

A moment of peace in bereavement and grief



St John the Evangelist

Hills Road

Cambridge

CB2 8R

Lord, Bless our deceased loved ones.
Grant them your mercy and peace
and lead them to your loving embrace.
Be near, too, to us who grieve.
Sustain us with Your guidance.
Fortify us with the courage we need
to honour the memory of our loved ones,
and our feelings of loss, that we may heal and carry on.
May we always remember
that although our beloved ones are gone,
they still exist in a happy, more peaceful state with you,
yet are connected to us through love.
We thank you, Lord,
for the grace to move us through life's challenges
and to look with faith and hope,
beyond death, to the new life you promised.
We trust that we will meet our loved ones again,
in your friendship, in Heaven.

Amen



“The LORD is close to the broken hearted;
he rescues those whose spirits are crushed.”

Psalm 34:18

Grief is sometimes described as a journey. Like a journey, you may travel through many twists and turns, and your feelings are likely to be varied and changing over time; through denial, anger, depression and acceptance. But, unlike most journeys, it doesn't really have a clear end point. Although we each hope to reach a point where we have grown to live around the grief we feel, it can be difficult when those around us think we should have 'gotten over it by now'.

Whilst everybody's grief journey is different, we want to assure you that you are not alone. Here at St John's, we want you to know that we are with you every step of the way. Whether your bereavement was very recently, or many years ago, we are here for you; to pray for you and to support you.

As Christians, we believe that God is with us; supporting us and upholding us in all the highs and lows of life, including during our grieving. But we also know that when we are each grieving, it can be hard to sense God's presence with us and prayer can become difficult. For that reason, included in this booklet are prayers and poems which we hope will offer some comfort and support during this most difficult time for you, and which you might like to use when you cannot find the words to pray.

We have also included some contact details on the back page for any extra support you may need.

**"No rule book. No time frame. No judgement.
Grief is as individual as a fingerprint.
Do what is right for your soul."**

Anon



I thought of you, Anon

I thought of you with love today
but that is nothing new
I thought about you yesterday
and days before that too,
I think of you in silence
...I often speak your name
All I have are memories
and your picture in a frame
Your memory is my keepsake
with which I'll never part
God has you in His keeping
I have you in my heart.



Jesus, you know what it is like
to feel that God has abandoned you.
You know pain and loss better than anyone else.
Come to us now and let us feel your presence.
We know that you are close to the broken hearted
and comfort those who mourn.
Help us to let you into our grief,
to give you our anger and doubt.
Jesus, pull us out of the void. In your name.
Amen.



Ecclesiastes 3.1 – 8

For everything there is a season,
and a time for every matter under heaven:
a time to be born, and a time to die;
a time to plant, and a time to pluck up what is planted;
a time to kill, and a time to heal;
a time to break down, and a time to build up;
a time to weep, and a time to laugh;
a time to mourn, and a time to dance;
a time to throw away stones,
and a time to gather stones together;
a time to embrace, and a time to refrain from embracing;
a time to seek, and a time to lose;
a time to keep, and a time to throw away;
a time to tear, and a time to sew;
a time to keep silence, and a time to speak;
a time to love, and a time to hate;
a time for war, and a time for peace.”



Dearest Jesus, who wept at the death of your friend
and taught that they who mourn shall be comforted,
grant us the comfort of your presence in our loss.
Send Your Holy Spirit to direct us
lest we make hasty or foolish decisions.
Send Your Spirit to give us courage
lest through fear we recoil from living.
Send Your Spirit to bring us your peace
lest bitterness, false guilt, or regret take root in our hearts.

Amen

Some Days, Anon

They tell me life's a journey
That will take me many years
Some days are filled with laughter
And some days are filled with tears

Some days I think my heart will break
That I can't persevere
Some days I have to don a mask
And hide 'neath its veneer

Some days I turn and look for you
With thoughts I'd like to share
Some days I just can't understand
The reason you're not there

Some days the sadness leaves me
And my smile will reappear
Some days I close my eyes because
Your memory is so clear

Some days I struggle to go on
Just wishing you were near
Most days I spend in gratitude
That you were ever here



“Have I not commanded you?

Be strong and courageous.

