

If you have lost someone you love, you must miss them so very much.

May you find some peace and hope in this story.

Hopefully, some of your questions will be answered and you will see that many of the feelings you have, Henry has too.





# Henry and Harriet

written by: H.C. MacArthur    illustrated by: Anna Koot

This book is for

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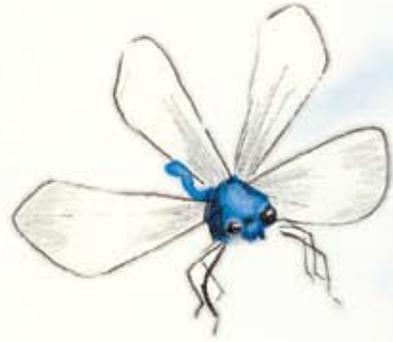
In memory of

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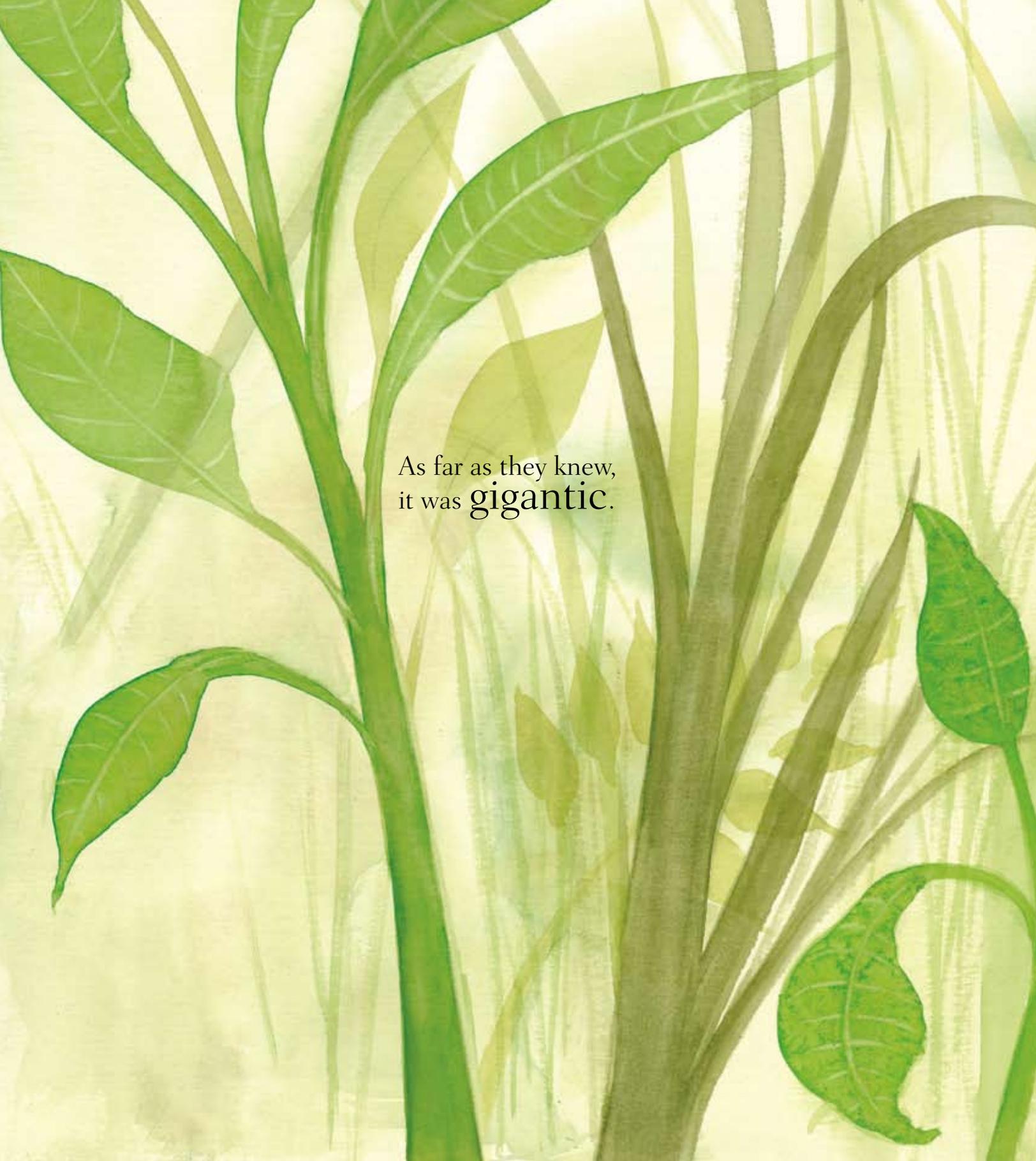




