



St Andrew's Maghull



Rest in the Lord

This Leaflet comes to you with the sympathy and love of the congregation at St Andrew's, Maghull



The Maghull & Melling
Team Ministry

In Your Bereavement

Even in this life, separation from someone you love can be a painful experience. Many people have found this when working away from home or whilst in hospital or in times of war. Separation hurts – but pain is not so bad if you can hope and believe it is only temporary.

Bereavement is, perhaps, the worst separation of all – but the Christian Faith does offer us a similar hope and belief in a future re-union, and in doing so, can bring healing into the throes of grief.

Conducting a funeral service for your loved one will be our privilege. Please pray for the preparation of this service, that it may truly be a channel of hope and peace.

Pray that we may hear the teachings of Jesus Christ, who said, 'I am going to prepare a place for you', and his promise; 'Those who believe in me shall never die'. Pray also that we may experience His healing presence.

For two weeks after the funeral we will remember your loved one in our intercessions in church during most of our services, and the clergy will hold them before God in their prayers most days.

Around Easter each year we have a special service, commemorating all who have died in the previous twelve months.

Grieving

Grieving manifests itself in many different ways, but the stages which one goes through are common to most people who have been bereaved.

You should not think of yourself as 'different' or 'unusual' if you become aware of attitudes or feelings within you which, in the

ordinary way of life, might be foreign or completely out of character to you.

These 'stage' can last for different lengths of time for different people, but all are a necessary part of coming to terms with grief. Life will never be quite the same again – how could it be – but through proper grieving one is enabled to create a new normality.

Stages of Grief

Firstly there may be a state of shock at the news, then numbness, a sort of emotional detachment, feeling cut off from normal life or even the pain of your loss.

After a release of grief (and there is neither shame nor anything unusual about outbursts of crying, quite the opposite in fact), there can be feelings of anger, perhaps looking for someone to blame; yourself, a doctor, or even God.

Denial may arise as you look for comfort in the thought that perhaps it was just a terrible dream and your loved one is still alive. This can happen almost immediately or overtake you due to some small incident during the coming months.

This cycle of emotional responses may be repeated several times, but gradually you should feel a sense of climbing, leaving behind the depths of the initial experience.

Finally the reality of your loss will be embraced and though it may not mean that you have 'got over it', it will confirm that you have learned how to live with your continuing sense of loss.

How long should it take? Everyone is different, but the dangers of getting 'stuck in grief' are real and you should not be afraid to seek help if after perhaps the second anniversary you feel you are not moving on towards that 'new normality'.

**A Prayer
for the one who is left behind.**

Lord, the trouble about life just now is that I seem to have many of the things which don't matter and to have lost all the things which do. I have life, I have enough to live on, I have plenty to occupy me; but I am alone, and sometimes I feel nothing can make up for that.

Lord, compel me to see the meaning of my faith. Make me realise that I have hope as well as a memory and the unseen cloud of witnesses is around me, and that you meant it when you said you would always be with me.

Make me realise that as long as you leave me here, there is something I am meant to do, and, in doing it, help me to find the comfort and courage I need to go on.

Though Jesus Christ our Lord and Master.
Amen

We hope this leaflet is useful to you. If you do feel the need for further support please ring:

St Andrew's Parish Office 0151 526 8972

Other useful numbers

CRUSE Bereavement Care 609 0160

Samaritans (24 hours) 708 8888