

St Nicholas Church Stevenage



With our deepest sympathy and love
on the death of your loved one...

— *The* —
ETERNAL GOD
IS YOUR REFUGE
& UNDERNEATH ARE THE
everlasting arms

— —
DEUTERONOMY 33:27



Please accept our heartfelt condolences on the loss of your loved one. The death of someone you love deeply is probably the most devastating experience you will ever have. And our concern as a church family is to bring you our love and support as much as we can.

Grief affects different people in different ways. But it does have an overall pattern, and it may help to know that you are not on your own in what you feel. It is also true that the feelings of sadness may be very intense, but they will not last like that forever.

When a death occurs, life can be turned upside down!

You may feel you want to go into hiding from everything. But it is usually true that practical tasks need to be done. And they may actually help. Together with regular routines (or new ones) they will hold together the framework of your life.

It can take time for it to sink in that someone has died. It is hard to believe they won't walk in through the door, or be there when you visit. The funeral service and talking to family and friends will help you to accept what is difficult to take in.

It is quite normal to be left asking the question 'why?' - even when we know death comes to us all.

The Bible tells us death is an unwelcome enemy into God's world, and there's something inside us that feels it is wrong for our loved one to have died. This can lead you to getting angry when you wouldn't usually react in that way. This is normal.



It is also perfectly understandable to go through an 'if only' stage... 'if only I'd got to the doctor sooner...' Or 'if only we hadn't argued so much...' It is hard to remember we are ordinary human beings who make mistakes and that every relationship has its problems.



You may feel depressed. You may especially wonder how to cope with anniversaries etc when they come up. Jesus once said something that people have found helpful whether or not they are Christians. He said '*Don't worry about tomorrow, let the day's own trouble be sufficient for the day.*' In other words think as far as bedtime tonight. You'll be given help to get to the day's end... and tomorrow you'll be given a fresh supply of grace to live.

In time you will also find yourself directing your love towards others, and that will bring healing and often open up a new chapter to your life.

Many have felt God calling them to a new relationship with him. One of the ways he reveals his love is through people. That's why we'd like to give you a personal invitation to join our church family.

Simply come along on a Sunday morning at 9:30 - it will strengthen you. Or get in touch with us so we can help you to get there, or meet you outside so that you walk in with a friend.

If you'd like someone to talk to, one of the clergy or pastoral team will be happy to come and visit you so that as a church we can continue to be there beside you in the days ahead. And rest assured, we will be praying for you.

May God bless you,

Rev Dave Brown

Rector, St Nicholas Church, Stevenage.

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The Bible has a way of putting into words the things we feel. It gives us words which we may want to say to God at a time like this.

In the middle of the Bible is Psalm 42, one of a whole book of songs and prayers. This Psalm expresses a longing for help. It speaks of how sadness fills our lives; of how it seems that good times have gone and that God isn't around. But the Psalm also encourages us that it will not always be like this. So read these words, mull them over and keep coming back to them, and allow them to help you put your hope in God.

Psalm 42

*As the deer pants for streams of water,
so my soul pants for you, O God.
My soul thirsts for God, for the living God.
When can I go and meet with God?
My tears have been my food day and night,
while men say to me all day long, "Where is your God?"*

*These things I remember as I pour out my soul:
how I used to go with the multitude,
leading the procession to the house of God,
with shouts of joy and thanksgiving among the festive throng.
Why are you downcast, O my soul? Why so disturbed within me?
Put your hope in God, for I will yet praise him, my Saviour and my God.*

*My soul is downcast within me; therefore I will remember you from
the land of the Jordan, the heights of Hermon --from Mount Mizar.*

*Deep calls to deep in the roar of your waterfalls;
all your waves and breakers have swept over me.*

*By day the LORD directs his love, at night his song is with me—
a prayer to the God of my life. I say to God my Rock,*

*"Why have you forgotten me? Why must I go about mourning, oppressed
by the enemy?" My bones suffer mortal agony as my foes taunt me,
saying to me all day long, "Where is your God?"*

*Why are you downcast, O my soul? Why so disturbed within me?
Put your hope in God, for I will yet praise him,
my Saviour and my God.*