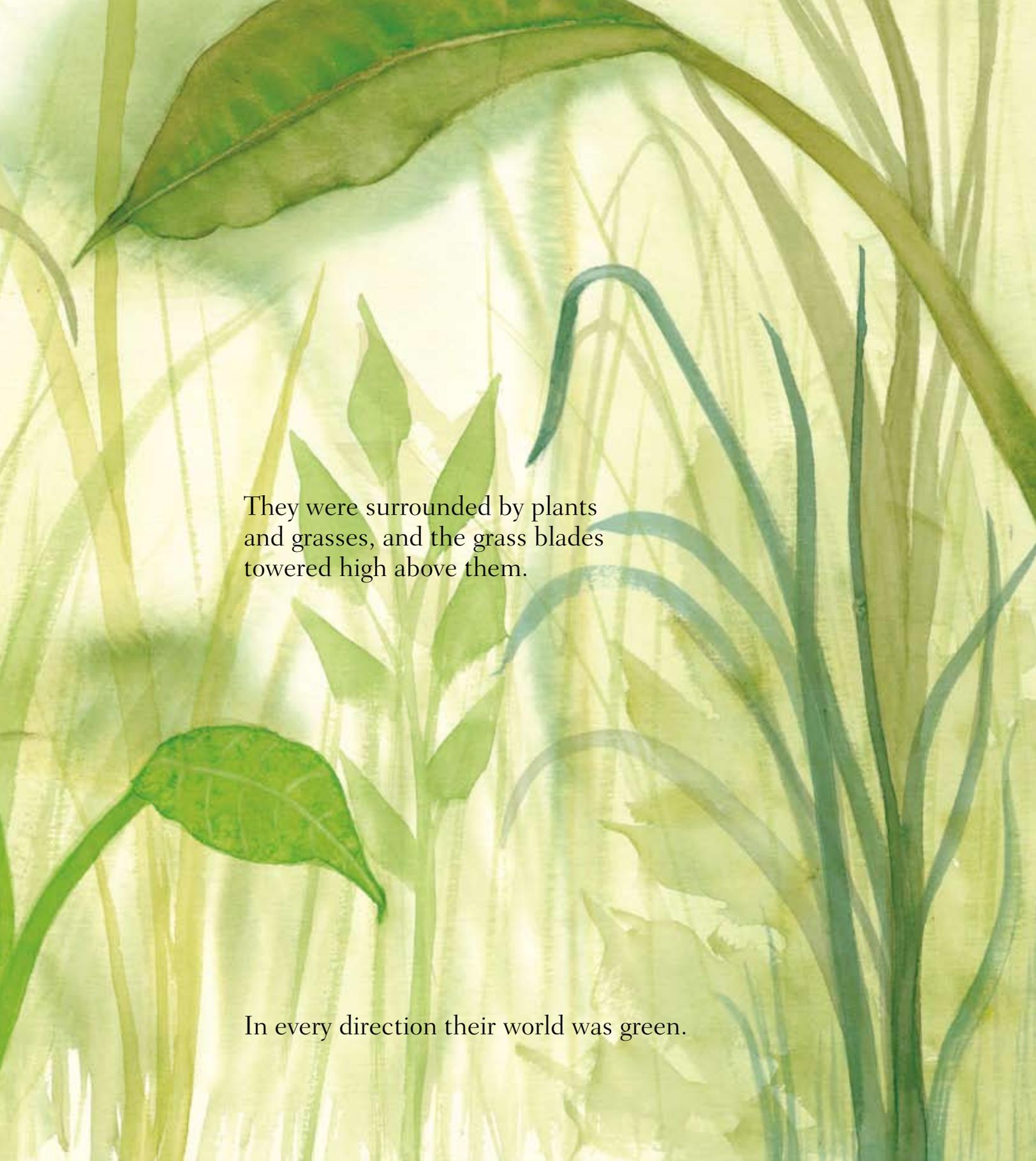


There was a place  
where the caterpillars lived.



