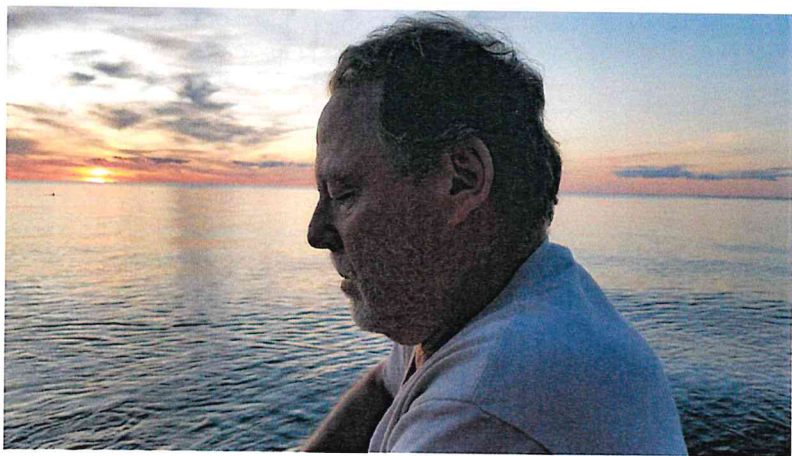


TODAY WE GATHER TO REMEMBER
AND CELEBRATE THE LIFE OF

JEFF ARNSTEIN



PROGRAM OF EVENTS FOR THE
CELEBRATION OF HIS LIFE

September 10th 2022
Towson Unitarian Universalist Church

ORDER OF EVENTS for today's celebration

Settling In and Slideshow

Thank you so much for being with us today.

Opening Words

Chalice Lighting

Jeff's family will light the chalice in his honor and memory, taking part in a TUUC tradition.

Reverend Clare:

We gather here together, in our sorrow and our joy,
To honor, in his absence, the life of Jeffrey Arnstein.
We gather here together, in our memories present,
To nurture a flame, once heat, that now burns solely in heart;

Responsively, say (in bold):

A flame that touched the hearts of so many,
that lit the paths for those he loved,
That guided him through his darkest days,
That made it easy to see the sparkle of his heart;

And then, all together:

**We, as a chorus, nurture that now
extinguished flame through remembrance
And give thanks for a light so bright that
it feels easy to remember.**

On Grief

The following words come from the poet and mystic adrienne maree brown. Please read along, responsively (in bold):

- that the broken heart can cover more territory.
- **that perhaps love can only be as large as grief demands.**
- that grief is the growing up of the heart that bursts boundaries like an old skin or a finished life.
- **that grief is gratitude.**
- that water seeks scale, that even your tears seek the recognition of community.
- **that the heart is a front line and the fight is to feel in a world of distraction.**
- that death might be the only freedom.
- **that your grief is a worthwhile use of your time.**
- that your body will feel only as much as it is able to.
- **that the ones you grieve may be grieving you.**
- that the sacred comes from the limitations.
- **that you are excellent at loving.**

(these words come from the postscript of adrienne maree brown's *Spell For Grief or Letting Go.*)



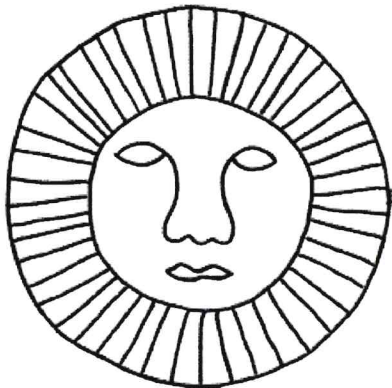
On Death

“We are imperfect mortal beings, aware of that mortality even as we push it away, failed by our very complication, so wired that when we mourn our losses we also mourn, for better or for worse, ourselves. As we were. As we are no longer. As we will one day not be at all.” - **Joan Didion**

“It’s like in the great stories, Mr. Frodo. The ones that really mattered. Full of darkness and danger they were. And sometimes you didn’t want to know the end... because how could the end be happy? How could the world go back to the way it was when so much bad had happened? But in the end, it’s only a passing thing... this shadow. Even darkness must pass.” - **Samwise Gamgee / JRR Tolkien**

“Our lives carry us along in ways we cannot control, and almost nothing stays with us. It dies when we do, and death is something that happens to us every day.” - **Paul Auster**

“Death is the only wise advisor that we have. Whenever you feel, as you always do, that everything is going wrong and you’re about to be annihilated, turn to your death and ask if that is so. Your death will tell you that you’re wrong; that nothing really matters outside its touch. Your death will tell you, ‘I haven’t touched you yet.’” - **Carlos Castaneda**



“This present moment
that lives on
to be come
long ago”
- **Gary Snyder**

Revised Universal Mourners Kaddish

*If you are in mourning, please feel free to stand and read along.
if not, please remain seated and read the words in bold.*

Exalted and hallowed be the loving energy which
sustains and cherishes us.

