

Light up a Life *this christmas*

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*A service to
celebrate life*

rowcroft
hospice 

Welcome to Light up a Life 2024

Introduction by Katie Evans,
Rowcroft's Spiritual Care Specialist

For When People Ask

By Rosemerry Wahtola Trommer

I want a word that means
okay and not okay,
more than that: a word that means
devastated and stunned with joy.

I want the word that says
I feel it all all at once.

The heart is not like a songbird
singing only one note at a time,
more like a Tuvan throat singer

able to sing both a drone
and simultaneously
two or three harmonics high above it—

a sound, the Tuvans say,
that gives the impression
of wind swirling among rocks.

The heart understands swirl,
how the churning of opposite feelings
weaves through us like an insistent breeze
leads us wordlessly deeper into ourselves,
blesses us with paradox
so we might walk more openly
into this world so rife with devastation,
this world so ripe with joy.

Read by Jonathan Hill, Finance and Commercial Director

Music from The Rowcroft Choir

Bridge Over Troubled Water

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:

Julie Lofthouse, Occupational Therapist

Lisa Wilson, Clinical Nurse Specialist

Marnie Holman, Registered Nurse

Sam Easterbrook, Housekeeper

Music from The MoorHeart Threshold Singers

Rest Easy

I am There

By Iris Hesselden

Look for me when the tide is high
And the gulls are wheeling overhead
When the autumn wind sweeps the cloudy sky
And one by one the leaves are shed
Look for me when the trees are bare
And the stars are bright in the frosty sky
When the morning mist hangs on the air
And shorter darker days pass by.

I am there, where the river flows
And salmon leap to a silver moon
Where the insects hum and the tall grass grows
And sunlight warms the afternoon
I am there in the busy street
I take you hand in the city square
In the market place where the people meet
In your quiet room – I am there

I am the love you cannot see
And all I ask is – look for me.

Read by Rebecca Macdonald, Healthcare Assistant

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 and hold them close in our hearts.

Music for reflection

By David Watkins

I will light candles this Christmas

From 'The Mood of Christmas...' by Howard Thurman

I will light candles this Christmas,
Candles of joy despite all the sadness,
Candles of hope where despair keeps watch,
Candles of courage for fears ever present,
Candles of peace for tempest-tossed days,
Candles of grace to ease heavy burdens,
Candles of love to inspire all my living,
Candles that will burn all year long.

*Read by Naomi Bailey, Referral Co-ordinator
(Community and Hospice at Home)*

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 our amazing supporters.

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, the reliable income from a monthly donation is a wonderful way to secure the future of the hospice, helping to plan for the future.

Sponsor a Nurse

If you sponsor a nurse through a regular monthly gift, you will help our nurses continue to do what they do best: delivering vital care with love, passion and the greatest of skill to patients and their loved ones during their most vulnerable moments.



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



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.

Volunteering – The gift of time

By volunteering at Rowcroft Hospice you'll be joining a team of over 400 dedicated people who give their time freely to help our charity.

No matter what ability, experience, interests or reason for volunteering, we're sure to have an opportunity to suit your individual needs.

It's a great way to meet new friends and learn different skills. If you have some spare time, join the team!



With special thanks to:

Peter for sharing his story

Wollens

www.wollens.co.uk

BVEC Group

www.bvecgroup.co.uk

Edmundson Electrical Ltd

www.edmundson-electrical.co.uk

Keith Reeves

For the kind loan of his PA equipment

Caterfood

For supplying mince pies
following the service

The Rowcroft Estates Team

Bereavement and Support Team

MoorHeart Threshold Singers

The Rowcroft Choir

David Watkins

Our wonderful volunteers

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

Individual Giving and Legacies Team

Rebecca Cogger, Jenny Lightfoot and Kathryn Copping

Tel: 01803 217642

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www.rowcrofthospice.org.uk

Rowcroft Bereavement and Support Team

To access bereavement support please call
01803 217403. Leave a message and someone will
get back to you as soon as possible



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