Do not be afraid; do not be discouraged,
for the LORD your God will be with you wherever you go.”

Joshua 1:9

The Window, Rumi

Your body is away from me
but there is a window open
from my heart to yours.

From this window, like the moon
I keep sending news secretly.



Father, grant me gospel joy;
help me to rejoice in Christ even as I grieve.
Envelope me with the peace
and comfort only you can provide.
As the days move into months,
may this burden lessen.
As the months move to years,
use me to encourage
and bless someone else who must walk a similar path.
Help me to point them to you as the God of all comfort.
I know that you are always with me
and that your love never ceases.
Help me to find refuge in you and nowhere else.

Christina Fox



Jesus said, "I am the resurrection and the life. The one who
believes in me will live, even though they die; and whoever lives
by believing in me will never die"

John 11. 25-26

Psalm 23

The Lord is my shepherd,
shall not want.
He makes me lie down in green pastures;
he leads me beside still waters;
he restores my soul.
He leads me in right paths for his name's sake.
Even though I walk through the darkest valley,
I fear no evil;
for you are with me;
your rod and your staff,
they comfort me.
You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.
Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the Lord,
my whole life long.



“He will wipe every tear from their eyes.
There will be no more death
or mourning or crying or pain,
for the old order of things has passed away.”

Revelation 21:4

Remember Me, Christina Rossetti

Remember me when I am gone away,
gone far away into the silent land;
when you can no more hold me by the hand,
nor I half turn to go yet turning stay.
Remember me when no more day by day
you tell me of our future that you planned:
only remember me; you understand
it will be too late to counsel then or pray.
Yet if you should forget me for a while
and afterwards remember, do not grieve:
for if the darkness and corruption leave
a vestige of the thoughts that once I had,
better by far that you should forget and smile
than that you should remember and be sad.



“Come to me, all you that are weary
and are carrying heavy burdens,
and I will give you rest.
Take my yoke upon you, and learn from me;
for I am gentle and humble in heart,
and you will find rest for your souls.”
Matthew 11.28-29



Crossing Over, Anon

Oh, please don't feel guilty
It was just my time to go.
I see you are still feeling sad,
And the tears just seem to flow.

We all come to earth for our lifetime,
And for some it's not many years
I don't want you to keep crying
You are shedding so many tears.

I haven't really left you
Even though it may seem so.
I haven't just gone to my heavenly home,
And I'm closer to you than you know.

Just believe that when you say my name,
I'm standing next to you,
I know you no longer see me,
But there's nothing I can do.

But I'll still send you messages
And hope you understand,
That when your time comes to
"cross over". I'll be there to take your hand.



The Penitent

God sent to me a precious soul
To lead along the way,
Through light and darkness, sun and showers
We strode towards the goal

Though many a pitfall blocked a way,
Days and night of pain and tears,
But the encircling light of God
Protected us through prayers.

And other friends along the way
Turned aside this soul to save
'Til before the Lord she prostrate lay
Surrounded by the angel throng.

In sigh and tears and bitter pain
She gave her precious life to God,
In penitential tears most sweet,
In resurrection light received.

When in her Maker's hand she lay
So warm and safe, secure in love,
The gate of Heaven opened wide,
God took her soul into His side.

Beryl Johnson
Congregation member of St. John's

Further Support

Our clergy and pastoral team are always available for pastoral and bereavement support, as appropriate, either in person or via telephone or on zoom. They are also able to signpost other services locally.

If you would like to speak with our Priest in Charge, Revd. James Shakespeare, you can phone him on 01223 241815 or email: jshakespeare@btinternet.com

If you would like to speak with our Curate, Revd. Ceri Payne, you can phone her on 07730 682359 or email: ceri.payne@ntlworld.com

You are also welcome to speak with our Lay Pastoral Support Minister, Anne Rigby. You can phone her on: 07515 489951 or email: anne.131@hotmail.com



Other useful contacts:

Cruse Bereavement Care: 0808 808 1677

www.cruse.org.uk

The Samaritans: 116 123 (Freephone)

www.samaritans.org

The Mix (Support for under 25s): 0808 808 4994

(Sunday-Friday 2pm–11pm)

<https://www.churchofengland.org/life-events/funerals/after-funeral/journey-through-grief>