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**ST THEODORE'S, TOORAK GARDENS**

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**MEMORIAL SERVICE**  
**7 December 2024**



## Welcome

St Theodore's is an active, caring and supportive community which values liturgy, prayer and preaching to sustain our daily lives, as we seek to foster love, hope and justice to all. You are welcome here as you are, embraced within God's boundless love. It is good to have you here today and we hope that you will feel at home.

## Praying with Candles and Stones

As you enter our church, there are two stations for prayer. One is an invitation to light a candle, symbolising our praying for each other before God. The other is an invitation to drop stones into a bowl of water, symbolising letting go of something (or someone) weighing us down.

Please email [office@theodores.org](mailto:office@theodores.org) to join our mailing list.

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*In today's world, it is often difficult for anyone, religious or not, to find quiet, contemplative places to pause and sit in silence and reflect. To do this in memory of deceased loved ones is even more challenging, and something that can be hard to do by oneself.*

*This service is an opportunity to offer such a time, prior to Christmas, when for most people grief is felt more keenly.*

*The service is designed to be accessible and welcoming to anyone, regardless of faith or familiarity with church.*

*It is a simple, contemplative service, using poetry, psalms, music, a reading from Ecclesiastes 3, and time for silence and quietness for us to reflect and remember. There will be no singing or Holy Communion.*

## **Recording of Names (before the service begins)**

*Before the service, please take the opportunity to write down the names of anyone in particular you wish to remember, and to indicate if you would like their names to be read out during the service.*

*The readers may not pronounce every name correctly, so please accept our apologies in advance if this occurs.*

## **Acknowledgement**

As we gather in worship, we acknowledge the Kaurna People as the traditional owners and custodians of this land.

**May we walk together in harmony in a spirit of reconciliation.**

## **Welcome**

- Welcome to St Theodore's
- Please turn your phones to silent mode
- You may participate however you wish to today

## **Greeting**

The Lord be with you.

**And also with you.**

*"Grief, I've learned, is really just love. It's all the love you want to give, but cannot. All that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest. Grief is just love with no place to go."*

— Jamie Anderson

Human beings have sensed the mystery of death, and the pain of grief, since time immemorial. Every society has developed rites to mark the passage from life through death, and to commemorate the dead.

The wounds of grief need time and care to heal. Liturgy may help this process, by enabling us to acknowledge our loss, give thanks for the life of the person who has died, say our last farewell, and begin to take up life once more.

**READING: Ecclesiastes 3.1-8**

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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 silent and a time to speak;  
a time to love and a time to hate;  
a time for war and a time for peace.

**Reading of Names**

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*The names of loved ones will be read out.*

**MUSIC: © 2023 Ólafur Arnalds - "and we'll leave it there..."  
(featuring Ella McRobb)**

Settle down don't say a word  
It's all been said before  
It's too late now  
There's a weight upon my chest  
That wasn't there before  
It lives here now

And it hurts oh it hurts so bad  
And I know that I don't deserve that

So when I open my eyes in the morning  
And you're not there  
It'll be you in my heart that I'm holding  
And you won't care

So let's leave it there.

All the sparks that used to fly  
Are burning on my skin  
Fading into nothing

And all the time we had for us  
Is going with the wind

Can someone let the light in?

And it hurts oh it hurts so bad  
And I know that I don't deserve that

So when I open my eyes in the morning  
And you're not there  
It'll be you in my heart that I'm holding  
And you won't care

So when my lungs cannot breath anymore  
And I'm laying there  
It'll be you in my heart that I'm holding  
And you won't care

So let's leave it there.

## **Prayers of Thanksgiving**

Dear Lord, you have made us in your image, and called us to reflect your truth and light.

We thank you for the life of those who have departed this life.

We give thanks for them, whom we remember now in our hearts.

We remember their strengths, their loves, their passions.

We remember too their weaknesses and their shortcomings.

We grieve their absence, we miss their laughter, and companionship.

We grieve because we love.

Be with each of us here today, as we learn to live with our grief, as we learn to accept the absence of those dearly missed, as we struggle to live in a new way.

We offer all these prayers to you, God of all. **Amen.**

## **The Lord's Prayer**

As our Saviour Christ has taught us, we are confident to pray,

**Our Father in heaven,**

**hallowed be your name,**

**your kingdom come,**

**your will be done,**

**on earth as in heaven.**

**Give us today our daily bread.**

**Forgive us our sins**

**as we forgive those who sin against us.**

**Save us from the time of trial**

**and deliver us from evil.**

**For the kingdom, the power, and the glory are yours  
now and for ever. Amen.**

## POEM - "Acceptance" - Rosemerry Wahtola Tremmer

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### Acceptance

March 10, 2022

Today grief is a long steady rain  
and the thing to do is to walk  
in the long and steady of it.  
The thing is to let the face  
get wet, let the clothes get wet,  
let the hair get wet and plastered  
against the cheeks, the neck.  
The thing is to meet the soaking world  
and the soaking skin and the soaking  
shoes and the soaking dreams  
and not pretend it's dry.  
Whatever longing there is for dryness,  
it is soaking too. Because it's raining,  
the thing to do is to walk in the long  
and steady rain, to walk in the sodden,  
soaking world, to trust that it will  
not rain forever, to breathe in the scent  
of the wet, wet earth, to kiss the rain,  
to be kissed by the rain.  
To be wet in the wet, wet world.

### SILENCE

*We will sit in silence together for a time of reflection.*

## BLESSING

May God, who is present  
in sunrise and nightfall,  
and in the crossing of the sea,  
guide your feet as you go.

May God,  
who is with you when you sit  
and when you stand,  
encompass you with love  
and lead you by the hand.

May God, who knows your path  
and the places where you rest,  
be with you in your waiting  
be your good news for sharing,  
and lead you in the way  
that is everlasting.

**Amen.**

*You are welcome to sit in the church after the service concludes.*

*You may wish to light a candle, or place stone in water, at our prayer stations.*