

## Laura Bell Bundy

### "How Can I Help You Say Goodbye?"

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Through the back window of a '59 wagon  
I watched my best friend Jamie slippin' further away  
I kept on waving 'till I couldn't see her  
And through my tears, I asked again why we couldn't  
stay  
Mama whispered softly, Time will ease your pain  
Life's about changing, nothing ever stays the same  
And she said, How can I help you to say goodbye?  
It's OK to hurt, and it's OK to cry  
Come, let me hold you and I will try  
How can I help you to say goodbye?  
I sat on our bed, he packed his suitcase  
I held a picture of our wedding day  
His hands were trembling, we both were crying  
He kissed me gently and then he quickly walked away  
I called up Mama, she said, Time will ease your pain  
Life's about changing, nothing ever stays the same  
And she said, How can I help you to say goodbye?  
It's OK to hurt, and it's OK to cry  
Come, let me hold you and I will try  
How can I help you to say goodbye?  
Sitting with Mama alone in her bedroom  
She opened her eyes, and then squeezed my hand  
She said, I have to go now, my time here is over  
And with her final word, she tried to help me  
understand  
Mama whispered softly, Time will ease your pain  
Life's about changing, nothing ever stays the same  
And she said, How can I help you to say goodbye?  
It's OK to hurt, and it's OK to cry  
Come, let me hold you and I will try  
How can I help you to say goodbye?  
How can I help you to say goodbye?

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