A watercolor illustration of various green plants. In the foreground, there are several large, vibrant green leaves with prominent veins, attached to thick, upright stems. Behind them, there are more delicate, lighter green leaves and thin, vertical stems, some of which are slightly out of focus. The background is a soft, pale yellow-green wash, creating a sense of depth and light. The overall style is soft and artistic, typical of watercolor painting.

As far as they knew,  
it was **gigantic**.

A watercolor illustration of a lush green field. The scene is filled with various plants and tall grasses. In the foreground, there are several broad, vibrant green leaves with visible veins. Behind them, numerous tall, slender grass blades rise vertically, some in sharp focus and others blurred, creating a sense of depth. The overall color palette is dominated by various shades of green, from bright lime to deep forest green, with soft, hazy backgrounds suggesting a sunlit meadow. The style is soft and painterly, with visible brushstrokes and a gentle, ethereal atmosphere.

They were surrounded by plants  
and grasses, and the grass blades  
towered high above them.

In every direction their world was green.

It was a busy place full of caterpillars that were many different shapes and sizes, and lots of colours.

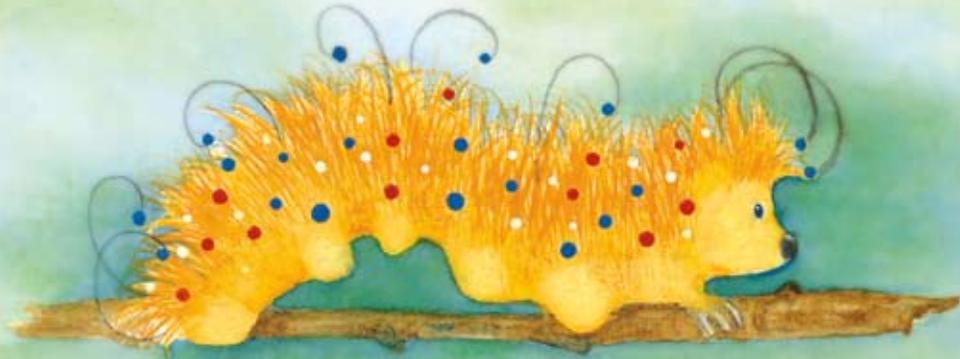




There were other  
creatures as well,

but the caterpillars were  
the smartest of all, and  
this was their world.

In this land of the caterpillars lived a particularly fuzzy little orange caterpillar.



His name was Henry.



Henry was very busy and had much to do and much to discover.

He had a family and lots of friends that he loved and spent most of his time with.



One day Henry met a new caterpillar.



who he instantly liked.

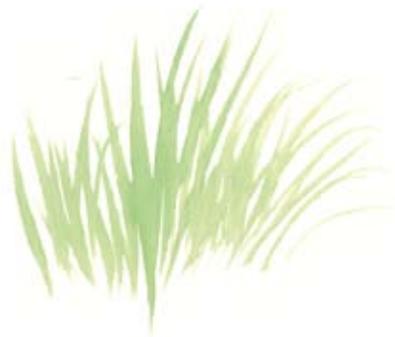


Her name was Harriet.

Henry and Harriet became best friends.

Soon the other caterpillars could see that they had become sweethearts.

They so enjoyed each other's company.



Henry and Harriet came to  
love each other very much



and decided to continue their  
journey through life together.



In such a big world, things could get very complicated for little creatures.

