

SUPPORT – word first used in 14th century

From Latin ‘sub’ under, below; and ‘portare’ to carry.

Verb:

= to bear all or part of weight; to hold up

= to give assistance; to serve as foundation for

= enable to function or act; to advocate

= to endure bravely or quietly

= to act with (theater)

Synonyms: encourage, champion, patronize, sustain, endure, subsidize, provide, commend, sustain, maintain, advocate, help, aid, uphold, treat

Noun:

= a thing that bears the weight of something

= a thing that holds something upright

= material assistance, as in financial support

Synonyms: consolation, aid, reinforcement, backing, prop, comfort, benefit, defender, upholder, friend

I have your back.

I support / uphold these values.

I support this candidate.

Tech support

Support staff, support services

Support network

Life support

Support bra

Flying buttresses, as in Notre Dame & Gothic architecture (14th cent.)

Ten Commandments of Control

(How to be a serious, unhappy person most of the time...)

1. Thou shalt wear a grim expression at all times.
2. Thou shalt hold thy body in a stiff and rigid posture.
3. Thou shalt stuff and store all of thy feelings in thy gut.
4. Thou shalt remain logical and analytical wherever possible.
5. Thou shalt be in control at all times, no matter what.
6. Thou shalt dwell on the feebleness, faults, and fears of others.
7. Thou shalt blame and shame everyone around thyself for everything.
8. Thou shalt expect the worst in all situations.
9. Thou shalt never get too close to anybody for any reason.

Thou shalt inflict upon others that which was once inflicted on thyself.

100 Ways to Build Self Esteem and Teach Values 1994 p. 162
Diane Loomans, with Julia Loomans

Dr. Alan Wolfelt's Eleven Tenets of Caring for the Bereaved

1. **Companioning** is about being present to another person's pain; it is not about taking away the pain.
2. **Companioning** is about going into the wilderness of the soul with another human being. It is not about thinking you are finding the way out.
3. **Companioning** is about honoring the spirit; it is not about focusing on the intellect.
4. **Companioning** is about listening to the heart; it is not about analyzing the head.
5. **Companioning** is about bearing witness to the struggles of others; it is not about judging or directing these struggles.
6. **Companioning** is about walking alongside; it is not about leading or being led.
7. **Companioning** means discovering the gifts of sacred silence. It does not mean filling up every moment with words.
8. **Companioning** the bereaved is about being still; it is not about frantic movement forward.
9. **Companioning** is about respecting disorder and confusion; it is not about imposing order and logic.
10. **Companioning** is about learning from others; it is not about teaching others.
11. **Companioning** is about curiosity; it is not about expertise.

Excerpted from *Handbook for Companioning the Mourner*
Center for Grieving and Loss, Fort Collins CO www.centerforloss.com

“Friendship & Support” Advanced AVP workshop Coleman Camp July 2018

Never tell your friends “I told you so, even when you did”. –Wendy Jean Smith

Friendship can weather most things and survive in thin soil, but it needs a little mulch of letters and phone calls and small silly presents every so often- just to save it from drying out completely. –Pam Brown

We need old friends to help us grow old and new friends to help us stay young.
–Letty Cottin Pogrebin

The less you talk, the more you are listened to. –Abigail Van Buren

You can make more friends in two minutes by being interested in them than you can in two weeks by trying to get them interested in you. –Dale Carnegie

Walking with a friend in the dark is better than walking alone in the light. –Helen Keller

It is one of the blessings of old friends that you can afford to be stupid with them. –Ralph Waldo Emerson

A true friend never gets in your way unless you happen to be going down. –Arnold H. Glasow

It is not a lack of love, but a lack of friendship that makes unhappy marriages. –Frederich Nietzsche

Sometimes being a friend means mastering the art of timing. There is a time for silence. A time to let go and allow people to hurl themselves into their own destiny. And a time to prepare to pick up the pieces when it's all over. –Octavia Butler

Friends are the siblings God never gave us. –Mencius

Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down. –Oprah Winfrey

Sometimes me think “what is friend?” And then me say... “Friend is someone to share the last cookie with”. –Cookie Monster, from Sesame Street

I like friends who, when you tell them you need a moment alone, know enough not to stray too far.
–Robert Brault

Let there be no purpose in friendship save the deepening of the spirit. –Kahil Gibran

I want to be around people who dream and support and do things. –Amy Poehler

No person is your friend who demands your silence, or denies your right to grow. –Alice Walker

Good friends help you to find important things when you have lost them- your smile, your hope, and your courage. –Doe Zantamata

I get by with a little help from my friends. –John Lennon

The most basic and powerful way to connect to another human being is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention. –Rachel Naomi Remen

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True friendship comes when silence between two people becomes comfortable. –Dave Tyson Gentry

Who you associate with shapes who you are. –Fabienne Frederickson

Friendship is born at that moment when one person says to another: “What, you too? I thought I was the only one.” C. S. Lewis 1898-1963

May the roof above us never fall in, and may the friends gathered below never fall out.
–Irish Blessing

The only way to have a friend is to be one. –Ralph Waldo Emerson

We have three types of friends: friends for a reason, friends for a season, and friends for a lifetime.
–Ziad K. Abdelnour

Fate chooses our relatives; we choose our friends. –Jacques Delille

A friend is someone who knows all about you, and loves you just the same. –Elbert Hubbard

The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, no curing, not healing, and face with us the reality of our own powerlessness, that is a friend who cares. –Henri Nouwen

