

A Time to Remember



Saturday 7 November 2020 at 2pm

King's College Hospital Foundation Trust

King's College Hospital
Princess Royal University Hospital
Orpington Hospital

Saint Luke's Chapel

King's College Hospital welcomes you to 'A Time to Remember.'

We hope you will find some comfort from the words, music and silence
that make up this time together.

Acknowledgements

We acknowledge the contribution of the many people who have given
freely of their time to help prepare and support this ceremony of
remembrance.

The Chaplaincy would like to express their thanks to Linda Sherratt and
Shivonne Simpson for singing.

Practical Information

The date for next years Adult Memorial Service will be
Saturday 6 November 2021

Welcome and Introduction

The Chief Executive: Professor Clive Kay
The Reverend Phyllis Barnett

We come here today to remember and celebrate those who touched
and enriched our lives and who have died.

It is a bittersweet moment, for in the midst of life we have been
confronted with death. We may be at different stages in our grieving
and experiencing a multitude of feelings as we approach this ceremony.
While coming from many different backgrounds and beliefs we are
united by our love for the one or ones who have died.

Therefore through words, music, and action we shall remember
and celebrate them.

Lighting the Candles of Grief, Memory and Hope

A Candle of Grief

When grief runs so deep and tears fall like rain
Why light a candle when grief is all that remains?
We light this candle to acknowledge our grief.
We cannot deny the sadness that death brings,
It is because we loved and delighted in our relationships, that we feel
such sorrow in their endings.
So as we walk the path of pain and sorrow, may we slowly move
towards healing, peace and strength.

A Candle of Memory

When memories are hard and we're brittle by pain
Why light a candle to remember again?
We light this candle in remembrance of you,
In memory of the times we laughed,
the times we cried, the times we were angry with each other, in memory
of the silly things we did, and in memory of the love and joy we shared.
We light this candle in memory of you.

A Candle of Hope

We light this candle as a symbol of hope that lives in our diverse
communities
The communities where those who died.... did their living,
The communities where those who died.... were lovingly cared for in
their dying.
We light this candle of hope for communities up and down this nation
and around the world, where loss occurred
May this candle signify that hope is unbreakable
And may this unbreakable light of hope, live within each one of us.

Personal Reflection (while music is played)

Reading

The Spirit is neither born, nor does it die at any time.
It does not come into being or cease to exist.
It is unborn, eternal, permanent and primeval.
The Spirit is not destroyed when the body is destroyed.
Weapons do not cut this Spirit,
Fire does not burn it,
Water does not make it wet,
and the wind does not make it dry.
It is eternal, all pervading, changeless and immovable.
It is beyond space and time.

The Bhagavad Gita

Reading

Right now I'm in a different place
And though we seem apart
I'm closer than I ever was,
I'm there inside your heart.

I'm with you when you greet each day
And while the sun shines bright,
I'm there to share the sunsets too,
I'm with you every night.

I'm with you when the times are good
To share a laugh or two,
And if a tear should start to fall
I'll still be there for you.

And when that day arrives
That we no longer are apart,



I'll smile and hold you close to me,
Forever in my heart.

Anon

Soloist: Shivonne Simpson

Reading

There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are the messengers of overwhelming grief, of deep contrition, and of unspeakable love.

Washington Irving

Reading

Love is a sacred mystery, to those who love, it remains forever wordless;

Love is a night where candles burn in space,

Love is a dream beyond our reaching;

Love is a noon where all shepherds are at peace and happy that their flocks are grazing.

Love is an eventide and a stillness, and a homecoming;

Love is a sleep and a dream.

When love becomes vast love becomes wordless.

And when memory is overladen it seeks the silent deep.

The Prophet

Soloist - Linda Sherratt

A Time to Remember

We invite you to bring to mind a precious memory of your loved one. In peace we hold in our hearts all those who have died, that they may rest in peace.

As we come to light these candles the mystery of life and death is before us, and we give thanks for those we carry in our hearts, because they are very much part of our story.

Candles symbolise a variety of meaning for each of us remembrance, hope, thankfulness, memory...

Reading: Light a Candle

And I will light a candle for you.
To shatter all the darkness and bless the times we knew.
Like a beacon in the night
The flame will burn bright and guide us on our way.
Today I light a candle for you.
The seasons come and go, and I'm weary from the change.
I keep on moving on, you know it's not the same.
And when I'm walking all alone
Do you hear me call your name?
Do you hear me sing the songs we used to sing?
You filled my life with wonder, touched me with surprise,
Always saw that something special deep within your eyes.
And through the good times and the bad,
We carried on with pride.
I hold onto the love and life we knew.
And I will light a candle for you.
To shatter all the darkness and bless the times we knew.
Like a beacon in the night
The flame will burn bright and guide us on our way.
Today I light a candle for you