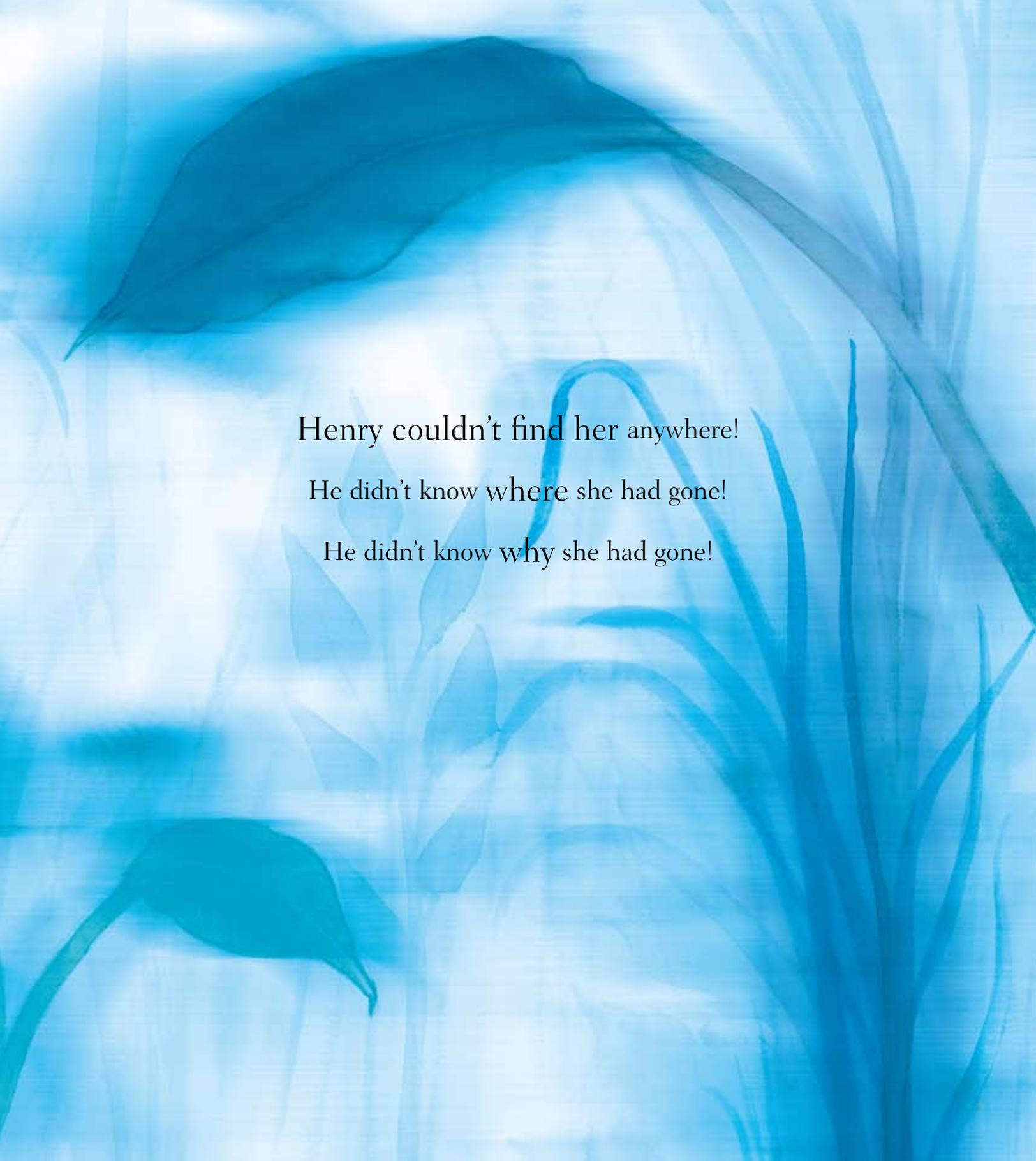
They knew they could depend on each other and worked hard to overcome many struggles.

No matter what happened, they were happy just being together.





Then one day –  
Harriet was gone!



Henry couldn't find her anywhere!  
He didn't know where she had gone!  
He didn't know why she had gone!



While searching for Harriet,  
Henry came upon her empty cocoon.

He knew then, that she must have  
become a butterfly and left.

He had heard that this happened to all caterpillars eventually, but he didn't expect this to be Harriet's time to leave.



It made Henry so very, very, sad that she was gone.



