

Canterbury's February 22nd Quake Anniversary



SOME SUGGESTED REMEMBRANCE OPTIONS

As February 22nd is approaching, Skylight recognises that there are many people in Canterbury, in New Zealand and around the world, who will want to mark this day in some appropriate way.

Here is a collection of options that can be adapted in any way to make them more relevant and meaningful. Change or add any words as you wish.

They can be used on your own or with family, whanau, friends, workmates, neighbours or wider community groups as you wish.

Those that are prayers have been written to be multi faith, non denominational prayers. Reference to God is open to however people personally choose to understand God.

Have a look through the following pages and see if any of the options might be helpful to use or adapt for your own circumstances. Or you may just like to commemorate this time with a period of silence.

You could light a candle at the start of your remembrance time as many people find this a helpful way to focus their thoughts.

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A Group Reflection

This reflection is designed to be led by someone who will read these words aloud, but you will see there's an option for group contributions to also be shared aloud with the group. It is most suited to those living in Canterbury, but can be easily adapted to be used anywhere.

You may like to light a candle to honour those who have died as a result of the earthquake and in memory of how lives and communities have changed since that day.

On this first anniversary of the February 22nd Canterbury quake, we think back over the year.

It has been, and still is, a very difficult time for all the people in Canterbury.

We would not have anticipated that we would be in the state we are today, facing such uncertainty and changes to our lives and community.

We would never have believed such a terrible number of unpredictable quakes and aftershocks could have continued as they have.

We are especially mindful today of those who lost their lives as a result of the quake.

(if you wish, add your own names of people you want to remember at this time).

(moment of silence)

We are also mindful today of those who were injured and traumatised by the quake.

(share aloud the names of people you want to remember at this time or have a moment of silence for people's own thoughts)

We think of those who have lost their homes, or their businesses, and all that that has meant for them

(share aloud the names of people you want to remember at this time or have a moment of silence for people's own thoughts)

We think of those who are anxious, uncertain, worried, stressed and finding life very hard....

We each think of the ways that things have changed for us or those we love.

(share aloud the names of people you want to remember at this time or have a moment of silence for people's own thoughts)

We are thankful for...

(share things you are grateful for or have a moment of silence to each think about these things)

We are hopeful for

(share things you hope for in the future or have a moment of silence to each think about these things)

May Cantabrians be able to envision a new, safe and vibrant Christchurch and find ways to work together towards creating it with courage, determination and fresh hope.

May they find the patience, strength and fortitude to get there.

If there are ways we can support them on the journey, may we offer it to them.

A Personal Reflection

This reflection is designed to be done alone. Use silence, or words spoken internally or aloud, to make it meaningful for you.

You may like to light a candle to honour those who have died as a result of the earthquake and in memory of how lives and communities have changed since that day.

On this first anniversary of the February 22nd Canterbury quake, I think back over the year.

Today I think especially of those who lost their lives as a result of the quake...

and of their bereaved families and friends...

I think also of those who were injured and traumatised by the quake...

I think of those who have lost their homes, or their businesses, and all that that has meant for them...

I think of those who are anxious, uncertain, worried, stressed and finding life very hard....

I think of the ways that things have changed for me...

and for those I love and care about....

I am thankful for...

I hope that....

The Canterbury I can see in the future is ...

A Prayer for Canterbury

(* you may like to personalise these words more, such as saying us instead of them.)

Dear God,

As we consider the year that has past, we take time to think about what it has held for Canterbury. It has been a long, difficult and very demanding year.

One year ago today, people lost their lives in the earthquake and many were injured. Homes and buildings of all kinds were destroyed or damaged, basic services disrupted, whole communities changed and jobs lost. People of all ages, across the region, have faced ongoing fears, anxieties, stress ever since, especially as the quakes have continued.

So much is different now. The enormity of it all is hard to take in, even now.

We take a moment of silence now to remember those who died as a result of the quake and we pay tribute to them. *(Those known to the group could especially be named)*

We also remember their bereaved families and friends. *(Moment of silence)*

We think of those who lost their homes and all that that has meant for them. *Moment of silence*

We are thankful for those who showed great bravery and courage one year ago, and in the earthquakes aftermath.

We are thankful for the different people who have cared for, helped and supported Cantabrians, in all kinds of ways. *(These could be named as relevant to the group)*

We are thankful for the things that have been able to be fixed or rebuilt again, and are thankful for all the reconstruction professionals and trades people who have used their skills for the region.

Thank you for the things people still have today. *(These could be named)*

Although Canterbury has slowly been coming to terms with the many big changes, we know that uncertainty, anxiety, fear, grief, anger and ongoing distress are often present for many people.