Hold a true friend with both hands. –Nigerian Proverb

Indifference and neglect often do much more damage than outright dislike. –J.K. Rowling, *Harry Potter and the Order of the Phoenix*

I know God won’t give me anything I can’t handle. I just wish he didn’t trust me so much.
–Mother Teresa

My definition of a friend is someone who adores you even though they know the things you’re the most ashamed of. –Jodie Foster

A friend is one of the nicest things you can have, and one of the best things you can be.
–Winnie the Pooh, by A.A. Milne

The best thing in life to hang on to is each other. –Audrey Hepburn

You can’t shake hands with a clenched fist. –Indira Gandhi

Do not make friends with a hot tempered person, do not associate with one easily angered. Or you may learn their ways and get yourself ensnared. –Proverbs 22: 24-25

Friends are those rare people who ask how you are, and then wait for the answer. –unknown

Maybe our girlfriends are our soulmates, and guys are just people to have fun with. –Candace Bushnell, *Sex and the City* 2006

The ideal friendship is to feel as one while remaining two. –Sophie Swetchine

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There is nothing better than a friend, unless it is a friend with chocolate. –Linda Grayson

One friend in a storm is worth more than a thousand friends in sunshine. –Matshona Dhliwayo

Sometimes you will never know the value of a moment until it becomes a memory. –Dr. Seuss

It takes a great deal of courage to stand up to your enemies, but a great deal more to stand up to your friends. –Harry Potter: J.K. Rowling

Some people can't believe in themselves until someone else believes in them first. –‘Good Will Hunting’ (film)

Alone we can do so little. Together we can do so much. –Helen Keller

I ask not for a lighter burden, but for broader shoulders. –Jewish Proverb

Some people are worth melting for. Olaf, in ‘Frozen’ (film)

Jealousy is just love and hate at the same time. –Drake

The sharing of joy...forms a bridge between the sharers...and lessens the threat of their differences.
–Audre Lorde

Friendship, of itself a holy tie, is made more sacred by adversity. –Charles Caleb Colton

Prayer is nothing else than being on terms of friendship with God. –Saint Teresa of Avila

The best way to mend a broken heart is time, and girlfriends. –Gwynneth Paltrow

Things change, and friends leave. Life doesn't stop for anybody. –Stephen Chbosky

One friend with whom you have a lot in common is better than three with whom you struggle to find things to talk about. –Mindy Kaling

My best friend is the one who brings out the best in me. –Henry Ford

The truth is, everyone is going to hurt you. You just got to find the ones worth suffering for.
–Bob Marley

Life is an awful, ugly place to not have a best friend. –Sarah Dessen

Let us be concerned for one another, to help one another, to show love and to do good.
–Hebrews 10:24

The friend who holds your hand and says the wrong thing is made of dearer stuff than the one who stays away. –Barbara Kingsolver

Love is blind; friendship closes its eyes. –Frederich Nietzsche

Some people go to priests; others to poetry; I to my friends. –Virginia Woolf

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Your heart and my heart are very, very old friends. –Hafiz 1325-1389

The best time to make friends is before you need them. –Ethel Barrymore

The verb ‘to love’ in Persian is ‘to have a friend’. ‘I love you’ translated literally is ‘I have you as a friend’. – Shusha Guppa

Anything, everything, little or big becomes an adventure when the right person shares it.
–Kathleen Norris

You can be the moon and still be jealous of the stars. –Gary Allen

An evil friend will wound your mind. –Buddha

Suspicion is the cancer of friendship. –Petrarch

Friendship is one of the most tangible things in a world which offers fewer and fewer supports.
--Kenneth Branagh

A friend is someone who helps you up when you’re down, and if they can’t, they lay down beside you and listen. –Winnie the Pooh

A real friend walks in when the rest of the world walks out. –Walter Winchell

Friendship is a sweet responsibility. Never an opportunity. Kahlil Gibran

Be true to your work, your word, and your friend. –Henry David Thoreau

I think if I’ve learned anything about friendship, it’s to hang in, stay connected, fight for them, and let them fight for you...Friends are part of the glue that holds life and faith together. Powerful stuff. –Jon Katz

A friend knows the song in my heart and sings it to me when my memory fails. –Donna Roberts

It’s the friends that you can call up at 3am that matter. –Marlene Dietrich

No man is useless while he has a friend. –Robert Louis Stevenson

Love is the only force capable of transforming an enemy into a friend. –MLK Jr.

The most beautiful discovery true friends make is that they can grow separately without growing apart. –Elizabeth Folly

Friendship is like money- easier made than kept. –Samuel Butler

I don’t like that man. I must get to know him. –Abraham Lincoln

Friends are medicine for a wounded heart and vitamins for a hopeful soul. –Steve Miraboli

A friend is like a four leaf clover; hard to find, and lucky to have. –Irish Proverb

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Love is friendship set on fire. -Jeremy Taylor

Why not just be with your friends and have real conversations and a good time? -Candace Bushnell, in *Sex in the City* 2006

It is better to be in chains with friends than to be in a garden with strangers. –Persian Proverb

A true friend is one who overlooks your failures and tolerates your success. –Doug Larson

From Mary McNamara April 2019:

“Ah, I smiled. I’m not really here to keep you from freaking out. I’m here to be with you while you freak out, or grieve or laugh or suffer or sing. It is a ministry of presence. It is showing up with a loving heart.” -Kate Braestrup, [Here If You Need Me: A True Love Story](#)