Henry wished that he could have seen  
Harriet change into a butterfly.

That way, he would know for sure that what  
he had heard was true, and that she was  
still alive, but as a butterfly now.

Harriet had indeed become a butterfly!



She was more beautiful than anything she could have ever imagined.

She remembered that when she went into her cocoon, it had become very dark, and quiet.

Harriet grew still.

Suddenly, there was more light than she had ever seen before!

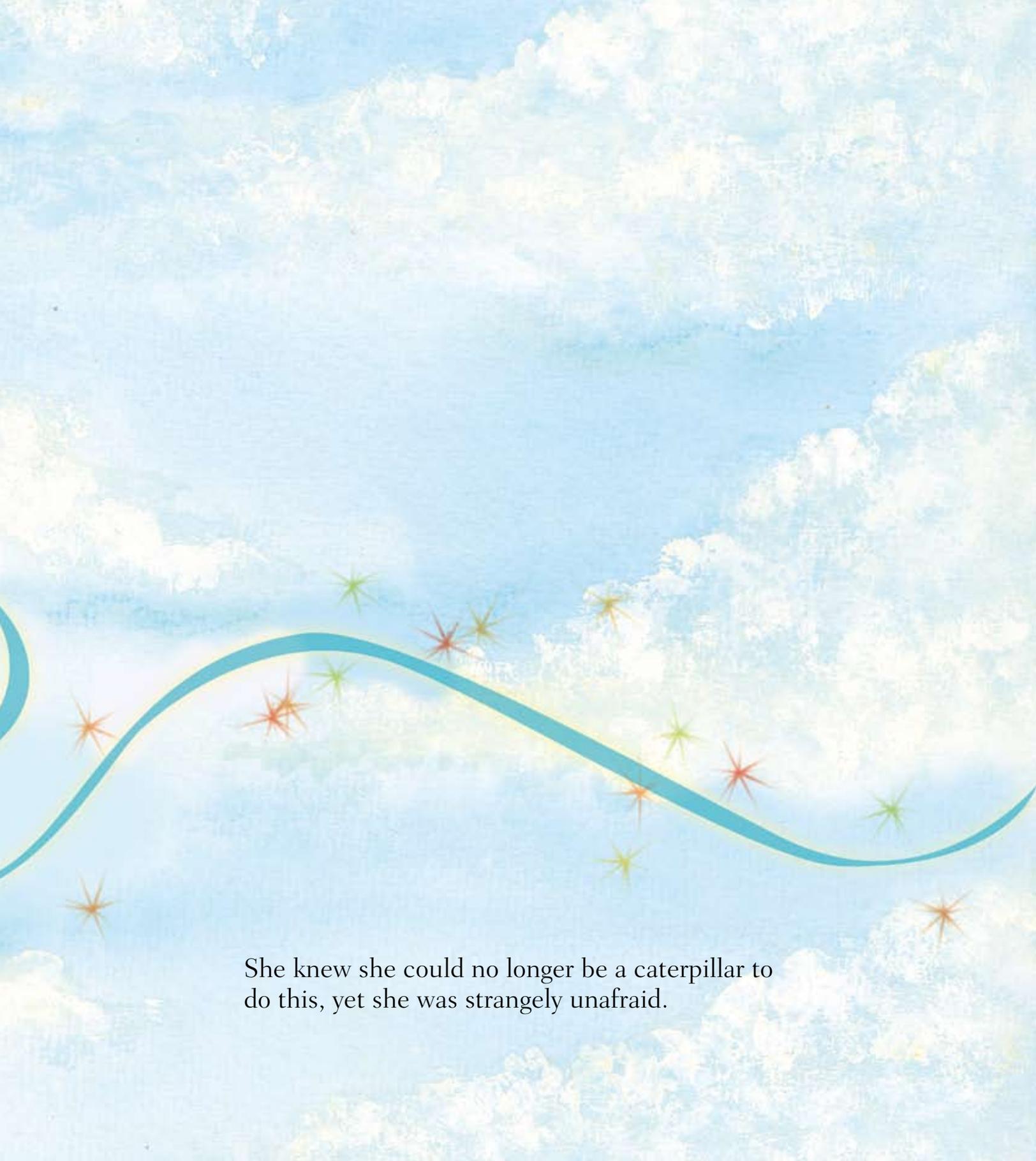


Harriet felt she wanted to let go of everything and fly.

