

A Simple Bereavement Resource



for pupils and families to use at home

We are aware that many pupils will be facing the possibility of a family member dying, either as a result of Covid-19 or other reasons, and not being able to see them before they die, or go to the funeral. We have put together this simple resource with a prayer card which you can print out to give to families in these situations. There are useful online resources to support grieving children provided by www.winstonswish.org.uk and www.careforthefamily.org.uk. The Fischy Tunes web site <https://www.fischytunes.com> is a valuable resource for the days and weeks afterwards as the child can access songs to suit their mood.

Sample letter to send with the prayer card.

Dear

We were sorry to hear the sad news that *N* has died and that you were unable to attend their funeral. Being able to say goodbye to someone you love is very important. We thought that the words and prayers on the card might help you.

With our love and prayers

(End the letter in your usual way)

How use the card in your home

- Decide who is going to lead the time of remembering, it can be a child or an adult.
- Place a candle on a table (a tea light will do).
- You might like to find a favourite photograph of the person who has died, and place it on the table next to the candle.
- If you decide to listen to one of their favourite pieces of music, make sure that it is ready to play.
- Make enough paper hearts for each person who will be remembering together today.
- Choose one of the readings from below.
- Gather around the table and have a moment of quiet.

Suggested Bible Readings

Ephesians 3:14-19

For this reason I kneel before the Father, from whom every family in heaven and on earth is named. I pray that according to the wealth of his glory he will grant you to be strengthened with power through his Spirit in the inner person, that Christ will dwell in your hearts through faith, so that, because you have been rooted and grounded in love, you will be able to comprehend with all the saints what is the breadth and length and height and depth, and thus to know the love of Christ that surpasses knowledge, so that you will be filled up to all the fullness of God

New English Bible

Psalm 23

The Lord is my shepherd, I 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 paths of righteousness
for his name's sake.

Even though I walk through the valley of the shadow of death,
I fear no evil;
for thou art with me;
thy rod and thy staff,
they comfort me.

Thou preparest a table before me
in the presence of my enemies;
thou anointest 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
for ever.

Revised Standard Version

A short time of remembering and saying good bye

Say together:

As we light this candle we remember *N* (*name, or the name you know them by*)

**In darkness and in light,
in trouble and in joy,
help us, O God, to trust your love,
to seek your purpose
and to praise your name;
through Jesus Christ our Lord. Amen**

An adult reads one of the suggested Bible readings.

Take a moment to each think of a happy memory of *N*

Everybody takes a paper heart, in turn say aloud your memory and carefully place your paper heart next to the photograph.

Then say together this prayer

**Loving God, you are always with me.
You are with me in the day and in the night.
You are with me when I'm happy and when I'm sad.
You are with me when I'm healthy and when I'm ill.
You are with me when I'm peaceful and when I am worried.
Today I am feeling sad because *N* has died.
help me to remember that you love me
and are with me in everything today
Amen**

You might like to end by listening to one of their favourite pieces of music.

Blow out the candle and watch how the smoke drifts out into the room. You can no longer see it, but you know it is there. You can no longer see the person you love, but you know they will be in your heart.

