

IN LOVING MEMORY

OF



Lorraine Day

13th May 1941 - 15th September 2019



Gedling Crematorium
Thursday 31st October 2019
at 12.30 pm



Order of Service

Entry Music

Spring from The Four Seasons - Vivaldi

Nigel Kennedy

Welcome

The Natural Rhythm of Life

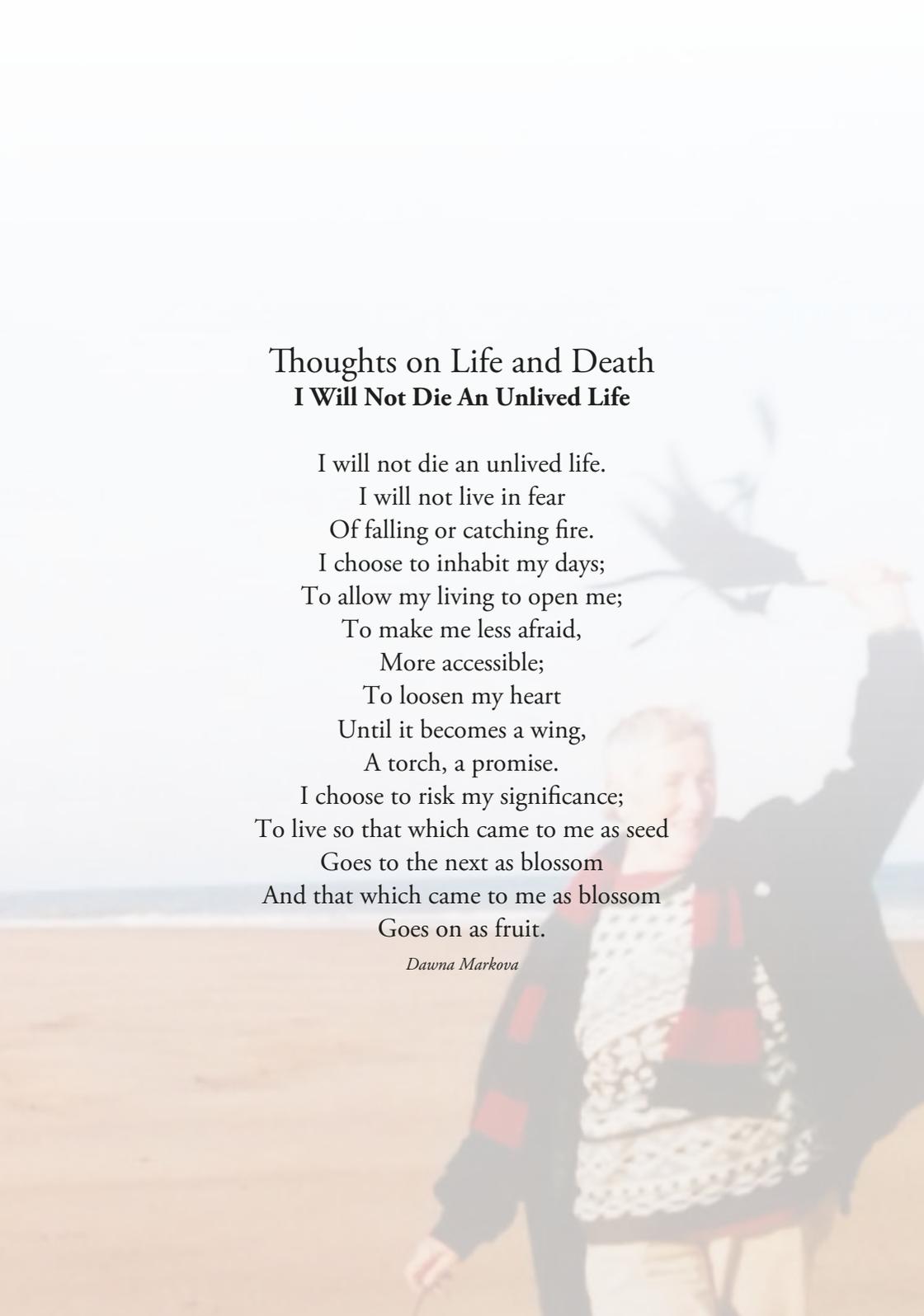
The natural rhythm of life flows through all things...
The seasons of the year, the phases of the moon,
Our human life cycles, the pattern of day and night.
This rhythm is a natural part of us, and we are part of it.

