

Light up a Life *this christmas*

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*A service to
celebrate life*

rowcroft
hospice 

Welcome to Light up a Life 2023

Introduction by Katie Evans,
Rowcroft's Spiritual Care Specialist

Watching My Friend Pretend Her Heart Isn't Breaking

By Rosemerry Wahtola Trommer

On Earth, just a teaspoon of neutron star would weigh six billion tons. Six billion tons equals the collective weight of every animal on earth. Including the insects. Times three.

Six billion tons sounds impossible until I consider how it is to swallow grief—just a teaspoon and one might as well have consumed a neutron star. How dense it is, how it carries inside it the memory of collapse. How difficult it is to move then. How impossible to believe that anything could lift that weight.

There are many reasons to treat each other with great tenderness. One is the sheer miracle that we are here together on a planet surrounded by dying stars. One is that we cannot see what anyone else has swallowed.

Read by Kim Moore-Cullen, Spiritual Care Volunteer

Music from MoorHeart Threshold Singers

Eternal Light

Lighting of the Candles

*Adapted from: Candle liturgy in 'Celebrating Life in Death'
by Lezley J Stewart*

We light our first candle for hope

We remember all that we had looked forward to and hoped for, and the time when that hope died. We remember the people who have made us hopeful in the past, and those whom we still hope for now. We light this candle for ourselves and for one another, in the hope that we can find some new light in the darkness.

We light our second candle for peace

We remember when we felt most at peace in our lives, and the times when peace seemed to have left us. We remember those we know are at peace now, and the pain we feel without them. We light this candle for ourselves and for one another, that we might know the peace which passes all understanding, sustaining us this day.

We light our third candle for joy

We remember times of laughter and celebration, and those who were its reason. We remember the sadness we hold when others seem so happy around us, and the emotions we conceal. We light this candle for ourselves and for one another that we might find joy in the small things again, knowing that we are given strength to face a new day.

We light our fourth candle for love

We light this candle that your light always shines. As we enter this holiday season and share this night of remembrance with family and friends. We cherish the special place in our hearts that will always be reserved for you. We give thanks for the gift your living brought to each of us. We love you. We remember you.

Read by Katie Evans, Spiritual Care Specialist

Candles to be placed by:

Angelina Blair, Hospice at Home Sister

*Ceni Wyatt, Senior Healthcare Assistant –
Hospice at Home*

*Marie-Louise Broom, Senior Healthcare Assistant –
Hospice at Home*

*Sara Colley, Senior Healthcare Assistant –
Hospice at Home*

What the Night is For

By Jan Richardson

Oh, my heart,
if we could cease working
on our sorrow
like we were trying
to stitch together
shattered glass.

This breaking
is not for fixing,
as though,
if we could just find
the fitting tool,
everything would tumble
into its place,
joined and whole.

Perhaps it is time
to let the shards lie
where they have
fallen.

Perhaps it is time
to let ourselves
sit and weep
over them.

And then perhaps
we scatter them –
into the soil,
into the sky,
it does not matter
where.

Let them take
their place.
Let them shimmer
like a constellation
in all that darkness –

sky-dark, soil-dark,
at home in that strange
and radiant solace
that knows
what the night is for –

how it takes
the broken things
and sets them
shining
to light our way
from here.

Read by Bill Nevin, Social Worker

Lighting of the Tree of Light

The lights on this tree are dedicated to the memory of our loved ones. Their lights will shine brightly, day and night, throughout the festive season. May we honour their lives each moment of every day and hold them close in our hearts.

Light

By Tracy Appiah

Even through the darkest times in life
Times with pain, sadness and bitterness
There is a light so bright
That overcomes it all
Light that turns burning pain into healing releasement
Light that turns sadness into happiness
Light that turns bitterness into generosity
Light that is filled with love, kindness and goodness
Light that shares it with the souls that need it the most
So that they may never forget
That darkness may show at times
But that light will always overcome.

Read by Rev Alison Beever, Spiritual Care Volunteer

Music from Rowcroft Choir

The Peace Song by Dorothy Buchanan

May we know

By A.E. Sommerville-Wong

May we know wellness and the easing of pain.
May we have hope in the light and also in the dark.
May we have courage to face the sunrise each morning,
And may we find solace, even joy, in the small and the fleeting;
In the things that are lovely but often overlooked,
Whose sum is a beautiful world.

May we know peace of mind and peace of heart.
May we have wisdom for the crossroads, for choices that are hard.
May our homes be filled with love, laughter and friendship,
And when our minds are breaking and our legs are weak,
May the kindness of others lift us, and hold us in the storm,
As they carry us through to a calmer shore.

*Read by Anastasia Somerville-Wong,
Bereavement and Support Service Coordinator*

Closing words

Delivered by Katie Evans, Spiritual Care Specialist

We hope you have enjoyed this service of remembrance, celebration and thanksgiving; remembering our loved ones; reflecting and giving thanks for their lives and our memories.

Please join us for seasonal refreshments which will be served in Rainbow House after the service.

Thank you!

Rowcroft's care is provided free of charge and 75% of our work is funded directly by the kindness and compassion of amazing people like you.

Here are some other ways in which you can support Rowcroft in memory of a loved one:

Regular Giving

No matter how large or small, monthly donations are a wonderful way to secure the future of the hospice, helping to plan ahead.

Volunteering – The gift of time

On average each year, our wonderful volunteers donate of 58,616 hours of their time, saving the hospice more than £577,864. It's a great way to meet new friends and learn different skills. If you have some spare time, join the team!

Gifts in your Will

Donations in Wills, also known as legacies, are a vital source of funds for Rowcroft. Once your loved ones have been provided for, it would be wonderful if you are able to leave a donation to Rowcroft Hospice. Your kind gift will help provide more care and support to families in South Devon for many years to come.

Events and Challenges

This is a great opportunity to have some fun and support the work that takes place at the hospice. Information about specific events and challenges can be found on our website.

If you would like to know more about the different ways you can support Rowcroft, please call 01803 217450 or visit www.rowcrofthospice.org.uk

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Lee Thomas

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Amberon Ltd

www.amberonm.com

Lizzie and Vicky for sharing their story

MoorHeart Threshold Singers

The Rowcroft Choir

David Watkins

LASS & Bereavement Team

The Rowcroft Estates Team

Our wonderful volunteers

And most importantly – you, one of our many valued supporters, thank you.



Light up a Life is part of the hospice's No One Alone Appeal.

No matter how large or small, every donation helps Rowcroft to be by the sides of more patients who need us.

Find out more at rowcrofthospice.org.uk/no-one-alone



Individual Giving and Legacies Team

Rebecca Cogger, Jenny Lightfoot and Kathyrn Copping

Tel: 01803 217642

Email: inmemory@rowcrofthospice.org.uk

www.rowcrofthospice.org.uk

Rowcroft Bereavement Support Team

To access bereavement support please call 01803 217403

Leave a message and someone will get
back to you as soon as possible