

Time to
Remember



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This candle stand is used when we remember friends at the hospice who have died.



During a short time of reflection, we share memories, pay tribute and take time to be silent.

We also take a pebble and release it into a bowl of water. This simple ritual can be an effective and therapeutic way of expressing our thought and feelings.

Sadly, over the coming weeks we'll be unable to meet in one place and share together in a 'Time to Remember'. So, here is an outline you could use at home which we hope will prove helpful.

Of course, if you'd also like to talk to someone about how you're feeling please ring us and we'll do all we can to support you. Tel: (01384) 443010.

WHAT YOU'LL NEED

1. A candle and lighter/ matches.
2. A bowl of water.
3. A pebble or perhaps a paperweight.

CANDLE

If you have a candle and somewhere to light it safely, you might like to do so and take a few moments to be silent.

MEMORIES

Next give yourself some time to reminisce about the person who has died.

You may have a lot of memories or just a few and that's OK. You might smile or cry as you remember them and either or both is fine.

Remember with gratitude:

- their personality and company
- their insights and gifts, interests and skills
- the times you shared with them

Remember with sadness:

- the difficult times they went through
- the discomfort or distress you feel about their death

PEBBLE

When you're ready, take the pebble and hold it in the palm of your hand. Imagine it absorbing your thoughts, feelings, prayers, wishes etc. as you continue.

Holding the pebble ... take your memories of the past, your hopes and fears for the future and hold them now in this present moment. As you do so, seek strength from whatever faith or belief belongs to you.

Now release the pebble into the water, which may represent one or more of these ...

- the pool of loving memories in which someone is held
- a releasing of the worry or sadness you feel
- a state of contentment beyond this life's struggles
- the all-embracing and eternal love of God

Finally, read or say aloud ...

May they rest in peace.

**May those closest to them be given comfort
and strength.**

May we who are left not grow weary in doing good.

CONCLUSION

1. Extinguish the candle.
2. Place the bowl somewhere safe and leave it until the same time tomorrow.
3. After that empty out the water and keep the pebble on a shelf, in a drawer or somewhere special.

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