When we know its pattern, we can live our lives
With greater wellbeing and wholeness.
We can flow more easily with the changes in our lives
And in our world.
We can trust the bigger picture and our place within it.
We can remind ourselves that each phase will flow to the next
In its own time...

We can learn to balance ourselves,
Feel more centred, more alive
And gift ourselves pauses to listen more deeply.
This is good medicine for our times.
This is nature showing us how to live.

Eleni Matangi





Thoughts on Life and Death

I Will Not Die An Unlived Life

I will not die an unlived life.
I will not live in fear
Of falling or catching fire.
I choose to inhabit my days;
To allow my living to open me;
To make me less afraid,
More accessible;
To loosen my heart
Until it becomes a wing,
A torch, a promise.
I choose to risk my significance;
To live so that which came to me as seed
Goes to the next as blossom
And that which came to me as blossom
Goes on as fruit.

Dawna Markova



The Tributes

Reflection Time

Music: Nessun Dorma

Beniamino Gigli

The Committal

Om Amideva Hrih

Om Amideva Hrih

Om Amideva Hrih

Closing Words

Exit Music

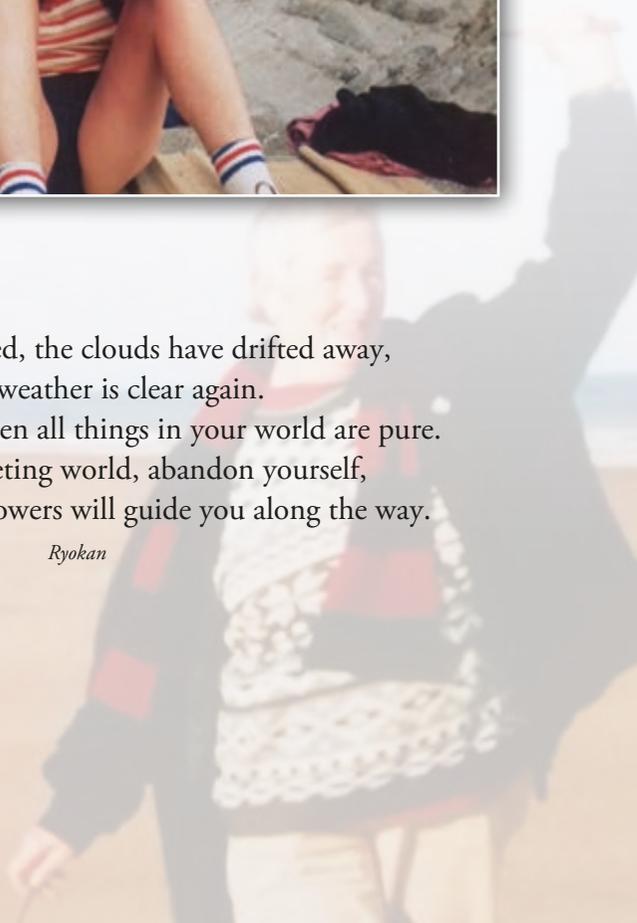
I Got Life

Nina Simone



The rain has stopped, the clouds have drifted away,
And the weather is clear again.
If your heart is pure, then all things in your world are pure.
Abandon this fleeting world, abandon yourself,
Then the moon and flowers will guide you along the way.

Ryokan





We will continue to celebrate Lorraine's life with some food and drinks down at the Broadway Cinema in town, where Lorraine spent many a happy hour.

Any donations in memory of Lorraine to
Water Aid UK,
NSPCC
and
Women's Aid.

A.W. LYMN

The Family Funeral Service

Robin Hood House
Robin Hood Street
Nottingham
NG3 1GF

www.lymn.co.uk

CCLI Copyright Licence No. 508305