Amen.

Throughout the world such goodness has been created
according to Love's will. May Love establish her temperance,
bring forth her redemption and hasten the coming of her
myriad Messiah.

Amen.

In your lifetime and in your days and in the lifetime of the
entire House of Love, speedily and soon, and say, Amen.

**Amen. May her great Love be blessed forever
and to all eternity, blessed.**

May her great Love be blessed forever and to all eternity.
Blessed and praised, glorified, exalted and extolled, honored,
adored and lauded be the Name of the Holy Universal Love,
blessed be she.

Amen.

Beyond all the blessings, hymns, praises and consolations
that are uttered in the world; and say, Amen.

Amen.

May there be abundant peace on Earth, and a
good life for us and for all, and say, Amen.

Amen.

Universal Love, who makes peace on her Earth and in her
Heavens, may her Love make peace for us and for all; and
let us say, Amen.

Reflection on Jeff's Legacy of Kindness and Beauty

Eulogies given by Jane D'Ambrogi,
Reid Arnstein, Ellen Arnstein

Video Remembrance and Moment of Reflection

Open Remembrances

We welcome anyone to come up to the microphone and share their memories and thoughts of Jeff. We so look forward to hearing what you have to say!

Some questions to inspire you

- When did you meet Jeff?
- Where did you meet him?
- What was the last thing you two talked about?
- What was the first thing you two talked about?
- Quick - what word comes to mind when you think of Jeff?
- What would you say to him were he here?
- What color do you see when you think of Jeff?
- What sounds do you hear when you think of him?
- What is your favorite memory with Jeff?
- Did Jeff teach you anything?
- Did you teach him anything?
- How did he make you feel?
- Why are you here today?
- What would he say to you right now?

Meditation on death, grief, and the body

my body is a mangrove,
set to weather in the waters of my
immediate surroundings —
in patience i
ebb and i
flow
let the parts of me ive
known and those ive
yet to meet find their various
purpose as she sets my
waters to the
movings of their nature.

in me is the actuality of her cycle,
evidenced most clearly when the
fish find their strengths around my
soggy roots, as the
mammals meet their aquarian past
and future as my
waters rise to raise them —

i found myself bent to sides for her,
thinking i knew her patterns and
was able to follow them with
centralized precision,
and yet —
when i expected her she did not come
and when i had given up hope for her
arrival i found myself bathed in
the most pearlescent of moonlight
and in that sparkled space i
watched as the waters around me
glowed with all her powers.

by ellen arnstein

Happy Trails To You Sing-Along

We now invite you to join in singing one of Jeff's favorite songs, Happy Trails To You. Watch the video for the lyrics, or follow along with the words as printed below.

Happy trails to you,
until we meet again

Happy trails to you,
keep smiling until then.

Who cares about the clouds when we're together?
Just sing a song, and bring the sunny weather.

Happy trails to you,
Until we meet again.

Some trails are happy ones,
Others are blue.

It's the way you ride the trail that counts,
Here's a happy one for you.

Happy trails to you,
Keep smiling until then.

Happy trails to you,
Until we meet again.

*Song & Lyrics by
Dale Evans & Roy Rogers
1952*

Closing Words

“It is not the strength of the body, but the strength of the spirit.” – **J.R.R. Tolkien**

“Though here at journey’s end I lie, in darkness buried deep, beyond all towers strong and high, beyond all mountains steep, above all shadows rides the sun and Stars for ever dwell: I will not say the Day is done, nor bid the Stars farewell.” - **Samwise Gamgee / JRR Tolkein**

Nosh and Mingle

Following the memorial, there will be light refreshments served outside. We welcome you to have a bissle nosh, a little sip, and a casual moment with us together outdoors.

Donation Information

If you feel moved to make a donation on Jeff’s behalf, please consider a donation to the following organizations that Jeff recently volunteered for and that he found to be meaningful and crucial to his community and beyond.

