# **Requiem Mass and Committal**



In loving memory of Alexander George Theodossiadis 16 06 1994 – 28 01 2020

R.I.P.

# **Gathering**

As we gather together in the Church, we remember the joy Alex found in music.

# **Greeting at the Church Door**

All stand. Father Richard will meet the family at the church door, and greet us all, saying

Fr Richard: May the Father of mercies, the God of all consolation, be

with you.

All: And with your spirit

# **Sprinkling with Holy Water**

Father Richard sprinkles Alex's coffin with Holy Water, and prays.

Fr Richard: The Lord is our shepherd

and leads us to streams of living water

### **Entrance Procession**

Fr Philip leads Alex's coffin into the Church as we all sing 'Christ be Our Light', opposite.

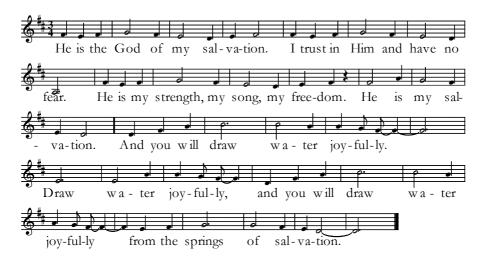


# **Words of Welcome**

Father Richard welcomes us and introduces the Liturgy

# **Placing of Christian Symbols**

A red cross from Student Cross Pilgrimage and a copy of the Gospels are placed on Alex's coffin by his godparents, Gabrielle and Paul, while we all sing Springs of Salvation (from Isaiah 12 2-6):

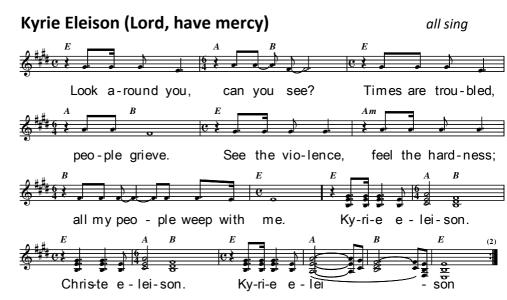


That day, you'll say: give thanks to the Father, Call his name loud, proclaim his deeds, Speak out his name and sing of the Father, He is my salvation.

Tell the whole world the works of the Father, Marvellous things he has achieved. Cry out with joyfulness and gladness, He is my salvation.

Fr Richard: In baptism, Alex received the sign of the cross. May he now share in Christ's victory over sin and death

All: Amen



Walk among them, I'll go with you. Reach out to them with my hands. Suffer with me, and together We will serve them, help them stand.

Forgive us Father; hear our prayer. We would walk with you anywhere, Through your suffering, with forgiveness, Take your life into the land.

# **Opening Prayer**

Fr Richard: Let us pray. O God in whom sinners find mercy and the saints find joy, we pray to you for our brother Alex, whose body we honour with Christian burial, that he may be delivered from the bonds of death. Admit him to the joyful company of your saints and raise him on the last day to rejoice in your presence for ever. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

All: Amen.

# The Liturgy of the Word

All sit

## First Reading (from the Old Testament): Ecclesiastes 3:1-13

To everything there is a season, and a time for every matter under heaven:

A time to be born, and a time to die;

A time to plant, and a time to pluck what is planted.

A time to kill, and a time to heal;

A time to pull down, and a time to build up.

A time to weep, and a time to laugh;

A time to mourn, and a time to dance.

A time to throw stones, and a time to gather stones;

A time to embrace, and a time to refrain from embracing.

A time to seek, and a time to lose;

A time to keep, and a time to throw away.

A time to tear, and a time to sew;

A time to keep silence, and a time to speak.

A time to love, and a time to hate;

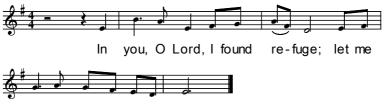
A time of war, and a time of peace.

What profit has the worker from all his labours? I have seen all together the tasks which God has given to everyone to be engaged in. He made everything beautiful in its time; and He indeed put eternity in their hearts in such a way that they may not find out the work God made from the beginning to the end. I know there is nothing better for them than to rejoice and do good in their lives. Indeed, everyone should eat and drink and experience the good in all their labour – this is God's gift.

