



REMEMBRANCE

Preparing

In early November we have occasions for commemorating those who have died at All Souls, All Saints and Remembrance Day. They encourage us to remember Loved ones People who have inspired us by their faith Those who have given their lives for others in war. Jesus, as he faced death, invited his disciples at the last Supper to 'remember me'. Take time to identify the people You want to remember. You can write their names on a piece of paper.

Remembering

- Settle yourself in front of the candle
- Place the names of those you are remembering in the light
- Sit quietly for two minutes remembering them
- Ask for God's holding

Pray

Loving Jesus,
 You gave your life in generous love
 Thank you for your love, these people,
 their love, their inspiration,
 their self-giving
 Hold them and us in your
 everlasting arms
Amen.

Using this Candle Prayer Card
 In a quiet place, where you feel comfortable, place your night-light on a heat resistant surface. Fold this paper, lengthwise and then fold into three, placing it around the candle with the three prayer sections facing you as shown in the diagram to the left.
 Light the candle. In the stillness and the silence, let the flame focus your thoughts and attention. Let your heart and mind become still. Rest in God's presence.
 Use each of the sections in turn to give focus to your prayer.

