

St  
Martin  
in  
the  
Fields



# Time to Talk

A service of reflection for people affected by suicide

Saturday 9<sup>th</sup> March 2019

10.30am

St Martin-in-the-Fields, Trafalgar Square, London

Music: Mozart, *Lacrimosa*, from Requiem Mass in D Minor, St Martin's Voices and Brandenburg Sinfonia

Welcome: Revd Dr Sam Wells

Opening address: David Mosse

Music: *There is a Balm in Gilead* (trad. spiritual), St Martin's Voices and Brandenburg Sinfonia

## I. Lost

*Laying a rock*

Testimony: Jenny Dover

Song: *An Eriskay Love Lilt*, from *Songs of The Hebrides*, M. Kennedy-Fraser, sung by Deborah Dover

Testimony: Gill Hayes

Music: Purcell, *Dido's Lament* from *Dido and Aeneas*, Helen Stanley (mezzo soprano) and Brandenburg Sinfonia

Silent reflection

## II. The valley

Music: Jenkins: *Benedictus* from *The Armed Man*, St Martin's Voices and Brandenburg Sinfonia

*Lighting a candle*

Poem: 'After Great Pain, a Formal Feeling Comes' by Emily Dickinson, read by Ingrid Phillion

Testimony: Fr Conor Stainton-Polland

Song: *O Paalanhaare*, by Javed Akhtar, composition A.R. Rahman, sung by Sangeeta Mahajan with Rakesh Jugal (tabla) and Katie Heller (viola)

## III. Found

*Placing a rose*

Testimony: Hamish Elvidge

Music: Whitbourn, *Kyrie* from *Annelies*, St Martin's Voices and Brandenburg Sinfonia

Testimony: Alison Jordan

Music: *Gabriel's Oboe* – Morricone arr. Craig Stella John, Brandenburg Sinfonia

Closing address: Revd Dr Sam Wells

Hymn: Lord of all hopefulness

Music: Rutter, *The Lord Bless You and Keep You*, St Martin's Voices and Brandenburg Sinfonia

## **Lord of all hopefulness**

Lord of all hopefulness, Lord of all joy,  
Whose trust, ever child-like, no cares could destroy,  
Be there at our waking, and give us, we pray,  
Your bliss in our hearts, Lord, at the break of the day.

Lord of all eagerness, Lord of all faith,  
Whose strong hands were skilled at the plane and the lathe,  
Be there at our labours, and give us, we pray,  
Your strength in our hearts, Lord, at the noon of the day.

Lord of all kindness, Lord of all grace,  
Your hands swift to welcome, your arms to embrace,  
Be there at our homing, and give us, we pray,  
Your love in our hearts, Lord, at the eve of the day.

Lord of all gentleness, Lord of all calm,  
Whose voice is contentment, whose presence is balm,  
Be there at our sleeping, and give us, we pray,  
Your peace in our hearts, Lord, at the end of the day.

*Jan Struther (1901-1953)*  
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***Please join us downstairs in St Martin's  
Hall and the Lightwell for refreshments  
after the service***

With thanks

This service has been made possible because of the generous support of members of The Alliance of Suicide Prevention Charities. For information about the work of the Alliance, please visit [www.tasc-uk.org](http://www.tasc-uk.org).

Thanks also to St Martin-in-the-Fields for hosting Time to Talk.

If you would like to make a contribution to the costs of the service there are envelopes in the pews and there will be collection boxes at the back of the church and at the reception.

## Support organisations

After the service there is an opportunity to speak with representatives from the following organisations:

CALM (Campaign Against Living Miserably)

[www.thecalmzone.net](http://www.thecalmzone.net)

Helpline 0800 58 58 58

Cruse Bereavement Care

[www.cruse.org.uk](http://www.cruse.org.uk)

Helpline 0808 808 1677

Maytree (sanctuary for the suicidal)

[www.maytree.org.uk](http://www.maytree.org.uk)

020 7263 7070

PAPYRUS Prevention of Young Suicide

[www.papyrus-uk.org](http://www.papyrus-uk.org)

HOPELineUK

0800 068 41 41

Samaritans

[www.samaritans.org](http://www.samaritans.org)

Helpline 116 123

Survivors of Bereavement by Suicide

[www.uk-sobs.org.uk](http://www.uk-sobs.org.uk)

Helpline 0300 111 5065

The Listening Place

Face-to-face support for those who feel life is no longer worth living

[www.listeningplace.org.uk](http://www.listeningplace.org.uk)

Winston's Wish (for bereaved children and young people)

[www.winstonswish.org.uk](http://www.winstonswish.org.uk)

Helpline 08088 020 021

Further information about finding help and support is available at

[www.supportaftersuicide.org.uk](http://www.supportaftersuicide.org.uk)

The Shop at St Martin's has available a selection of books about suicide and bereavement.

If you are experiencing mental distress please speak with your GP.