Claire: The word of the Lord
All: Thanks be to God

### **Responsorial Psalm: Psalm 31**

Maria sings the antiphon, then all repeat it. She sings the verses; all sing the antiphon after each verse.



ne-ver-more be put to shame

- 1. By your saving power deliver me, bend down your ear and hear me; Come quickly Lord, come quickly to my rescue.
- 2. Be a rock of refuge to save me, be a strong fortress to shield me; Lord, lead and guide me for your own name's sake.
- 3. Set me free from the net spread to catch me for you, O Lord, are my safety; into your hands my spirit I commit.
- 4. Faithful God, your grace has saved me; in love you saw my affliction and tended to me in my deep distress.

# Second Reading (Epistle): from the First letter of St Paul to the Corinthians, Chapter 13

If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing. If I give away all my possessions, and if I hand over my body so that I may boast, but do not have love, I gain nothing.

Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things.

Love never ends. But as for prophecies, they will come to an end; as for tongues, they will cease; as for knowledge, it will come to an end. For we know only in part, and we prophesy only in part; but when the complete comes, the partial will come to an end. When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became an adult, I put an end to childish ways. For now we see in a mirror, dimly, but then we will see face to face. Now I know only in part; then I will know fully, even as I have been fully known. And now faith, hope, and love abide, these three; and the greatest of these is love.

Chris: The word of the Lord

All: Thanks be to God

### The Gospel: Matthew 5 verses 1-11

All stand for the Gospel Acclamation – all sing the refrain, then Christina and Emily sings the verse; all repeat the refrain



Praise to you, O Christ, our Sav-iour, Word of the Fa-ther, call-ing us to Life;



Son of God who leads us to free-dom: glo-ry to you, Lord Je-sus Christ!

You are the Word who binds us and unites us:

You are the Word who calls us to be one;

You are the Word who teaches us forgiveness:

Glory to you, Lord Jesus Christ!

Fr Richard: The Lord be with you All: And with your spirit

Fr Richard: A reading from the holy Gospel according to St Matthew

All: Glory to you, O Lord

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying:

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they will be filled.

Blessed are the merciful, for they will receive mercy.

Blessed are the pure in heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.

Fr Richard: The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ

All sit

# The Homily

Richard Finn O.P.

#### The Intercessions

Each intercession ends with Matthew saying 'Lord, in your mercy' to which we reply 'hear our prayer'.

Fr Richard: As we stand before the mystery of death, Christ stands

among us and says to us, 'Courage! Do not be afraid.'

Therefore, let us place our prayers before him, confident

that he will hear them:

Matthew: For Alex who in baptism was given the pledge of eternal

life, that he now be admitted to the company of the saints.

Matthew: Alex thirsted for life here on earth; may he now enjoy the

fullness of life in heaven.

Matthew: For our deceased relatives and friends and for all who

have helped us, that they may have the reward of their

goodness.

Matthew: For the family and friends of Alex

that they may be consoled in the knowledge that as they

cherished him in life, God will cherish him in death.

Matthew: For all those who cared for Alex during his illness.

Matthew: That we may treasure the beautiful but fragile gift of life

which God has given us.

Father Richard introduces the Hail Mary

All: Hail Mary, full of grace, the Lord is with thee. Blesséd art

thou among women, and blesséd is the fruit of thy womb, Jesus. Holy Mary, mother of God, pray for us

sinners, now and at the hour of our death. Amen.

Fr Richard: Lord, it is from you we come when we enter this

world, and it is to you we go when we leave it. In your unfailing mercy, guard our coming and our going, so that nothing in life or death may separate us from you.

We ask this through Christ our Lord

All: Amen

# The Liturgy of the Eucharist

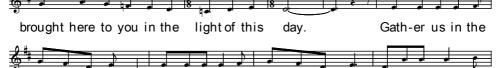
During the offertory song, the gifts of bread and wine are brought in procession by Jack and Grace.



Here in this place, new light is stream-ing, now is the dark-ness



van-ished a-way. See in this space, our fears and our dream-ings,



lost and for-sak-en, gath-er us in the blind and the lame; call to us now, and



we shall a-wak-en, we shall a-rise at the sound of our name.

