

LIVING GRIEF

Let's talk about grief...

Taking time to remember

It's so difficult when you can't go to a funeral, whether for family, friend or neighbour. Many are facing this in the current crisis.

You may find it helpful to set aside the time while the funeral is taking place (or later) to hold your own act of memorial at home. You could look at pictures, play some of the person's favourite music, write a message to them, light a candle or follow any of your own cultural rituals. A number of resources are available online to give you ideas of readings, poems or prayers you may want to use.

Think about the person who has died and remember them, giving thanks for their life in a way that is appropriate for your beliefs and traditions. A suggested order can be found below, (where it says 'N', just say the name of your person). Please adapt this as is best for you and insert/omit as appropriate.



If you wish to light a candle or incense you might like to do this before you start.

We are here to remember N
because we loved them as
(mother, brother, friend etc)
We will mourn them leaving us,
honour their life and death,
as we say our farewells
We come believing that all human life is
valuable,
that the truth and integrity and
hopefulness
which resides in each life, lives on.
We come, believing that N's life,
which we celebrate today
and for which we now
experience great loss,
is joined in the eternal continuum of
human endeavour
stretching into the past and
into the future.
N's life was lived in its uniqueness
with us and has now passed into
the ultimate community of human
existence.
The gifts and graces which N offered
are never lost to us.
The creativity which they brought to us
in their life and relationships lies now
within our own lives and travels into
the future with us.

PRAYER OR SILENT REFLECTION

Dear God, thank you for N,
and for all that they meant to me and to
others.
I so wanted to say goodbye.
Help me to know you are there,
holding all my hopes,
holding all those I love, especially N,
and holding me this day too.
Be close to us all this day with your peace
and hope. Amen.

O God, at this moment,
as we come face to face with death
and our own mortality,
we have many feelings
as well as grief,
and possibly fear for the future.
Please come close to us with your love,
travel with us into this serious moment
and open our hearts to each other.
We ask it in the name of Jesus Christ
who faced his own death and the death of a
friend.
Amen.

THE LORD'S PRAYER

(if appropriate)
Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against
us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever.
Amen.

READING

You may like to read a poem, piece of prose
or a bible reading may be read

MUSIC TO REFLECT TO

You may like to listen to a piece of music
Reflect on your memories. - What stands
out in your memory about N? - What will
you always remember about them? - What
things did you learn through their life and
death?

N, all these things and more you have
given to us.
We respect your journey through life,
with all of its realities.
We pray that you will travel safely
in this next part of your journey.
Our love goes with you.
Let us pray or reflect in silence on this
life and what it has meant to us:

PRAYER OR SILENT REFLECTION

We give thanks for the gifts we have
received in N.
We give thanks for a life lived with
(courage, honesty, grace, determination -
as appropriate)

FAREWELL

As we come to the moment of farewell,
part of our grief may be regret
for things done or left undone,
words said, or never said,
or moments that never happened.
This is the time to lay aside all those
regrets and to honour the spirit of N
who would never want them carried
into our future.
Let us receive that gift of generosity
from N and the forgiveness of God in a
moment's silence.

SILENT REFLECTION

To love someone is to risk the pain of parting.

Not to love is never to have lived.

The grief which we now experience is the honouring of our love.

Let us now in another quiet moment make our farewell to N.

Silence

Even as we grieve this loss, let us commit ourselves to the comfort of those who miss N most.

Let us surround them with our love.

And now let us go into the world,

glad that we have loved,

free to weep for the one we have lost,

free to hold each other in our human

frailty, empowered to live life to the full

and to affirm the hope of human

existence.

If appropriate add

And may God be our company,

Christ Jesus walk before us

and the Spirit surrounds us with a cloud of grace.

Amen.

Adapted from Dorothy McRae-McMahon, Liturgies for the Journey of Life (SPCK London 2000)

