

Remembering a friend or a loved one on the day of their funeral when you are unable to attend

Funerals are important. With the current restrictions in place it may not be possible to attend the funeral of a friend or a loved one. These ideas / words are offered to help you join in with a funeral from your home. Nothing is compulsory, only do what feels helpful.

Getting ready:

Before you begin you may like to:

- Find some photographs of your friend / loved one or photographs of a special place or time.
- Write down some special memories.
- Find a song or piece of music to listen to or join in with. This may be your friend or loved one's favourite piece of music or a piece of music which will be played at the funeral or maybe music which you find particularly helpful.
- Find a poem or reading you like. If you are not sure what to choose there are many suggested funeral readings online or you could find words which will be said at the funeral.
- Find a candle.
- If appropriate you may like to connect with others by phone or online to share this time and space. This could be a supportive friend, they do not need to have known the person themselves, just be able to care for you at this time.

When you are ready to begin:

Find a place to sit quietly and, if it is safe to do so, light a candle for the duration of this time.



Begin:

Play a piece of music if you wish.

Look at your photographs.

Reflect on your memories. What stands out in your memory? What will you always remember? What was the best thing you did together? What would you like to say to your friend / loved one if they were here now?

If you are with someone else you might like to share your memories together.

Time for a reading or a poem:

The following or other appropriate words:

**Love bears all things, believes all things, hopes all things, endures all things.
Love never ends.**

(From the Bible)

Time to be still:

In these moments you might like to hold your friend / loved one close in your thoughts and heart. Pray if this is your custom.

Then you may like to say the following words:

At the beginning of the year and at its end, _____ I will remember you.

At the blowing of the wind and in the chill of winter, at the opening of the buds and in the rebirth of spring, _____ I will remember you.

At the blueness of the skies and in the warmth of the summer, at the rustling of the leaves and in the beauty of the autumn, _____ I will remember you.

When I am weary and in need of strength, when I am lost and sick at heart, _____ I will remember you.

When I have a joy I long to share, when I have decisions that are hard to make, _____ I will remember you.

At the rising of the sun and at its setting, _____ I will remember you.

(Adapted from a Jewish prayer)

Time to say goodbye:

To love is to risk the pain of parting. The grief which you now experience is the honouring of your love. In a moment of quiet make your farewell to _____.

You may like to say the following words:

_____, into the freedom of wind and sunshine, I let you go.
Into the dance of the stars and the planets, I let you go.
Into the wind's breath and the hands of the star maker, I let you go.
I love you, I miss you, I want you to be happy.
Go safely, go dancing, go running home.

(Words by Ruth Burgess)

OR

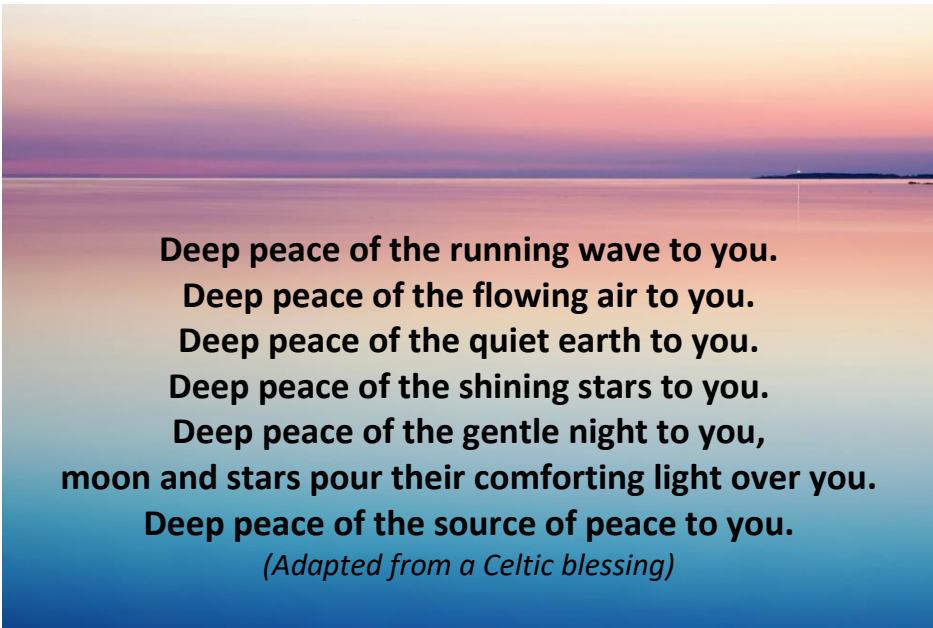
_____, travel on from this world,
in the love of God the Father who created you;
in the mercy of Jesus Christ who redeemed you;
in the power of the Holy Spirit who brings us all into new life.
Rest in peace, in God's love, now and forever.

(Words from a Christian funeral service)

To close:

Play a piece of music if you wish.

And finally, some words for you.



Deep peace of the running wave to you.
Deep peace of the flowing air to you.
Deep peace of the quiet earth to you.
Deep peace of the shining stars to you.
Deep peace of the gentle night to you,
moon and stars pour their comforting light over you.
Deep peace of the source of peace to you.

(Adapted from a Celtic blessing)