a month older than me, who I met just a few months after meeting Mike, at one of my innumerable temp jobs, and Pamela who we met over 30 years ago, and Don who we met 25 years ago – thanks for being part of our family. And the Pacifica friends for joining us in honoring your friend.

Songs – Jeremy’s favorites and ones that help us now (**played for him at the hospital*)

Never thought I could make it this far, with a dent in my soul, and a hole in my heart.

Los Lobos – When the circus comes to town
Jeremy’s alarm played this song

Ripple in still water ... if I knew the way I would take you home

** Grateful Dead - Ripple*
Song about spirit

What do you want me to do To do for you to see you through?
A box of rain will ease the pain And love will see you through

** Grateful Dead – Box of Rain*
playing at hotel check-in in Ukiah, our first day without him

I see my light come shining From the west down to the east
Any day now, any day now I shall be released

** Bob Dylan/The Band – I Shall Be Released*
song about death

Yesterday All my troubles seemed so far away
Now it looks as though they’re here to stay Oh I believe in yesterday

The Beatles – Yesterday
Song about loss and grief (most covered song ever)

Shaman Song Lead with Your Heart

Your mind is strong
You are blessed with clarity
Lead with your heart
Love makes holy all you see
Dream walker, Truth talker
Making the mystical real
Bringing back visions that heal
Lead with your heart
Heart's the fire inside you
Lead with your heart
Let your love inspire you
Dream walker, Truth talker
Making the mystical real
Bringing back visions that heal
Lead with your heart
Yours is stronger than it feels
Lead with your heart
Love gives power to your dreams
Dream walker, Truth talker
Making the mystical real
Bringing back visions that heal
Your mind is strong
You are blessed with clarity

Susan Mokolke – Lead with Your Heart

Jeremy's Song I Don't Want to Be Lonely

I don't wanna be lonely
I don't wanna be blue
I just wanna relax and lay back with somebody like you
I don't wanna go crazy
I don't wanna succumb
If you misunderstand me
Can you see where I'm coming from
I don't wanna be lonely
I don't wanna be blue
I don't wanna be looked down on by you or anyone else
I don't wanna be lying
'Bout my feelings for you
I don't wanna regret this baby
I hope that you feel it's true
I don't wanna get jealous
I don't wanna get mad
I just want someone to be with me when I'm feeling so sad
I don't wanna be greedy
I just wanna be kind
But I've been feeling so lonely
Won't you make up your mind

Jeremy Sarka – I Don't Wanna Be Lonely

October 24, 2022

Tonight I am starting out on my first major road trip since COVID. However, this is not an ordinary vacation. I have some tough decisions to make and a lot of things to come to terms with. I need to decide what I want to do, I need to decide whether I have to get a job, most of all, I need to find a way to break with the past – or, rather, the life I have not lived.

I have always turned to travel when faced with unanswerable questions. Somehow, getting out of my normal life gives me clarity – at least that's what I tell myself... I'm not sure it has ever actually worked.

Jeremy's final journal entry – trip 1st day

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