

Annual Commemoration Service

7:00 PM Thursday 13 October 2011
Winthrop Hall, University of Western Australia

Official Program

Organised by Palliative Care WA Inc for the community.

Welcome to the Annual Commemoration Service

This community service commemorates those who have recently died in Western Australia.

Palliative Care WA Inc has clear health-promoting objectives for the Annual Commemoration Service: to assist with building the Western Australian community's capacity to cope with loss, grief and bereavement.

Specifically, we aim to:

- provide fellowship through a ceremony, the provision of refreshments and an opportunity for people to meet informally
- incorporate, where-ever possible, evidence-based practice to support people coping with loss, grief and bereavement and develop community capacity in these areas
- acknowledge and use elements from a range of traditions which help people cope with loss, grief and bereavement
- acknowledge the history of the St Luke's Day Service in Perth.

All Western Australians who have experienced the loss of someone close to them in the past year or so are welcome to attend the Service.

Although the event is organised by Palliative Care WA Inc, palliative care will not be the sole focus of the Service. We recognise that many people do not access or need input from a palliative care service when they are dying, while others die unexpectedly, and that those close to these people might benefit from participation in the Annual Commemoration Service.

In 2011 we have chosen 13 October because it falls between World Hospice and Palliative Care Day (8 October 2011) and St Luke's Day.

For several years Palliative Care WA Inc helped organise the annual St Luke's Day Service in Perth for the family members and friends of people who had died in palliative care during the previous year. The Service was held on the Thursday evening closest to St Luke's Day, which falls on 18 October each year.

You are welcome to keep this free Program and to provide feedback on this Service (contact details are on the back cover).

Special thanks to:

- the University of Western Australia for donating the use of Winthrop Hall
- the students and staff of Trinity for supper
- the Harmony Choir, the Perth South African Choir, and especially our music director, Lucy D'Olimpio.

Program

The Service commences at 7:00 PM and will finish at about 8:15 PM.

The Reverend Jan Boyle, Chaplain at Silver Chain and priest at St Matthews in Armadale, is the moderator for the Service.

Reading

Gathering Here

*We gather here this night
in this place of learning.
We gather as a community united
by our experience of grief and loss.*

*May we find a refuge and renewed strength.
These are gifts from God that come to us
when life loses its meaning
when darkness surrounds us
and joy is lost from our experience.*

*We bring our memories from the past
and openness to the present
and our hope for the future.*

Read by Will Hallahan, Executive Officer,
Palliative Care WA Inc.

Official Opening and Acknowledgement of Country

Official Opening of the Annual Commemoration Service by Andrew Allsop,
President, Palliative Care WA Inc.

Music

One Day At A Time

I'm only human, I'm just a woman
Lord, help me believe in what I could be
And all that I am
Show me the stairway, I have to climb
Lord for my sake, teach me to take
One day at a time

One day at a time sweet Jesus
That's all I'm asking from you
Just give me the strength
To do everyday what I have to do
Yesterdays gone sweet Jesus
And tomorrow may never be mine
Lord help me today, show me the way
One day at a time

Do you remember, when you walked among men
Well Jesus you know if you're looking below
It's worse now, than then
Cheating and stealing, violence and crime
So for my sake, teach me to take
One day at a time

One day at a time sweet Jesus
That's all I'm asking from you
Just give me the strength
To do everyday what I have to do
Yesterdays gone sweet Jesus
And tomorrow may never be mine
Lord help me today, show me the way
One day at a time

Written by Marijohn Wilkin & Kris Kristofferson, 1974,
performed by the Harmony Singers.

Reading

From the Book of Psalms

*You have searched the depth of my being, O God,
you know all about me –
when I'm resting,
when I'm working.*

*You have probed my deepest intentions,
tracing out the road I take.
You know me through and through,
understanding better than I what I'm trying to say.*

*You have put your hand on my shoulder –
I don't know why.*

*All this is beyond me,
out of my reach –
I can't grasp it.*

*Where can I go to escape you?
You are wherever I am.*

*If I climb the skies
or explore the underworld,
you are there!*

*If I fly with the sun from dawn to dark
your right hand is still on my shoulder,
your right hand grips me!*

*If I say I'll lose myself in the darkness,
darkness is no darkness to you,
night is bright as day,
darkness as light!*

*I thank you for being what you are –
awe-inspiring, wonderful,
wonderful in all you do.*

*You made me the person I am
in the depth of my being;
you've known what I am really like
from the moment I was born.*

