



St Laurence Church, Northfield

Registered Charity 1132975

As the death toll from the Coronavirus rises we offer this booklet as part of our '*Plan for the worst but Pray for the Best*' response.

We suggest that you sit down in a quiet place, maybe with a cup of tea, and read this through slowly and gently.

We know that we will all die and indeed we sing the hymn 'Awake, my soul,' with the line 'live this day as if thy last' but the reality is that if we were to do this, we wouldn't have any milk in the fridge for tomorrow or clean clothes to put on!

Nevertheless, clear instructions about what we would like to happen at our death and afterwards is a loving gift for those who have to cope after we have gone. Facing up to the reality of death may also help us to make peace with others, with ourselves and with God.

The current pandemic may mean that some of what we had hoped for will not be possible. For instance, minsters and priests are not, currently, able to visit those in hospital or close to death at home and administer last rites in person.

So here are some ideas of what you can do at home and Holy Week is a particularly good time to look at this....

1. Give thanks to God for the gift of life.
2. Give thanks to God for what you are glad to have done in your life. You may wish to write some of these things down and don't be modest with your achievements! You will have achieved them by the grace of God. You may wish to leave this list for others to find and they may be surprised at some of the things on it!
3. Express sorrow for your sins. Some may lay heavy on your heart. You may need to get in touch with a few people and try to put things right. If you may wish to make a list but make sure you destroy it after you prayed it through with God and asked for forgiveness.

The short service overleaf may help:

A short form of the Act of Reconciliation (Confession) for use on one's own.

The Lord Jesus, who came to reconcile sinners, welcomes all who are penitent, including me. May I know His grace, mercy and peace as I come before you, loving Lord, in sorrow for my sins

Most merciful God, I confess to you,
that I have sinned in thought, word and deed
and in what I have failed to do and especially in these ways I lay
before You now

*(you may wish to say them quietly or just run your finger slowly down
your list)*

and in the many ways I cannot remember or choose not to
remember.

Lord have mercy upon me
Forgive me my sins,
heal me by your Spirit
and raise me to new life in Christ. Amen.

The prophet Nathan said to David, "The LORD has put away your
sin;" *(2 Samuel 12. 13)*

May I hear these words for myself and say, "The Lord has put away
my sin."

Thanks be to God.

*Coming to terms with oneself in this way is exhausting so maybe go for a
quiet walk or listen to a piece of calming music, do a jigsaw or have
(another)r cup of tea!*

Maybe later in the day say the doxology from the hymn 'Awake,
my soul.'

Praise God, from whom all blessings flow;
praise him, all creatures here below;
praise him above, ye heavenly host:
praise Father, Son, and Holy Ghost.

Prayers as death approaches.

It may be that there is someone who can read these when they discern that the time is close. As we live in a city of many faiths, they have been chosen so that many of them can be read out by people, who may not be Christian, in their own faith.

Verses from the book of Lamentations

- 6 The steadfast love of the Lord never ceases,
his mercies never come to an end;
- 7 They are new every morning;
great is your faithfulness.
- 8 'The Lord is my portion,' says my soul,
'therefore I will hope in him.'
- 9 The Lord is good to those who wait for him,
to the soul that seeks him.

Psalm 23

- 1 The Lord is my shepherd :
therefore can I lack nothing.
- 2 He shall feed me in a green pasture :
and lead me forth beside the waters of comfort.
- 3 He shall convert my soul :
and bring me forth in the paths of righteousness,
for his name's sake.
- 4 Yea, though I walk through the valley of the shadow of death,
I will fear no evil :
for thou art with me; thy rod and thy staff comfort me.
- 5 Thou shalt prepare a table before me
against them that trouble me :
thou hast anointed my head with oil,
and my cup shall be full.
- 6 But thy loving-kindness and mercy shall follow me
all the days of my life :
and I will dwell in the house of the Lord for ever.

Into your hands, Lord,
our faithful creator and most loving redeemer,
we commend (*your Name*)
for *he/she* is yours in death as in life.

In your great mercy fulfil in *him/her* the purpose of your love;
gather *him/her* to yourself in gentleness and peace,
that, rejoicing in the light and refreshment of your presence,
he/she may enjoy that rest which you have prepared for
your faithful servants.

Grant this our prayer, O loving Lord. **Amen.**

Our Father, who art in heaven, hallowed be thy name; thy kingdom
come; thy will be done; on earth as it is in heaven. Give us this day our
daily bread. And forgive us our trespasses, as we forgive those who
trespass against us. And lead us not into temptation; but deliver us from
evil. For thine is the kingdom, the power and the glory, for ever and
ever. Amen.

In peace we will lie down and sleep; for you alone, Lord, make us dwell
in safety.

The Lord bless us and watch over us;
The Lord make his face to shine upon us and be gracious to us;
The Lord look kindly upon us and give us peace. Amen.

Please notify the following people of my death

Next of Kin	Phone
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Minister(s) of Religion	Phone
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Others

Other requests

(though organ donations may not be possible at this time but still offer
them if you wish to)