We are the young our lives are a mystery, we are the old who yearn for your face. We have been sung throughout all of history,

Called to be light to the whole human race. Gather us in the rich and the haughty Gather us in the proud and the strong, Give us a heart so meek and so lowly, Give us the courage to enter the song.

Here we will take the wine and the water, Here we will take the bread of new birth, Here you shall call your sons and your daughters,

Call us anew to be salt for the earth. Give us to drink the wine of compassion, Give us to eat the bread that is you; Nourish us well and teach us to fashion, lives that are holy and hearts that are true.

Fr Richard: Blessed are you, Lord God of all creation,

for through your goodness we have received the bread we offer you:

fruit of the earth and work of human hands,

it will become for us the bread of life.

All: Blessed be God forever.

Fr Richard: Blessed are you, Lord God of all creation,

for through your goodness we have received the wine we offer you:

fruit of the vine and work of human hands,

it will become our spiritual drink.

All: Blessed be God forever.

Fr Richard: Pray, brothers and sisters,

that my sacrifice and yours may be acceptable to God,

the almighty Father.

We rise and reply

All: May the Lord accept the sacrifice at your hands for the

praise and glory of his name, for our good and the good of all

his holy Church

Then Father Richard says the Prayer over the Offerings, at the end of which we acclaim:

#### Amen

Fr Richard: The Lord be with you.

All: And with your spirit.

Fr Richard: Lift up your hearts.

All: We lift them up to the Lord.

Fr Richard: Let us give thanks to the Lord our God.

All: It is right and just.

Father, all-powerful and ever-living God, we do well always and everywhere to give you thanks through Jesus Christ our Lord. In him, who rose from the dead, our hope of resurrection dawned. The sadness of death gives way to the bright promise of immortality. Lord, for your faithful people life is changed, not ended. When the body of our earthly dwelling lies in death we gain an everlasting dwelling place in heaven. And so, with all the choirs of angels in heaven we proclaim your glory and join in their unending hymn of praise:

Holy, Holy, Holy Lord God of hosts. Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.

The Mass continues with Eucharistic Prayer III. After the words of Consecration

Fr Richard: The mystery of faith.

All: Save us, Saviour of the world,

for by your Cross and Resurrection

you have set us free.

At the conclusion of the prayer Father Richard takes the chalice and the paten with the host and, raising both, he says:

Through him, and with him, and in him, O God, almighty Father, in the unity of the Holy Spirit, all glory and honour is yours, for ever and ever.

All: Amen.

### The Communion Rite

All stand

Fr Richard: At the Saviour's command and formed by divine teaching, we dare to sav

All:
Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come,
thy will be done on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.

Fr Richard: Deliver us, Lord, we pray, from every evil, graciously grant peace in our days, that, by the help of your mercy, we may be always free from sin and safe from all distress, as we await the blessed hope and the coming of our Saviour, Jesus Christ.

All: For the kingdom, the power and the glory are yours now and for ever.

Fr Richard: Lord Jesus Christ, you said to your Apostles:

Peace I leave you, my peace I give you;
look not on our sins, but on the faith of your Church,
and graciously grant her peace and unity in accordance with
your will.

Who live and reign for ever and ever.

All: Amen.

Fr Richard: The peace of the Lord be with you always.

All: And with your spirit.

Fr Richard: At this point in the liturgy we would normally exchange a customary sign of peace. Today, in its place, we turn to those around us and say 'peace be with you'. Smile, nod, or wave, but please do not shake hands, kiss, or hug.



The peace of Christ, in dark and light. The peace of Christ in day and night.

The peace of Christ be near and far.

The peace of Christ in every heart.

# The Agnus Dei

all sing



#### Invitation to Communion

All stand or kneel

Father Richard genuflects, takes the host and, holding it slightly raised above the paten or above the chalice says aloud:

Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

All: Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

# **Receiving Holy Communion**

Union with Christ in Holy Communion at the Eucharist cannot usually be separated from union with him in the faith of the Catholic Church. The gift of the Eucharist and the gift of Christ's Body, the Church, are two lungs breathing in the one Body. For this reason, those who do not fully share the faith of the Roman Catholic Church usually choose not to receive Holy Communion.