Earl’s Place

an organization that helps men of all ages find a path to wellness and stability

Reading Partners Baltimore

an organization that works to end illiteracy & equip all american students with the tools and opportunities that only literacy can provide

Information about both organizations can be found at the memorial site we have made for Jeff :

OurDearJeff.com

Obituary for Jeffrey Arnstein

Jeffrey Martin Arnstein, 75, released his physical form on the 30th of July, 2022, and with his passing the world loses another Special New York Connecticut Kind of Jew. He passed away in peace, in his own home in Baltimore, with his true love Jane D'Ambrogi by his side. In his passing, along with Jane and their dog Walter, he leaves his children and their partners — Ellen and Brett (CT) & Reid and Angela (NJ) — with the honored task of keeping his memory alive through a devotion to cultivating an honest life full of craft, compassion, empathy, wonder, & above all else — magic.

Jeff, the dad, taught his children to love and honor the woods & indigenous knowledge and beliefs, to care for others even if they don't seem to care for you, to always live as honestly & truthfully to yourself as you can without hurting others, & that even those who do hurt others can learn to grow and become someone who helps others not hurt when they are. He taught his kids to stay curious, to question everything, and most importantly, how to protect the world from trolls (the real kind, not those behind a computer screen).

Jeff, the professional, was best known for his work as an Early American Antique Restoration expert, operating for most of his career out of the North Armory of Hartford's Colt Building (shops that followed: 56 Arbor Street, then Port Chester NY). Always filled with the industry's highest-end pieces waiting to be revived back to old, his shop was a crossroads for many of the most respected collectors, dealers, & curators of the trade, as well as an exciting meeting place for many of Hartford's artists and makers. He bent time through polish and lathe for important auction houses like Sotheby's & Christie's, museums like the Wadsworth, The Lyman Allen, & Hartford's Old State House, as well for the most prominent private collectors & dealers of his time. To many, his most impressive work was the restoration he did for the Butler-McCook House after its fateful 2002 accident; and while his work on that job was nothing short of magic, those who followed his career knew that every job he did was done at that exact same level of wow.

His working memory of wood and grain was otherworldly, and his ability to work the finest difference in hue made more unfathomable when you learned he was color blind.

In his lifetime, Jeff did many amazing things, including: being raised in the American shtetl that was 1940s/50s Pelham Parkway; graduated from CCH early, entering Queens College on a full ride at age 17; got stuck in traffic going to Woodstock & decided to turn back; refused his Vietnam War draft and taught public school in Harlem instead; imported an MGB from England to NYC after his solo European Trip of a Lifetime; hiked a large portion of the Appalachian trail alone but for his trusty Donkey who he adopted along the way; owned and operated a jewelry & antique store on City Island with his first true love Merry; taught himself how to restore furniture and made a tremendous career of it; fell in love many times with ease and grace; made friends with ease and had many he kept for his lifetime; survived many curious near-death experiences; danced many nights away at the WISCOH; created, with his first wife Gail, two incredible children who turned out more than okay; did a really great Daffy Duck; was a master of petnames and a bastion of Yiddish affections; earnestly found his way from Judaism to Buddhism to Unitarian Universalism; practiced anti-racism and anti-zionism with a fierce devotion; always dreamed of being a writer and made it happen in his later years, writing multiple books aimed at helping struggling readers excel; mentored countless individuals in everything from restoration/conservation to transforming anger to reading to GED prep and more; strove to admit to his mistakes, learned to forgive, and grew from his traumas; and above all else — managed to die a peaceful death surrounded by love, knowing he was loved, and graced with the awareness of the meaningful impacts he made in his lifetime.

An open celebration of his life will be held on the 10th of September, 2022, at noon, at his beloved Towson Unitarian Universalist church. In lieu of flowers, donations may be sent to Earl's Place, a recovery center for men in Baltimore, or to Reading Partners Baltimore — two organizations Jeff volunteered for & held near to his heart. Happy trails to you...MWAH!

For the Anniversary of My Death

W S Merwin

Every year without knowing it I have passed the day
When the last fires will wave to me
And the silence will set out
Tireless traveler
Like the beam of a lightless star

Then I will no longer
Find myself in life as in a strange garment
Surprised at the earth
And the love of one woman
And the shamelessness of men
As today writing after three days of rain
Hearing the wren sing and the falling cease
And bowing not knowing to what

thank you so much for joining us today in
remembrance of our father and partner.
thank you to TUUC for the beautiful
community you provide, and to Reverend
Clare for her help in making this special
event of remembrance to happen.
with love - Jane, Reid, Ellen



to learn more about Jeff, read his writing, leave
a message or memory for his family & more
please visit his memorial page at:

OURDEARJEFF.COM