

Psalm 23

The Lord is my shepherd; I shall not want.
He maketh me to lie down in
green pastures;
He leadeth me beside the still waters.
He restoreth my soul:
He leadeth me in the paths of
righteousness for his name's sake.
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 they comfort me.
Thou preparest a table before me
in the presence of mine enemies:
thou anointest my head with oil;
my cup runneth over.
Surely goodness and mercy shall follow
me all the days of my life: and
I will dwell in the house of the Lord forever.

*What to do when
your loved one dies...*

PLANNING THE FUNERAL

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UNITED METHODIST CHURCH

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Someone you love has died. The first few days following a death are overwhelming. You may be feeling numb, exhausted and confused with all the details requiring attention. Be assured that you are not alone. Your church family and pastors are here to provide you with comfort and guidance.

The first thing you need to do is choose a funeral home. The funeral director and staff will lead you through the paperwork and the details following a death.

Planning the Funeral

Why do we have funerals? They are a means of expressing our beliefs, thoughts and feelings about the death of someone we love.

The funeral ceremony:

- Helps us acknowledge that someone we love has died.
- Allows us to say goodbye.
- Provides a social support system for loved ones, friends and family members.
- Allows us to contemplate the meaning of life and death.
- Offers continuity and hope for the living.

Before you go to the funeral home, it is best to have a pastor in mind. When considering the time and date of the funeral, please coordinate with the pastor before you finalize arrangements

A funeral is a worship service. Think about hymns that are special to you or your loved one and choose one to three hymns to be played by either an organist or pianist during the service. If you prefer you can include a soloist.

Based on the number of guests you are expecting you can choose the sanctuary or the chapel for your service. The sanctuary will accommodate a large group of people, while the chapel offers a more intimate setting for up to 100 people.

The church will provide a program for the service. If you have a picture of your loved one to go on the cover, it provides a memorable keepsake. The order of the service will be on the inside of the program, along with the hymns you have chosen, names of those delivering the eulogies and scripture verses that have been chosen.

Please have a friend or family member pick up a memorial book at a card or book store for mourners to sign as they come into the church, although often times it is supplied by the funeral home.

A home-cooked meal for you and your family can be delivered to your home following the funeral. The Comfort Meals Ministry is a group of volunteers who will prepare a meal for up to 15 people. The meal coordinator will contact you.

After the Funeral

After the funeral, along with shock and numbness, you may feel a sense of relief that the "work" of planning the ceremony and receiving friends and family members is over. This is normal. It is also normal during this time to begin to feel more deeply the reality of the death. It's as if for the first time since the death that you've really had a chance to sit down and think about what it all means. Feelings of sadness and despair may grow stronger.

Sometimes it's hard for friends and family members to know how to help you after the funeral. Please keep in mind that the church has a number of groups that can offer you the support you need.

- Grief Support Group - held twice annually.
- Naomi's Table - support group for widows on the second Sunday of each month at 5:00 p.m. in the Fellowship Hall.
- Christian Counseling Center - provides individual counseling for a small fee.
- Stephen Ministers - a caring Christian friend to provide emotional and spiritual support.
- Splendid Seniors - GBUMC's program for seniors. There are weekly activities, as well as day trips to local attractions.

Please call the church office at 932-3594 for more information .