

Outline of a secular cremation service

Duration: About 20 - 25 minutes is usual, although 30 minutes is allocated for each service at Easthampstead Park.

Officiant: This could be a Humanist officiant, member of the family, friend or workmate.

Music: Choose music during your entry into the chapel.

Introduction

Friends, we are meeting here today to honour the life of (Full name), whom we always knew as (nickname). A funeral ceremony is an opportunity to join in taking leave of someone we have loved and respected, but it is more than that. It is the celebration of his/her life and personality and a time to comfort those of his family and friends who are here today and have been affected by his/her death. Our ceremony will be short, simple and non-religious. Although (the deceased) did not believe in religion, he/she did believe in the good within human beings and felt very strongly about the individuals right to freedom of choice in the main decisions about life and death.

Perhaps you would join me in a few thoughts about life and death. The separateness and uniqueness of each human life is the basis of our grief in bereavement. Look through the whole world and there is no one like the one you have lost. But he/she still lives on in your memories.

Though no longer a visible part of your lives, they will remain a member of your family or circle through the influence he/she has had on you and the special part he/she played in your lives. We know that the value and meaning of life consist in living it and living it well. People who have been a strength and comfort to others and have worked for future generations, deriving fulfilment and satisfaction from so doing, these are the people who bring value and meaning to life.

The Tree of Life

The death of each of us is in the order of things; it follows life as surely as night follows day. We can take the tree of life as a symbol. The human race is the trunk and branches of this tree, and individual men and women are the leaves which appear one season, flourish for a summer and then die. I too am like a leaf on this tree and one day I shall be torn off by a storm, or I shall simply decay and fall and mingle with the earth at its roots. But, while I live I am conscious of the tree's flowing sap and steadfast strength. Deep down in my consciousness is the consciousness of a collective life, a life of which I am a part and to which I make a minute but unique contribution.

When I die and fall, the tree remains nourished to some small degree by my manifestation of life.

Millions of leaves have preceded me and millions will follow me; but the tree itself grows and endures.

The tribute: In this section, the life, the love, the failures, the humour, the accomplishments of the deceased can be described in as much detail as desired. Family members or friends could speak, if they so wish.

A quiet moment: A moment of quiet may be included, and those with a religious belief might wish to say a prayer.

Poetry: This could be a favourite poem, or a poem that could have applied to the deceased, for example:-

**Happy the man, and happy he alone
He who can call today his own - He
who, secure within can say:
Tomorrow do thy worst, for I have
lived today.**

**Come fair or foul, or rain or shine,
The joys I have possessed in spite of
fate are mine.**

**Not heaven itself over the past hath
power, but what has been, has been,
and I have had my hour.**