For some there is a sense of hopelessness and deep despair.

God, we ask you to comfort and bless all those in Canterbury today, of all days, as they remember one year ago.

And comfort and bless those who have left Canterbury but carry this day and this region closely in their hearts, minds and memories too.

Be with them all. Strengthen them. Give them courage and determination.
Give them patience and perseverance in times when things get too much for them.
Lead them to sources of hope and support when they need it most.
Help them to find new opportunities and new ways of being, and of doing things.

Help them to steadily move forward as neighbours, families, workmates and friends – together, as a strong and resilient community.

Amen.

A Thought for Canterbury

On the anniversary of the February 22nd earthquake, we wish comfort and blessings on all those in Canterbury today, as they remember one year ago, and all that has happened since.

We wish comfort and blessings on those who have left Canterbury but carry this day and this region closely in their hearts, minds and memories too.

We wish to send them strength, and for them to know they are not alone. We wish them strength, courage and determination.

We wish them patience and perseverance in times when things get too much for them, and the knowledge that there are sources of hope and support when they need it most.

We wish they find new opportunities and new ways of being, and of doing things.

Finally, we wish them the strength to steadily move forward as neighbours, families, workmates and friends – together, as a strong and resilient community.

A Prayer for those Bereaved by the Quake

Dear God,

Today we are thinking of XXX. *(add name/s)*

One year ago today they lost their life in the quake and we miss them.

We grieve for them every day, because we loved them,

but today is especially difficult for us.

Lots of things are going through our minds as we remember the quake,

and the events of that terrible day.

Many of the memories are difficult ones to have.

Please give us strength today to manage the many thoughts and feelings we have.

Bless all those others who were also bereaved by the earthquake and will be remembering their loved ones today as well.

Thank you for the blessing XX was to us, in so many ways.

Help us to remember the many good things about their life that we are grateful for.

(This could be a time to think about, or share, some of their qualities or stories about them.)

Thank you for the ways they still influence our lives and stay in our hearts and minds, and always will.

God, be with us today in our sadness and in our memories and be with us as we journey on through our grief.

Give us times of stillness and peace in the chaos of our loss and help us to find comfort when we need it most.

Amen.

A Prayer to use at Primary Schools

Dear God,

The big earthquake happened a year ago today.

It changed things a lot for us, and the other quakes have too.

Our lives are different now.

We don't like how hard it's been.

Sometimes we are afraid and worried.

Sometimes we might suddenly feel angry or sad.

Everyone's feelings are up and down, a bit like a roller coaster.

We want the shaking and quakes to stop.

We want to feel safe again.

Please help those people who have had very difficult things happen to them.

Thank you for all the people who helped others after the quakes. We want to especially thank you for ...

Thank you for our school.

Help us to be kind to other people, because we know it's been a hard time for everyone.

Please help our families and our friends, and our school, to keep safe.

Help us to make our school and our homes good places to be in.

Amen

Some Other Remembrance Resources

Skylight also has these remembrance resources available.

To order phone 0800 299 100 or see www.skylight.org.nz/shop

MEMORIES MATTER!

A 50 card, boxed set of activities and ideas for remembering and celebrating the life of someone special who has died. In full rainbow colours and for all ages. Innovative and delightful – for children, teen, adults or a whole family.



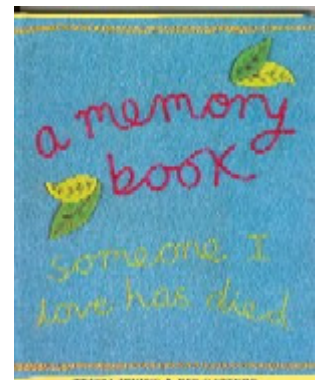
MAKING A MEMORY BOOK OR BOX

A leaflet of ideas and suggestions to put together a scrapbook or box of things to help you remember someone special who can no longer be with you. This is one way to be able to remember them well and be able to think about them any time you feel like looking in your Memory Book or Box.



A MEMORY BOOK - Someone I Love Has Died

This is a special, hardback memory book for bereaved children to fill with many different memories of a treasured person who has died (*younger children may need the help of an adult*). It has spaces highlighted for writing, drawing and pasting in photographs or mementos. It suggests things to note in the book, and it encourages finding out interesting information about the person, to add in. When completed, this book becomes an amazing store of memories for children to keep for a life time, and a very tangible way to remember and celebrate a life after the death of someone close to them



For further bereavement, trauma and resilience building support resources for all ages

please see

www.skylight.org.nz/shop