

## Grief

Grief is a natural reaction to loss. Different personalities will grieve in different ways. Be aware that loss of a loved one may also bring up grief from other losses in your life, even if you think they have been resolved. While grieving, people may say things or act in ways they wouldn't normally. Be gentle with yourself and others.

You may be experiencing shock, numbness, sadness, anger, guilt, anxiety, or fear as well as moments of relief, peace, gratefulness or happiness. Grief comes in waves like the ocean. It may come out of the blue or be triggered by something. And although grieving is not simply sadness or depression, you may become depressed or overly anxious. Grief will become gentler over time.

**Share your grief** with someone. You do not have to, and cannot, bear the sadness on your own.

Grief takes a physical toll on your body and you may experience sleeplessness, lack of appetite or overeating/drinking. Your immune system may become weakened over time. If you have a chronic illness, grieving can make your condition worse

**Line up support** from friends, a counselor/therapist, seek support from your faith group. Interior Health and the Hospice offer grief resources and counselling.

### **Children & Grief Resource:**

<http://kidshealth.org/en/Parents/death.html?ref=s2af>

If you or someone is suicidal in their grief get help.

**Anywhere in BC:** 1-800-SUICIDE (1-800-784-2433)

**Mental Health Support Line:** 310-6789

**Seniors Distress Line:** 604-872-1234

**BC Nurses:** 811

## Celebrations of Life:

Planning an Anglican Funeral or Memorial Service for someone who has died.



In a funeral/memorial service, the life-story of the deceased joins with that of the Christian faith, providing time to share memories, grieve and rest in the hope of eternal life in Jesus Christ.

These services have a set pattern that includes a eulogy, music, scripture readings, prayers and may or may not include Holy Communion.

**St. Andrew's Anglican Church**

## Planning the Service

A priest will meet with you and guide you through the planning process. Please check if the deceased expressed wishes for their funeral in a will or other document and bring it with you. Here are a few things to consider before the meeting:

**Date:** It's hard to accommodate everyone who wishes to come to a funeral so choose a date that allows most of your family circle to be present. It is possible and sometimes necessary to bury the deceased on a different day than the funeral. For example: the ground is frozen.

**Ashes:** Between cremation and burial, ashes can be kept in your home, at the church or at the funeral home. Should you wish to keep them at the church, they can remain at St. Andrew's for up to 3 months.

**Burial:** The Anglican service for burial (cremated remains or casket) is brief and usually follows a memorial or funeral in the church. You may wish to arrange for something small, like flowers, for you and members of your family to place in the grave during this service. Regardless of when burial takes place you are welcome to stipulate immediate family only.

**Music, readings & flowers:** If not specified in funeral wishes, are there music or readings meaningful to the deceased? Non-scripture readings are welcome in the Eulogy. Please let the church know re: flower deliveries.

**Reception:** Please see insert for reception options.

Clergy: no cost Musician: \$150 (if desired) A donation to the church is welcomed.
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## Frequently asked Questions

### **What's the different between a funeral and memorial service?**

A funeral service is one where an urn or casket is present. A memorial service is one where neither are present. Celebration of Life is the umbrella term.

**Should we have Holy Communion/ the Eucharist?** A funeral/memorial can be done with or without communion. Ask first if communion would be important to the person who has died. Anglicans welcome all baptized persons to receive communion and it is ok if not everyone present at the funeral participates. Anglicans believe that Christ is really present to us in the act of consecrating bread and wine and that sharing the bread and common cup is a sign of God's Kingdom. We believe the whole Communion of Saints is present with us in this act.

**How do you write a Eulogy?:** The eulogy happens at the beginning of the service. Here are suggestions:

- Everyone contributes and 1 person offers it.
- Immediate family each writes a few memories and each speak their part to make a whole together.
- If no one in the family would like to offer the eulogy, it is also appropriate for a family friend to read what has been written or write one in consultation with you.

The obituary is often a good starting template for a eulogy. People are able to listen well for about 10 minutes (or less).

**Grave Liners?** Grave liners for cremated remains are not required.