**A service of remembrance and thanksgiving**

**Autumn 2020**

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**Marie Curie Hospice**

**Newcastle**



**A Short Prayer**

Help us God to focus on that which enables us to keep going. Remind us that time will never erase the memories and that for a moment we’re not alone as we sit here together. We give thanks for the times we had with our loved ones, both the ups and the downs of living life, but most of all we’re grateful for love which is stronger than death. Help us to bear our sorrow without bitterness, to look forward slowly, one day at a time and to gain some comfort from those who can help us ease our pain ……………

Be with us now as we encourage and support each other. Amen.

We do not understand joy until we face sorrow. Anon.

**To Leave the World a Better Place**

***Ralph Waldo-Emerson (1803 – 1882)***

To laugh often and much;

to win the respect

of intelligent people and the

affection of children;

to earn the appreciation

of honest critics and endure

the betrayal of false friends.

To appreciate beauty;

to find the best in others;

to leave the world a bit

better whether by a healthy

child, a garden patch or a

redeemed social condition;

to know that even one life

has breathed easier

because you have lived.

This is to have succeeded.

**Remember Me**

**by Anthony Dowson**

**Speak of me as you have always done,**

**Remember the good times, laughter and fun.**

**Share the happy memories we’ve made,**

**Do not let them wither or fade.**

**I’ll be with you in the summer’s sun**

**And when the winter’s chill has come.**

**I’ll be the voice that whispers in the breeze.**

**I’m peaceful now, put your mind at ease.**

**Sometimes our final days may be a test,**

**But remember me when I was at my best.**

**Although things may not be the same,**

**Do not be afraid to use my name.**

**Let your sorrow last for just a while,**

**Comfort each other and try to smile.**

**I’ve lived a life filled with joy and fun**

**Live on now, make me proud of what you’ll become.**

Lighting a candle and saying someone’s name keep’s their memory burning bright. We light this candle and say their name to remember our loved one and the light and love they brought into our lives, a sign of light and hope that shines despite the darkness that sadness brings.

**Three stones and three candles**

**Anon**

We place a stone for memories;

For the memories of gatherings, holidays & unrepeatable special occasions spent together;

For the memories of smells, sounds & meals together that satisfied far more than our appetites;

For the memories of times together that reminded us of what it means to be human;

For the memories of voices & faces that are records of family & friendship sharing a journey.

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We place a stone for tears;

For the tears that flow from our eyes as we remember the people who are special to us today;

For the silent tears that no one else hears or sees;

For the tears of joy as we remember jokes & stories we have shared together.

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We place a stone for strength;

For the strength that comes from deep within & sustains us;

For the strength that enables us to live one day at a time without regrets;

For strength that allows forgiveness to heal the unfinished parts of our relationships;

For the strength that allows us to remember those who have left their imprint on our hearts.

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We light a candle for love;

For the love we have shared with our loved ones who have been so precious to us;

For the love that flows deep within us that will never end;

For the love that has lived through changing times & events;

For the love that grew from small seeds into great trees within us;

For the love that lifts up our spirits & our hearts.

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We light a candle for joy;

For the joy that gave birth to so many positive moments,

Days & events within lives shared;

For the joy & smiles that have been shared;

For the joy that gave us encouragement to go on.

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We light a candle for hope;

For the hopes & dreams & plans we shared together;

For the hope that brings confidence for the future & the hope for brighter days ahead.

**We will carry them within us**

**Tess Ward ‘Alternative Pastoral Prayers’**

Long the journey we must now make

For one of our kind has left us and we cannot be the same.

Slow the feet tread moment by moment,

A wonder that morning and evening keep coming round.

But weaving the old story into the new cannot be hurried

For there are no landmarks and no maps.

We must weep until we carry them within us.

And when the winter of our grief is past

And the rains are over and gone

We will arise and come away,

Put our hand in the hand of life,

See the world afresh with new born eyes

As the flowers appear on the earth again

And the time of singing is come.



If you need to speak to anyone or would like further support please contact Jacquie Leaman our Bereavement Co-ordinator. We offer bereavement support in the form of telephone calls, one to one support (at present via video link or telephone or a bereavement groups vis video link. As soon as we are able we hope to go back to meeting in person

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