

Prayers & Images of Comfort

Death does not come to order. Sometimes it surprises us by its suddenness, its unfairness, its brutality. At other times it is gentle and kindly. However and whenever it comes, it is the completion of a life on earth. It is those left behind who must go on.

As you look into the sunlight, your face shines again while your shadow appears behind you.

The future beckons as you hold out a nervous and shaking hand.

One step at a time

One day at a time

Slowly and surely your strength will grow

And slowly but surely life will grow.

There was time when every day seemed like yesterday

But there will come a day when today greets tomorrow.

When your mirror becomes a window

It is then that you will see your future

and not reflect on the past.

Have faith, have courage and
have hope for you will survive.

Derek Dobson

Say not in grief 'he is no more' but live in thankfulness that he was.

Hebrew Proverb

To love someone is to risk the pain of parting.

Not to have loved is never to have lived

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

Turn to me and be gracious to me for I am lonely and afflicted.
Relieve the troubles of my heart and bring me out of my distress.

Psalms 25: 12

God is our refuge and strength, a very present help in trouble.

Psalms 40

For Those Who Mourn

ALL SAINTS CHURCH, STAPLEHURST

We meet for worship

Sunday of the Month

8.00am	Holy Communion	1 st	2 nd	3 rd	4 th	5 th
10.00am	Family Service	1 st				
10.00am	Parish Communion		2 nd		4 th	
10.00am	Family Communion			3 rd		
10.00am	Matins					5 th
6.30pm	Parish Communion	1 st				
6.30pm	Taize		2 nd			
6.30pm	Sung Evensong			3 rd		
6.30pm	No Evening Service				4 th	
6.30pm	Churches Together Service in one of the Churches in Staplehurst					5 th

All Saints Church is always open for private prayers

Wednesday

9.30am

Holy Communion

Everyone is welcome at any of these services

For more information please contact:

The **Rev'd Silke Tetzlaff**, The New Rectory,

High Street, Staplehurst, Kent, TN12 0BJ,

01580 891 258, silke.tetzlaff@btinternet.com

www.allsaintsstaplehurst.co.uk

DONATIONS

If you wish to make a donation to All Saints Church, you can do so by **Standing Order**, by following the **Just Giving** link on our Website or by **Texting ASST 89** £(1,3,10...) to **70070**. All **cheques** are payable to '**All Saints Church PCC**'. You can also now register with the following link :<https://www.easyfundraising.org.uk/causes/allsaintschurchstaplehurst/>

Music at a Funeral Service

Music at a Funeral service is not necessary, but most people do like to have some music. If you plan to sing Hymns it is helpful if the Hymns you pick are sung to tunes that most of the congregation will know. It also helps if the words are appropriate.

People sometimes ask for recorded music to be played. Again it is important to ensure that the music and words fit the occasion. For example, a favourite song or singer may be excellent in the setting of the living room or a concert hall, but not always appropriate in the setting of a funeral. Please consult the minister before making any decisions about recorded music.

Possible Hymns

- 1) Amazing Grace
- 2) Abide with me, fast falls the eventide
- 3) Be thou my guardian and my guide
- 4) Be thou my vision
- 5) Dear Lord and Father of mankind
- 6) Forth in thy name o Lord I go
- 7) Guide me, O thou great redeemer
- 8) He who would valiant be
- 9) Lead us, heavenly Father, lead us
- 10) Lord of all hopefulness
- 11) Love divine all loves excelling
- 12) Morning has broken
- 13) Oh God our help in ages past
- 14) Oh Jesus I have promised
- 15) Oh Lord my God [How great thou art]
- 16) On a hill far away [The old rugged cross]
- 17) Praise my soul the king of heaven
- 18) The day thou gavest, Lord is ended
- 19) The King of love my shepherd is
- 20) The Lord's my shepherd
- 21) There is a green hill
- 22) When I survey the wondrous cross

Stages of Bereavement

When you are bereaved the time of grieving can be long and difficult. This may give rise to feelings and behaviour you do not expect. Grieving follows many different patterns, but often you can recognise five stages which may overlap or recur.

1) Shock and disbelief

You may be unable to accept the fact of death. There may be feelings of numbness, panic, anger or reality. It can last a short time, hours, days or occasionally weeks.

2) Facing the fact of life

After the funeral, friends and relatives often go back to their own lives. Feelings of loss and loneliness may strike. Sleep can be disrupted by vivid dreams and wakefulness. You may find yourself searching for the dead person or even think that you hear or see them. You are not going mad, it is a common experience. You may experience intense sadness or yearning, guilt, panic, fear, self pity or anger directed at yourself or others.

3) Disorganisation

You may now have accepted the loss of the old way of life, but feel unable to replace it with anything new. Sadness and aimlessness can make the easiest task an effort. You may neglect your home, forget to prepare proper meals and avoid going out. You may go to the other extreme, feeling an urge to go out all the time, over eat, smoke or drink too much, or become excessively tidy.

4) Despair and depression

If the period of disorganisation is unresolved, you may give up in despair and become more depressed. Adequate support can help ease, shorten or even prevent this stage developing.

5) Reorganisation and recovery

With time the pain of grief lessens. You are building a new identity and finding a new purpose in life. It is important to renew old and take up new pursuits. You feel your energy returning and enjoy living again. This may seem disloyal to the person who died, but what happened in the past is always part of you and is not affected by enjoying the present. (With thanks to the SW Herts. Bereavement Network)

Do you need help? Often the times and month after the funeral are the most difficult in trying to come to terms with the death of someone we love. Please feel free to get in touch if you would like to talk or need any help.