

A Celebration of the Life of



FRANCES ELIZABETH
VITTLES

14th March 1946 - 1st June 2023

West Chapel, Wilford Hill Crematorium
Friday 14th July 2023 at 11.30 am



Order of Service

Led by Richard Marshall

MUSIC ON ENTRY
Suite from *Forrest Gump*

WELCOME AND INTRODUCTION

ODE TO FRANCES

When heaven gained you on that day

There are several things I'm sure

You took in a large gift bag,

Your entry to ensure.

God grinned at all your goodies,

He had never heard of Boots;

Some holy tubes of face scrub

And hair dye for his roots.

All the archangels gathered

When you pulled out tubs of sweets,

Two air fryers, some banana bread

And jelly beans in heaps.

You trained them all to put the shot;

The discus whistled past God's ear.

Angels throwing javelins

Was kind of one to fear.

Celestial Slimming World really was a winner,

With all your recipes to share,

The salad bowl, the herbal tea

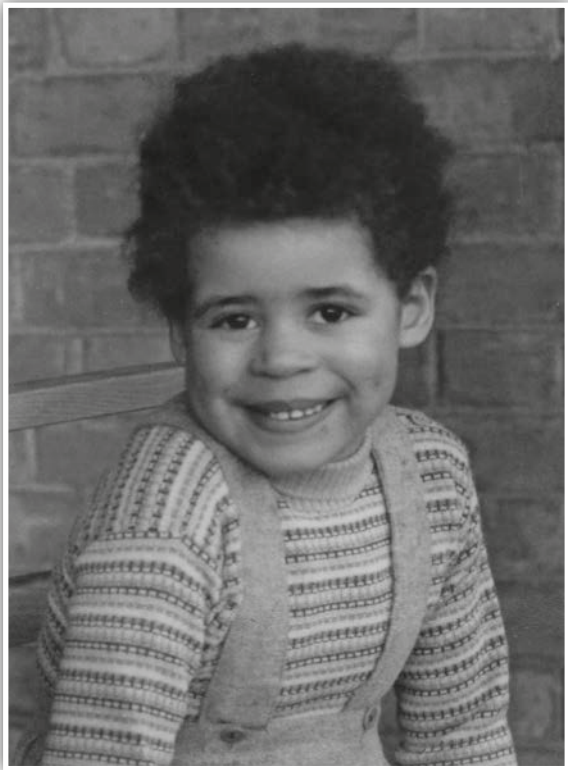
In your own reclining chair.

One thing you left behind

Was the gift of getting us all together,

And now it's up to all of us

To keep that bond forever. x



FRANCES' LIFE

REFLECTION MUSIC

Unforgettable

Nat King Cole

POEM
When I Am Gone

When I come to the end of my journey
And I travel my last weary mile,
Just forget, if you can, that I ever frowned,
And remember only the smile.

Forget unkind words I have spoken;
Remember some good I have done.
Forget that I ever had heartache,
And remember I've had loads of fun.

Forget that I've stumbled and blundered
And sometimes fell by the way.
Remember I have fought some hard battles,
And won, ere the close of the day.

Then forget to grieve for my going,
I would not have you sad for a day,
But in summer just gather some flowers
And remember the place where I lay.

And come in the shade of evening,
When the sun paints the sky in the west,
Stand for a few moments beside me
And remember only my best.

Mosiah Lyman Hancock



FAREWELL

MUSIC ON LEAVING
Suite from *Forrest Gump*



The family would like to thank everyone
for their kind words and support at this sad time.

All are welcome for light refreshment at
Ruddington Grange Golf Club, Wilford Road,
Ruddington, Nottingham NG11 6NB.

Donations in memory of Frances for
Cancer Research UK
may be sealed in the donation envelope
and placed in the box on leaving the service,
left online at
www.lymn.co.uk/obituaries
or by scanning the QR code below or sent care of

A.W. LYMN

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