If you are not receiving Holy Communion, you are very welcome to come forward for a blessing. If you cross your arms across your chest, the priest will know to give you a blessing instead.

At Communion the Priest or Eucharistic Minister says:

The Body of Christ

We reply: Amen

During Communion we sing:

# The Lord is my Shepherd (Psalm 23)

Francis, Christina, Emily and Alice sing the verses and we all sing the refrain.

The Lord is my shepherd, I shall not want. I have everything that I need. Near to pastures green, by the cooling stream, here He will revive my drooping spirit. My Lord.



My footsteps He guides on the right path, as He promises to all men, Even when I trail through the darkest vale, with His crook and staff He gives me comfort. My Lord.

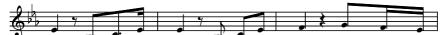
A banquet so fine He prepares for me, where my enemies all can see. Holy oil to spread, and anoint my head, and my cup he fills to overflowing. My Lord.

His goodness and kindness shall follow me, and be with me, all my days
In His house divine, to the end of time
I will honour Him forever more

In Christ Alone all sing



In Christ a - lone my hope is found, He is my light, my strength, my



song; this cor-ner - stone, this so-lid ground, firm through the



fier-cest drought and storm. What heights of love, what depths of



peace, when fears are stilled, when stri-vings cease! My com-for-



- ter, my all in all, here in the love of Christ I stand

In Christ alone, who took on flesh, fullness of God in helpless babe!
This gift of love and righteousness, scorned by the ones He came to save; till on that cross as Jesus died, the will of God was satisfied.
For every sin on Him was laid; Here in the death of Christ I live.

There in the ground His body lay, light of the world by darkness slain. Then bursting forth in glorious day, up from the grave He rose again! And, as He stands in victory, sin's curse has lost its grip on me. For I am His and He is mine; Bought with the precious blood of Christ.

No guilt in life, no fear in death, this is the power of Christ in me. From life's first cry to final breath, Jesus commands my destiny. No power of hell, no scheme of man, can ever pluck me from His hand; till He returns or calls me home. Here in the power of Christ I'll stand!

All stand

# **Prayer after Communion**

Fr Richard: Lord God, whose Son left us, in the Sacrament of his body and blood, food for the journey, mercifully grant that, strengthened by it, our brother Alex may come to the eternal table of Christ. Who lives and reigns for ever and ever.

All: Amen

All sit

# Remembering Alex – Sam and Sebastian

All stand

# **Final Commendation**

Fr Richard: Before we go our separate ways, let us take our leave of our brother Alex. May our farewell express our affection for him; may it ease our sadness and strengthen our hope. One day we shall joyfully greet him again when the love of Christ, which conquers all things, destroys even death itself.

Father Richard sprinkles Alex's coffin with Holy Water and incenses it while Maria (guitar) and Juliet (viola) play, and members of the music group sing

Come back to me with all your heart Don't let fear keep us apart Trees do bend though straight and tall So must we to others' call

> Long have I waited for Your coming home to me And living deeply our new lives

The wilderness will lead you
To the place where I will speak
Integrity and justice
With tenderness
You shall know.

Come back to me with all your heart Don't let fear keep us apart

You shall sleep secure with peace. Faithfulness shall be your joy

# **Prayer of Commendation**

Fr Richard: Into your hands, Father of mercies, we commend our brother Alex, in the sure and certain hope that, together with all who have died in Christ, he will rise with him on the last day.

We give you thanks for the blessings which you have bestowed upon Alex in this life: they are signs to us of your goodness and of our fellowship with the saints in Christ.

Merciful Lord, turn toward us and listen to our prayers: open the gates of paradise to your servant and help us who remain to comfort one another with assurances of faith, until we all meet in Christ and are with you and with our brother for ever.

All: Amen!

# **Procession to the place of Committal**

Father Richard: In peace let us take our brother Alex to his place of rest.

The symbols of the Christian life are now removed from the coffin by Paul. Alex's coffin will be carried outside, preceded by the celebrants and followed by the family mourners.