*You have watched the marvel of my body,
the wonder of my birth;
you've seen me grow up
and marked all I've done –
no day passed by uncounted,
slipped by unnoticed.*

*What you think of me matters to me, O God,
more than anything else –
how much you know about me!*

*I cannot fathom your thoughts
anymore that I can count the sand on the shore!
Yet after all my searching
I am still in your presence!*

From Psalm 139:1-18 paraphrased in *Winding Quest* – Alan T Dale
Read by Mark Cockayne, Manager,
Silver Chain Hospice Care Service

Music

You Raise Me Up

When I am down and, oh my soul, so weary
When troubles come and my heart burdened be
Then, I am still and wait here in the silence
Until you come and sit awhile with me

You raise me up, so I can stand on mountains
You raise me up, to walk on stormy seas
I am strong, when I am on your shoulders
You raise me up... To more than I can be

There is no life – no life without its hunger
Each restless heart beats so imperfectly
But when you come and I am filled with wonder
Sometimes, I think I glimpse eternity

You raise me up, so I can stand on mountains
You raise me up, to walk on stormy seas
I am strong, when I am on your shoulders
You raise me up... To more than I can be

Repeat chorus twice more

Written by Rolf Løvland and Brendan Graham, 2002,
performed by the Harmony Singers

Speaker: Loss and grief from the perspective of one of the great traditions

A brief talk by the Most Rev Father John Herbert, Abbott of New Norcia.

Music

Seteng Sediba

Seteng sediba (Seteng sediba)

Amen Amen, Amen Amen Amen Amen, Amen Amen Amen Amen, Matla sona ke bophelo

(Seteng sediba) Amen Amen, Amen Amen Amen Amen, Amen Amen Amen

Amen, Kata bolika basweu

Bare amen Halleluyah

Y ho boraro bo teroneng

Ntate le mora le moya

Ba binwe ka ho sa feleng

Bare amen Halleluyah

Y ho boraro bo teroneng

Ntate le mora le moya

Ba binwe ka ho sa feleng

performed by the Perth South African Choir

Reading

In this part of the story, Anne experiences conflicting feelings in the weeks following the sudden death of her much loved adoptive father, Matthew.

"It seems like disloyalty to Matthew, somehow, to find pleasure in these things now that he has gone," she said wistfully to Mrs Allan one evening when they were together in the manse garden. "I miss him so much – all the time – and yet, Mrs Allan, the world and life seem very beautiful and interesting to me for all. Today Diana said something funny and I found myself laughing. I thought when it happened I could never laugh again. And it somehow seems as if I oughtn't to."

"When Matthew was here he liked to hear you laugh and he liked to know that you found pleasure in the pleasant things around you," said Mrs Allan gently. "...I am sure we should not shut our hearts against the healing influences that nature offers us. But I can understand your feeling. I think we all experience the same thing. We resent the thought that anything can please us when someone we love is no longer here to share the pleasure with us, and we almost feel as if we were unfaithful to our sorrow when we find our interest in life returning to us."

From *Anne of Green Gables* – LM Montgomery 1908

Read by Lillian Anderson

Speaker: Loss and grief from the perspective of a palliative care professional

A brief talk by Dr Doug Bridge, Medical Director of the Royal Perth Hospital Palliative Care Service.

Lighting of Candles

During the following reading, six large candles will be lit, one in each of the trays of candles at the front of the Hall.

Lighting the candles

*We live in much darkness
We are often uncertain
We are sometimes afraid
In our darkness we light a candle of hope*

*We have our joys
Our times of happiness
Each of us receives gifts
In our gratification we light a candle of thanksgiving*

*We have gathered in courage
To confront our sorrow
Acknowledge our pain
And honour our loved ones who have died
In our acknowledgment we light a candle of grief*

*We recall times of laughter
Times of tears
The funny moments, the serious moments
The care and joy you gave us
In our remembrance we light a candle of memories*

*Each passing day is a blessing
As we journey towards wholeness
And discover our new identity
In our courage we light a candle of healing*

*When we can't see
The way ahead
We reach, we search
For love to carry us
In our need we light a candle of faith*

Read by Jane Brown, Palliative Care Nurse
Silver Chain Hospice Care Service.

We invite you now to come forward to light your candle of remembrance.

Palliative care chaplains and volunteers from services around Perth have will help members of the audience who wish to light a small candle in commemoration of someone close to them. Please light candles in the centre of the boxes first.

May our separate lights become one flame, that together we may be nourished and warmed by their glow.

