



## *Time to Remember*

A gentle time of reflection  
to remember people who have died,  
whenever they died,  
whatever your relationship to them.

An opportunity to experience  
and be with other adults reflecting,  
whether through music & song, writing or art,  
and candle lighting.

**Sunday 8th December 2024**

**1:30 – 5:30pm**

**Friends Meeting House, Ship Street,  
Brighton BN1 1AF**

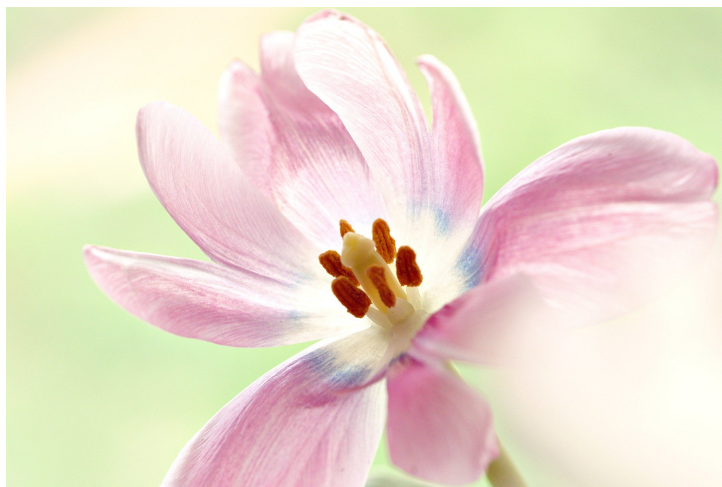
We are a group of people who have experience of loss in our own lives, and know the value and importance of being able to express our grief together and in different ways.

We are inviting you to be with other adults to remember people who have died, whenever they died, and whatever your relationship to them. You are welcome to come on your own or bring a companion.

We are providing a choice of creative ways to experience reflecting, whether through music & song, writing or art. No previous experience is needed and there is no right or wrong.

**All are welcome - everyone of any faith, belief, religion, philosophy or none**

**You will need to book a space**, and when you book, to help with organisation, we will ask you which reflective session you / your companion would like to join.



# Programme

**1:30** Arrive: You will be invited to write the name of your loved one/s on a coloured star, and if you wish, bring along a photograph of your loved one/s to place on our remembrance table or display board.

**2pm** Welcome by **Peter Wells** and introduction to the afternoon.

**2:15** Reflective sessions:

Reflecting by writing with the aid of poems and prompts (and with no requirement to share) - with **Deborah Clow**.

or

Reflecting by painting / drawing using water-based coloured pencils – with **Susan White**.

or

Reflecting through music and stress-free singing together – with **Lou Beckerman**.

**3:30** Tea and cake.

**4:30 - 5:30** We come together for music, words and candle lighting.

## To book

and if you have any questions

please contact Peter by

Email: [peter.r.wells10@gmail.com](mailto:peter.r.wells10@gmail.com)

or

Phone: 07790691054

To help with costs we suggest a donation paid in advance of £5 per person. Details of how to pay will be given when you book

If you can afford more it will help people to attend who cannot afford the cost.

### **Please note:**

There is **no** street parking near the Friends' Meeting House in Ship Street.

There are plenty of buses and nearby car parks.

The Meeting House has mobility access.