It was a new feeling!

She knew she would have to leave her familiar world in order to...



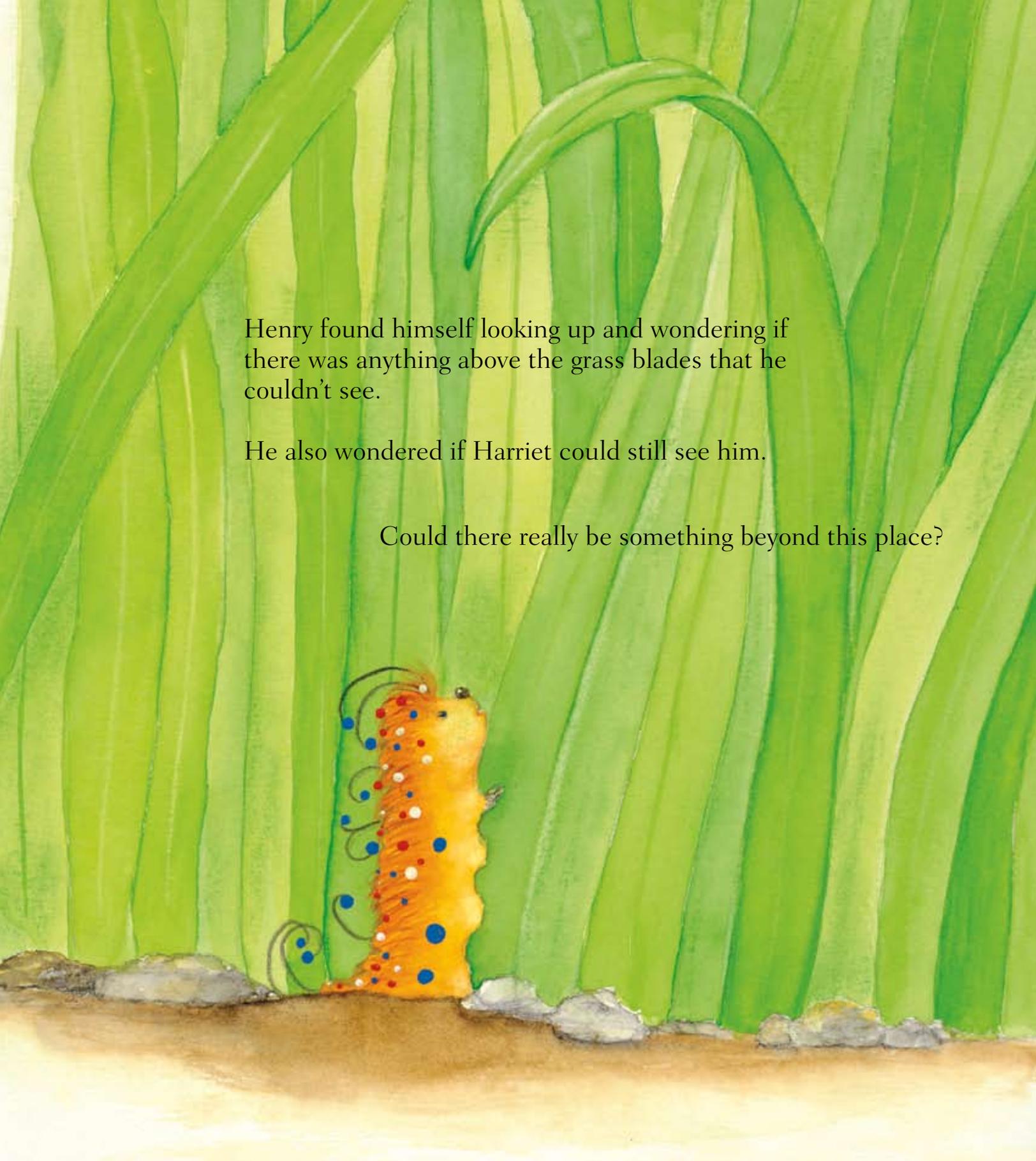
The background is a soft, painterly blue sky filled with fluffy white clouds. A thick, wavy teal line curves across the middle of the page. Scattered around this line are several colorful starbursts in shades of orange, red, yellow, and green. The overall style is dreamlike and ethereal.

