

On September 10th World Suicide Prevention Day

Light a candle near a window at 8 PM to show your support

for suicide prevention

to remember a lost loved one

and for the survivors of suicide.

Support organisations

Samaritans: 116 123

Survivors of bereavement by Suicide
<https://uksobs.org>

International Association Suicide Prevention
www.iasp.info/wspd2019/

And now these three remain: faith, hope and love. But the greatest of these is Love. 1 Corinthians 13:13

**TOGETHER
IN SUSSEX** ⊕

A Joint Venture between the
Diocese of Chichester and CUF

Remembrance Service for



World
Suicide
Prevention
Day



We come together to remember our loved ones, to lament their passing and to draw strength from each other. In a sense to pay tribute to ourselves for 'dealing' with such unimaginable grief - the many of us who belong to this exclusive club that none of us want to be members of.

Introduction Working Together to Prevent Suicide

Prayer

God our Creator, you give breath to each person you made. You treasure the gifts of each unique person. But when life becomes a burden rather than a gift, God of life, hold us.

When darkness strangles the will to live, when days become endless nights, God of light, shine on us.

When no one seems to understand, when we walk and wait alone, God of love, embrace us with your presence.

Where there is despair, bring hope; where there is shame, give value and worth; Where there is emptiness, bring fulfilment; where there is suffering in mind and body, bring healing. God of hope, hear our prayer for life. **Amen**

Poem: Socks

if only I had the right socks
long ones
that's what they always say
something about pulling your socks up.
so it must be because I'm wearing
the wrong socks
pull your socks up
if it were that easy
I'd rush down to M&S first thing.
To enquire of the first sales assistant
where I might find socks
for the depressed and suicidal
I'm sure they'd catch on
socks on prescription
instead of Prozac
Nobody has socks in here...

Testimony/Talk

Prayer

Loving God, we pray today for those who are confronted by the sadness, ambiguity and confusion of mental illness, and for those upon whom they depend for attention and compassionate care. Look with mercy on all whose afflictions bring them weakness, distress, confusion or isolation.

Jesus says, 'Come to me all you who are trouble and I will give you rest'.

Remembering our loved ones....