We sing

- Now the green blade riseth from the buried grain Wheat that in the dark earth many days has lain; Love lives again that with the dead has been. Love is come again like wheat that springeth green.
- In the grave they laid him, Love whom men had slain, Thinking that never he would wake again; Laid in the earth like grain that sleeps unseen, Love is come again like wheat that springeth green.
- Forth he came at Easter, like the risen grain,
  He that for three days in the grave had lain,
  Quick from the dead, my risen Lord is seen,
  Love is come again like wheat that springeth green.
- 4. When our hearts are wintry, grieving or in pain, Thy touch can call us back to life again, Fields of our hearts that dead and bare have been, Love is come again like wheat that springeth green.

You are invited to proceed to Lawnswood Crematorium for the Committal (maps are available at the back of church).

#### The Committal

As Alex's coffin is brought in, we sing Psalm 91. The verses will be sung by Alice, Christina, Emily, and Naomi; all sing the refrain.

You who dwell in the shelter of the Lord, who abide in His shadow for life, say to the Lord: "My refuge, my rock in whom I trust!"



The snare of the fowler will never capture you, and famine will bring you no fear: under His wings your refuge, His faithfulness your shield.

You need not fear the terror of the night, nor the arrow that flies by day; though thousands fall about you, near you it shall not come.

For to His angels He's given a command to guard you in all of your ways; upon their hands they will bear you up, lest you dash your foot against a stone. Fr Philip: We gather to commend our brother Alex to God our Father and to commit his body to be cremated. In the spirit of faith, let us lift up our voices in song and offer our prayers for Alex.

We read in sacred Scripture:

Come to me, all you who labour and are heavy laden, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

\*\*Matthew 11:28-30\*\*

Almighty and ever-living God, remember the love which you graced Alex in life. Receive him, we pray, into the mansions of the saints. Look with favour on those who mourn and comfort them in their loss. Grant this through Christ our Lord

#### All: Amen

Father Philp sprinkles Alex's coffin with holy water

Fr Philip: In sure and certain hope of the resurrection to eternal life through our Lord Jesus Christ, we commend to Almighty God our brother Alex and we commit his body to be cremated: earth to earth, ashes to ashes, dust to dust.

The Lord bless him and keep him,
The Lord make his face shine upon him and be gracious to him,
The Lord lift up his countenance upon him and give him peace.

#### Intercessions

Fr Philip: Our brother Alex has gone to his rest in the peace of Christ. With faith and hope in eternal life, let us assist him with our prayers.

After each prayer, we respond to Naomi's 'Lord in your mercy' with 'hear our prayer'

Reader: Gracious Lord, forgive the sins of those who have died in Christ.

*Reader:* Remember all the good they have done.

Reader: Welcome them into eternal life.

Reader: Let us pray for those who mourn. Comfort them in their grief.

Reader: Lighten their sense of loss with your presence.

Reader: Increase their faith and strengthen their hope.

Reader: Let us pray also for ourselves on our pilgrimage through life. Keep

us faithful in your service.

Fr Philip: Loving God, from whom all life proceeds and by whose hand the dead are raised again, though we are sinners, you wish always to hear us. Accept the prayers we offer in sadness for your servant Alex. We ask this through Christ our Lord.

All: Amen.

When Jesus gathered his disciples around him, he taught them to pray:

Our Father.... [words on page 14]

## **Concluding Prayer**

Fr Philip: Lord God,

Whose days are without end and whose mercies beyond counting, Keep us mindful that life is short and the hour of death is unknown. Let your Spirit guide our days on earth in the ways of holiness and justice,

That we may serve you in union with the whole church Sure in faith, strong in hope, perfected in love And when our earthly journey is ended, Lead us rejoicing into your kingdom Where you live for ever and ever

All: Amen

### The Blessing

Fr Philip: Merciful Lord, you know the anguish of the sorrowful, you are attentive to the prayers of the humble. Hear your people who cry out to you in their need, and strengthen their hope in your lasting

goodness. We ask this through Christ our Lord.

All: Amen.

Fr Philip: Eternal rest grant unto him, O Lord.

All: And let perpetual light shine upon him.

Fr Philip: May he rest in peace.

All: Amen.

Fr Philip: May his soul and the souls of all the faithful departed, through the

mercy of God rest in peace.

All: Amen.

