

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

## Getting ready

As you prepare to spend some protected time to safely share in this funeral you may like to find photos to look at to share memories. There is space also for any poems or readings you choose. You may like to play songs or pieces of music to listen to or join in with. If it is possible and you would like to, do to connect with others by phone or online to share this time and space.

*(This could be a supportive friend, they do not have to need to have known the person themselves, just be able to care for you at this time.)*

If it is safe to do so you may like to light a candle for the duration of this reflection time.



## Begin: (play music if you wish)

We remember ( ) and are thankful for the part they played in us being here now and for our flourishing.

For being extraordinary within the ordinariness of life. For every memory of love and joy, every memory of life well lived and every sorrow shared with us, we give thanks. May any memories of hurt and failure be healed and may we have the wisdom and grace to use well, the time left to us here on earth, for the sake of love.

## Time for a readings or poems

**Time for quiet:** In these next few breaths hold your loved one close in your thoughts and heart.

**Time to say goodbye:** May you who have belonged with us here, rest in the eternal belonging; you who have left the shadows of this world behind, rise on the wings of the morning.

As we let go of you now, ( ) may you rest in peace.

## To close: (play music if you wish)

May you, as you grieve, go gently into the next moments of your life surrounded by love and with enough courage for your next step.

# Remembering a loved one on the day of their funeral when you are unable to attend... some suggested readings

Cold blows the wind now your love is in the grave,  
But though they are taken from our eyes,  
May you find them here in the heaven all about.  
May you see them in the light-streaked skies and the company  
of trees  
May you hear them in birdsong and down by the sea.  
May you feel them in dreams and places you have been,  
And know them with you always now their spirit dances free.  
*(by Tess Ward)*



Though we need to weep your loss  
You dwell in that safe place in our hearts  
Where no storm or night or pain can reach you.  
Though we cannot see you with outward eyes  
We know our soul's gaze is upon your face  
Smiling back at us from within everything.  
May this dark grief, flower with hope,  
In every heart that loves you.  
*(by John O' Donohue)*

This has been put together by the Chaplaincy Team who can be contacted for support by emailing [chaplains@sompar.nhs.uk](mailto:chaplains@sompar.nhs.uk)