She knew she could no longer be a caterpillar to do this, yet she was strangely unafraid.



Meanwhile, Henry did believe that Harriet was in a place where she was happy, but he could not understand why she had to leave when she did.

How Henry wished he could see, even in some small way, that Harriet was still alive.



Henry found himself looking up and wondering if there was anything above the grass blades that he couldn't see.

He also wondered if Harriet could still see him.

Could there really be something beyond this place?

It was a struggle for Henry to face each day alone.

No matter how much he reasoned things out, he still missed his sweetheart.



He had so many questions and was often very sad.

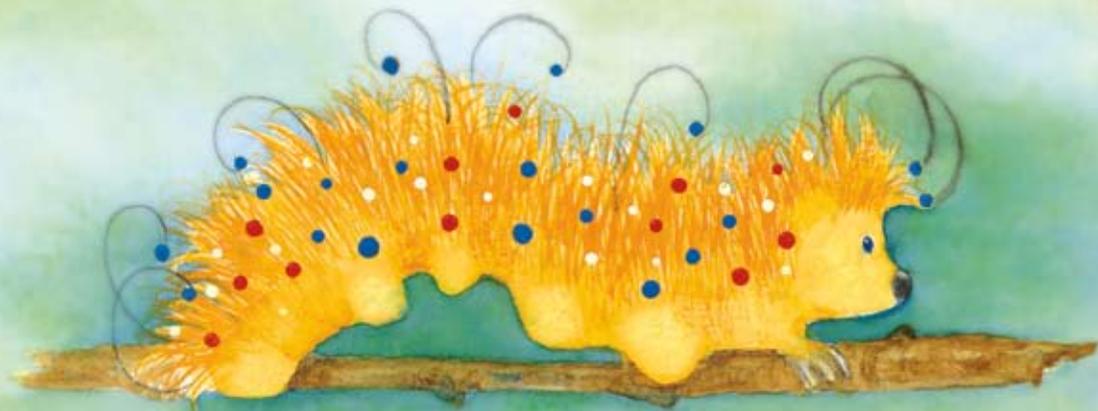
After some time went by, Henry came to accept that when it was his time to change he would understand all the things he could not make sense of, now.

Although he still missed Harriet, he did his best to enjoy life with his friends and family.

He knew Harriet would want him to be happy and he often thought fondly of his time with her.



Henry didn't know exactly what happened when a caterpillar became a butterfly but he knew that someday, when he became one, he would join the other butterflies . . . . .





and he believed he would understand then.

Now that she was a butterfly, Harriet could see everything.

In fact, she was high above and saw how small her old world was compared to all there was now.

She could understand why everything was  
the way it was, and she felt tremendous

peace.