Fr Philip: May the love of God and the peace of the Lord Jesus Christ console

you and gently wipe every tear from your eyes.

All: Amen

Fr Philip: May almighty God bless you, the Father, and the Son, + and the

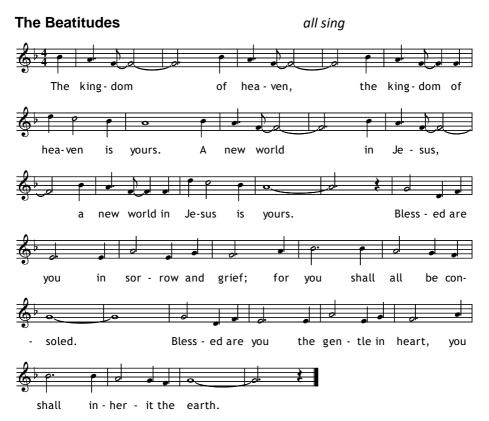
Holy Spirit.

All: Amen.

Fr Philip: Go in the peace of Christ.

All: Thanks be to God.

Now the service has ended, we prepare to return to Queen's Hall next to the Immaculate Heart of Mary Church. While we are singing, you are welcome to strew a few petals from the basket provided on to Alex's coffin before leaving the chapel. Those not in the main chapel may come in as others leave.



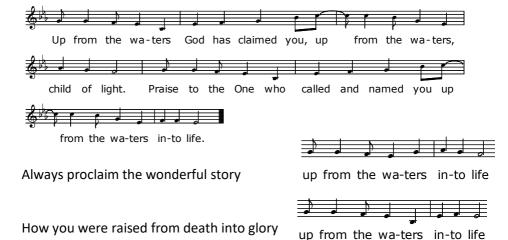
Blessed are you who hunger for right: for you shall be satisfied.
Blessed are you, the merciful ones, for you shall be pardoned too.

Blessed are you whose hearts are pure: your eyes shall gaze on the Lord. Blessed are you who strive after peace: the Lord will call you his own.

Blessed are you who suffer for right: the Heavenly Kingdom is yours. Blessed are you who suffer for me: for you shall reap your reward.

### **Up from the Waters**

The verses will be sung by members of the music group. All sing the refrain, and 'up from the waters into life' after each verse}



Now you have crossed the River of Jordan Now you behold God's mercy and pardon

No more shall sin have power to hold you Now let the grace of Jesus enfold you

Water of life and grace and salvation Water that heals the heart of creation

This is the life that rains down from heaven This is the new life Jesus has given

### **Acknowledgements**

We are grateful to Fr Richard Finn O.P. for celebrating Mass and preaching, to Mgr Philip Moger for leading the Committal service at Lawnswood, and to Fr Andrew Starkie for concelebrating today. We thank Fr Philip and his parishioners for their welcome and understanding.

We are also grateful to Gabrielle and the musicians, to all who have helped today in many different ways, and to everyone who has come to give thanks for Alex's life with us. You are welcome to join us in the Queen's Hall Next door for refreshments, music and a slide show. There's a book on a table inside for you to jot down any particular memories of Alex.

Excerpts from the Roman Missal © 2010, International Commission on English in the Liturgy (ICEL); excerpts from the Lectionary for Mass © 1981, ICEL; excerpts from the Order of Christian Funerals © 1989, ICEL.

Christ be our Light	Bernadette Farrell
Springs of salvation	Maria Levesley
Look around you (Kyrie)	Jodi Page Clark
In You O Lord I found refuge	Iona Community
Praise to You O Christ our saviour	Bernadette Farrell
Gather us in	Marty Haugen
Peace prayer/Lamb of God	Liam Lawton
The Lord is my shepherd	David Palmer based on Ps 23
In Christ alone	Stuart Townend , Keith Getty
Come back to me	Gregory Norbert, based on Hosea
Now the green blade riseth	JMC Crum/Traditional French melody
Eagles wings	Michael Joncas
The Beatitudes	Mike Anderson
Up from the waters	Marty Haugen



We are grateful for donations to Meningitis Now in Alex's memory to <a href="https://alex-theodossiadis.muchloved.com">https://alex-theodossiadis.muchloved.com</a> (QR code to the left)