Reading

Walking with Grief

*Do not hurry
as you walk with grief;
it does not help the journey.*

*Walk slowly,
pausing often:
do not hurry
as you walk with grief.*

*Be not disturbed
by memories that come unbidden.
Swiftly forgive:
and let silence speak to you
unspoken words.
Unfinished conversation
will be resolved.
Be not disturbed.*

*Be gentle with the one
who walks with grief.
If it is you,
be gentle with yourself.
Swiftly forgive;
walk slowly,
pausing often.*

*Take time, be gentle
as you walk with grief.*

From the Northumbria Community
Read by Vic Dwyer, Coordinator of Counselling,
Silver Chain Hospice Care Service

Music

Love Changes Everything

Love, love changes everything
Hands and faces, earth and sky
Love, love changes everything
How you live and how you die
Love, can make the summer fly
Or a night seem like a lifetime
Yes love, love changes everything
Now I tremble at your name
Nothing in the world will ever be the same

Love, love changes everything
Days are longer, words mean more
Love, love changes everything
Pain is deeper than before
Love will turn your world around
And that world will last forever
Yes love, love changes everything
Brings you glory, brings you shame
Nothing in the world will ever be the same

Off into the world we go
Planning futures, shaping years
Love (comes in) and suddenly all our wisdom disappears
Love makes fools of everyone
All the rules we made are broken
Yes love, love changes everyone
Live or perish in its flame
Love will never never let you be the same
Love will never never let you be the same

Written By Andrew Lloyd-Webber, 1986
performed by the Perth Harmony Singers.

Official Close and a Blessing

Official Close to the Annual Commemoration Service by Andrew Allsop, President of Palliative Care WA Inc.

A Blessing

A blessing will be read by the Reverend Jan Boyle.

Supper

You are invited to join us in the Undercroft of Winthrop Hall for supper.

Thank you for joining us.

A Brief History of the Annual St Luke's Day Service in Perth

Palliative care services in Perth first came together in 1982 to conduct a remembrance service at St Mary's Roman Catholic Cathedral. Between the years 1982 and 2009 the service was known as the St Luke's Day Service, and was held on or near St Luke's Day, which falls on 18 October each year. St Luke is the patron saint of physicians.

The Service was created by Father John Ryan, the first chaplain at the Silver Chain Hospice Care Service in Perth, and the Reverend Dr Douglas MacAdam, formerly medical director at the Cottage Hospice, once located in Shenton Park.

Music for the first St Luke's Day Service was planned by the Cathedral's organist, Annette Goerke, and featured the singing of the Hallelujah Chorus from Handel's *Messiah*. Over the years choirs from St Mary's and St George's Cathedrals, and the Wesley Uniting Church, were joined by a wide variety of soloists.

St Mary's Cathedral, the only church in Perth big enough to accommodate such a large number of people, was re-built during the early 2000s, and the St Luke's Day Service was moved to Winthrop Hall at the University of Western Australia.

Supper was provided by the Mercy Sisters at Mercedes College when the Service was held at St Mary's Cathedral. The students and staff of Trinity, a residential college at the University of Western Australia, have served supper since the move to Winthrop Hall.

In the first ten years the 6-700 candles were lit by palliative care staff and volunteers. In the early 1990s the audience started to light the candles.

Many guest speakers, coming from a range of perspectives, participated in the St Luke's Day Service over the years.

Palliative Care WA Inc, on behalf of the entire community, sincerely thanks all those organisers, speakers, musicians, choristers and volunteers who contributed to the success of the St Luke's Day Service for 27 years.

Information and Resources

- 24-hour telephone counselling from Lifeline: www.lifeline.org.au ☎ 13 1114
- GriefLink website: www.grieflink.org.au
- CareSearch website: www.caresearch.com.au
- Kids Helpline: www.kidshelp.com.au ☎ 1800 551 800
- Cancer Council WA: www.cancerwa.asn.au ☎ 13 11 20
- World Hospice and Palliative Care Day: www.worldday.org
- Palliative Care WA Inc: www.palliativecarewa.asn.au ☎ 1300 551 704

Palliative Care WA Inc is the representative community organisation which seeks to improve the quality of care and support available to all Western Australians at the end of life.

Palliative Care WA Inc
15 Bedbrook Place
SHENTON PARK WA 6008
Phone/Fax: 1300 551 704
Email: pcwainc@palliativecarewa.asn.au
Internet: www.palliativecarewa.asn.au.au
ABN: 13 107 780 017