And so, this is

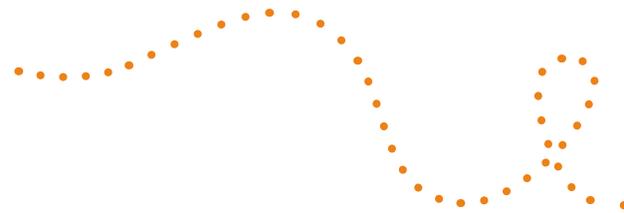
THE END

of the story

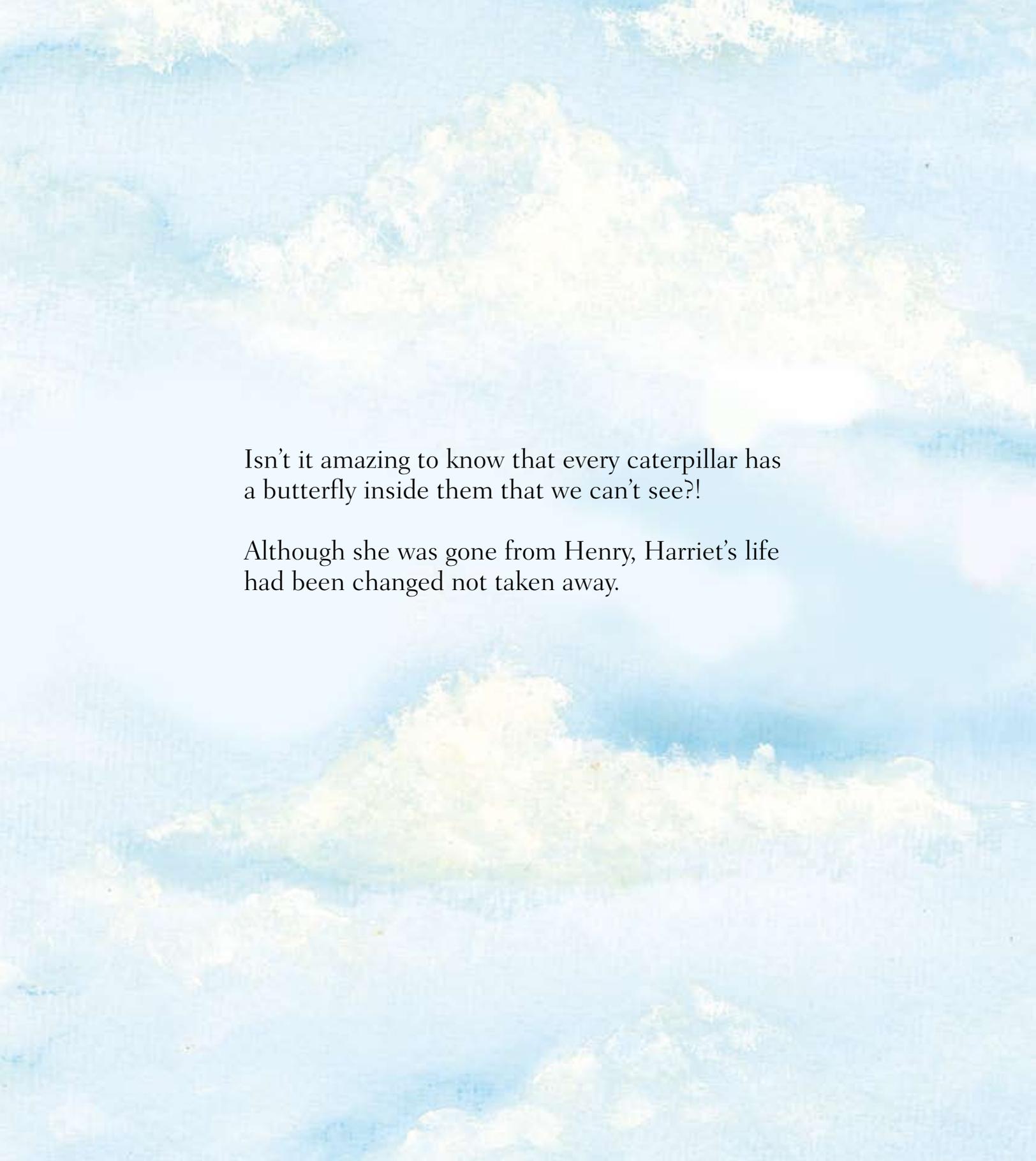
— at least of Harriet's story —

or

is it a new beginning?







Isn't it amazing to know that every caterpillar has  
a butterfly inside them that we can't see?!

Although she was gone from Henry, Harriet's life  
had been changed not taken away.



illustrated by:  
Anna Koot

written by:  
Henriette MacArthur



We are fortunate to have shared a friendship for many years and so thankful that working on this book has brought us together again.

Both of us have lost one of our parents in recent years, and it has been a long but therapeutic journey for us to bring this story to life.

We combined our talents to provide a book for children that would answer, at least some of their questions, and most importantly validate their feelings.

To the many people who have shown us support along this path, please know that we are very grateful to you.

We are blessed to have husbands and children who give us constant encouragement and who didn't mind sharing their house with many caterpillars for quite some time.



*books that help understanding grow*

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