Paul Alexander

Musical Reflection and Candle Lighting

Prayer and Reflection

As we remember those who have died,
we give thanks for their lives;
for all that they accomplished;
for their example,
and for all that they have given to us.
We give thanks for our relationship with them,
for all that we have known of them and shared with them.
We give thanks for our memories
and for all that will withstand the passage of time.
We give thanks for their courage in adversity and illness,
Freed now from all distress, may they rest in peace.
O Lord, hear our prayer
Amen



As those who are left behind,
we are bound together in our loss.
We ask for strength to offer one another
comfort and support.
May we have the courage to rebuild our lives,
and go forward into the future with new confidence and hope.
O Lord, hear our prayer
We give thanks for the skill and dedication
of the staff of King's College Denmark Hill, the Princess Royal and,
Orpington Hospitals.
For all who care for the dying, surround them with tenderness and
love, dignity and hope.

Grant them respect for the mystery of life
as it draws to its close.
Lord, hear our prayer
Amen

We give thanks for all engaged in medical research.
May they be given skill, wisdom and insight,
so that they may extend our knowledge
of how to control and cure viruses and diseases,
and bring hope and relief to many.
O Lord, hear our prayer

**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.**



Affirmation of our Remembrance

When we are weary and in need of strength.

When we are lost and sick at heart.

We will remember them.

When we have a joy we crave to share.

When we have decisions that are difficult to make.

We will remember them.

At the blowing of the wind and in the chill of winter.

At the opening of the buds and in the rebirth of spring.

We will remember them.

At the blueness of the skies and in the warmth of summer.

At the rustling of the leaves and in the beauty of autumn.

We will remember them.

At the rising of the sun and at its setting.

We will remember them.

As long as we live, they too will live.

For they are now a part of us.

As we remember them.

Adapted from a Jewish Funeral Prayer

Reading: Sometimes

Sometimes, when the sun goes down, it seems it will never rise again...
but it will

Sometimes, when you feel alone, it seems your heart will literally break
in two... but it won't.

And sometimes, it seems it's hardly worthwhile
carrying on... but it is.

For sometimes, when the sun goes down, it seems it will never rise
again, But it does.

Frank Brown

Soloist: Linda Sherratt



Blessing and Farewell

Let us give thanks for those who, with love shared our sorrow and
offered help and support.

Let us go out into the world.
glad that we have loved,
free to weep for the ones whom we have lost,
free to hold each other
in our human frailty,
empowered to love in full
and to affirm the hope
of human existence.
Amen-so be it

Remember Me (adapted)

I cannot be seen, but I can be heard.
So as you stand upon a shore, gazing at a beautiful sea
– remember me.
As you look in awe at a mighty forest and its grand majesty
– remember me.
As you look upon a flower and admire its simplicity – remember me.
Remember me in your heart, your thoughts, your memories of the
times we loved,
the times we cried, the times we fought, the times we laughed.
For if you always think of me, I will never be gone.

Margaret Mead



Support available

Cruse Bereavement Care

Cruse Bereavement Care, Cruse House, 126 Sheen Road, Richmond TW9 1UR
Tel: 0870 167 1677 www.crusebereavementcare.org.uk

Providing information to anyone who has been affected by a death. Offering education, support, and information to anyone supporting bereaved people.

Samaritans

Helpline: 08457 90 90 90 (24 hours) www.samaritans.org
24-hour confidential emotional support for anyone in a crisis.

If I Should Die

www.ifishouldie.co.uk

This website looks at all aspects of bereavement from the practical to the emotional.

King's College Hospital Charity Bereavement Service

Free telephone and face-to-face support for relatives, partners, friends of any patient who has died at King's. Available to adults and children.

Tel: 020 87684599 Email: stc.kchbereavement@nhs.net

Visit: supportkings.org.uk/bereavement

Carers UK/ Carers National Association

20-25 Glasshouse Yard, London EC1A 4JS Helpline: 0808 808 7777 (freephone, 10am-12noon and 2-4pm, Mon-Fri) www.carersuk.org.uk/about/main.htm

Runs a helpline and provides support, encouraging carers to recognise their own needs.

Seniorline

England, Scotland, Wales: 0808 800 6565 (freephone). The lines are open Mon-Fri between 9am-4pm.

Free national information service for senior citizens, their carers and relatives.

Compassionate Friends

53 North Street, Bedminster, Bristol BS3 1EN Help Line: 0117 953 9639 (seven days 9.30am-10.30pm) www.tcf.org.uk

Support and friendship for bereaved parents and their families.

Help for young people

Winston's Wish

The Clara Burgess Centre, Gloucestershire Royal Hospital, Great Western Road, Gloucester GL1 3NN Helpline: 0845 2030405 (9.30am-5pm, Mon-Fri; 9.30am-1pm, Sat) www.winstonswish.org.uk

Charity that offers support to young people who have experienced bereavement.