

A Requiem Mass in
Celebration of the Life of

Freda Gidlow

5th October 1930 – 17th August 2021



"Life is eternal and love immortal, and death is only an
horizon, and an horizon is nothing save the limit of our
sight"

(William Penn 1644-1718)

St Mary and St Michael's Parish Church

10:00am Friday 3rd September 2021

INTRODUCTORY RITES

Reception of the Body

ALL RISE

Fr Geoffrey Steel, parish priest of St Mary & St Michael's, meets the procession at the door and leads it into church.

After the sign of the cross, Fr Geoffrey greets all who have gathered. All respond:

And with your spirit.

Symbols of baptism have a central place in the funeral liturgy: Fr Geoffrey sprinkles Freda's coffin with water from the baptismal font; her coffin is then placed between the lighted Easter candle and the altar.

Everyone is invited to sing the hymn, "Dear Lord, and Father of mankind."

Dear Lord and Father of mankind,
forgive our foolish ways
Re-clothe us in our rightful mind,
in purer lives thy service find,
in deeper reverence praise,
in deeper reverence praise.

In simple trust like theirs who heard,
beside the Syrian sea,
the gracious calling of the Lord,
let us, like them, without a word,
rise up and follow thee.
Rise up and follow thee.

O Sabbath rest by Galilee!
O calm of hills above,
where Jesus knelt to share with thee
the silence of eternity,
interpreted by love!
Interpreted by love!

Drop thy still dews of quietness,
till all our strivings cease;
take from our souls the strain and stress,
and let our ordered lives confess
the beauty of thy peace,
the beauty of thy peace.

Breathe through the heats of our desire
thy coolness and thy balm:
let sense be dumb, let flesh retire:
speak through the earthquake, wind and fire
O still small voice of calm,
O still small voice of calm.

(J.G Whittier 1807-92)

Opening Prayer

Fr Geoffrey invites all to pray, and in silence everyone gathers their thoughts. On behalf of the whole Church, the priest intercedes for Freda and for the mourners. All make the prayer their own by acclaiming: **Amen.**

ALL SIT

LITURGY OF THE WORD

1 Corinthians 12:31-13:8

Love never ends.

Be ambitious for the higher gifts. And I am going to show you a way that is better than any of them.

If I have all the eloquence of men or of angels, but speak without love, I am simply a gong booming or a cymbal clashing. If I have the gift of prophecy, understanding all the mysteries there are, and knowing everything, and if I have faith in all its fullness, to move mountains, but without love, then I am nothing at all. If I give away all that I possess, piece by piece, and if I even let them take my body to burn it, but am without love, it will do me no good whatever.

Love is always patient and kind; it is never jealous; love is never boastful or conceited; it is never rude or selfish; it does not take offence, and is not resentful. Love takes no pleasure in other people's sins but delights in the truth; it is always ready to excuse, to trust, to hope, and to endure whatever comes.

Love does not come to an end.

At the end, all give assent to God's word in the acclamation:

The word of the Lord.

Thanks be to God.

Psalm 24

All repeat the response after the reader, and then after each verse.

To you, O Lord, I lift up my soul.

Remember your mercy, Lord.
and the love you have shown from of old.
In your love remember me,
because of your goodness O Lord.

Relieve the anguish of my heart
and set me free from my distress.
See my affliction and my toil
and take all my sins away.

Preserve my life and rescue me.
Do not disappoint me, you are my refuge.
May innocence and uprightness protect me.
for my hope is in you, O Lord.

John 14:1-6

ALL RISE

The proclamation of the gospel is acclaimed with alleluias,
which all sing together. The gospel begins:

The Lord be with you.
And with your spirit.

A reading from the holy gospel according to John.
Glory to you, O Lord.

There are many rooms in my Father's house.

Jesus said to his disciples:

“Do not let your hearts be troubled. Trust in God still, and trust in me. There are many rooms in my Father's house; if there were not, I should have told you. I am going now to prepare a place for you, and after I have gone and prepared you a place, I shall return to take you with me; so that where I am you may be too. You know the way to the place where I am going.”

Thomas said, "Lord, we do not know where you are going, so how can we know the way?"

Jesus said, “I am the Way, the Truth and the Life. No one can come to the Father except through me.”

At the end, the gospel of Christ is acclaimed:

The gospel of the Lord.

Praise to you, Lord Jesus Christ.

ALL SIT

Homily

Fr Geoffrey reflects on the scripture readings, and on Christian death as a sharing in the death and resurrection of Jesus Christ.

General Intercessions

ALL RISE

Intercession is made for the Church and the world, for Freda and those who mourn, and for all who are gathered here today.

After each intention is announced, all pray in silence and then make the response.

Lord, in your mercy.

Hear our prayer.

Fr Geoffrey concludes the intercessions with a prayer, to which all respond: **Amen.**

ALL SIT

LITURGY OF THE EUCHARIST

The celebration of Mass continues in the usual way: Bread and wine are brought to the altar; God is praised and thanked in the eucharistic prayer; the consecrated bread is broken; we are nourished by the body and blood of Christ in holy communion.

When the preparation is completed, Fr Geoffrey invites all to pray.

ALL RISE, and respond to the priest's invitation:

**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.**

Fr Geoffrey leads the prayer over the gifts, to which all respond: **Amen.**

EUCCHARISTIC PRAYER

This great prayer is the centre and high point of the entire liturgy.

Fr Geoffrey leads the praise of God and gives thanks for the wonders God has done, especially for the sacrifice of Christ's death and resurrection.

The prayer begins:

The Lord be with you.

And with your spirit.

Lift up your hearts.

We lift them up to the Lord.

Let us give thanks to the Lord our God.

It is right and just.

The prayer includes three acclamations.

Sanctus

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.

ALL KNEEL

Mystery of Faith

The mystery of faith.

**Save us, Saviour of the world,
for by your cross and resurrection
you have set us free.**

Great Amen

The eucharistic prayer reaches its climax in praise of God as the consecrated bread and wine are lifted up.

All make the entire prayer their own in the final great Amen.

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.

Amen.

ALL RISE

COMMUNION RITE

Preparation for holy communion begins with the Lord's Prayer; all then exchange a greeting of peace with one another; and the priest breaks the bread of the eucharist in which all who receive the sacrament share as one body.

The Lord's Prayer

Fr Geoffrey introduces the Lord's Prayer, which all recite together.

**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.**

Deliver us, Lord, ...
... for the coming of our Saviour, Jesus Christ.

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

Rite of Peace

Fr Geoffrey then implores peace and unity for the Church
and for the whole human family. All respond: **Amen.**

The peace of the Lord be with you always.

And with your spirit.

Before sharing in holy communion, all exchange greeting of
peace with those around them. You are invited to bow, or to
say "Peace be with you".

Breaking of the Bread

While the consecrated bread is being broken and the
preparations made for the distribution of communion, the
'Lamb of God' litany is prayed:

**Lamb of God, you take away the sins of the world:
have mercy on us.**

**Lamb of God, you take away the sins of the world:
have mercy on us.**

**Lamb of God, you take away the sins of the world:
grant us peace.**

ALL KNEEL

Communion

In silence all prepare for Communion. The priest then extends an invitation to participate in the sacred meal, and all who will receive holy communion respond with a prayer of humility taken from the gospel:

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

Before receiving holy communion, each communicant makes a bow of reverence to the sacrament.

The minister says to each communicant:

The Body of Christ.

The communicant replies:

Amen.

Anyone unable to participate in the sacrament may request a blessing of the minister; to indicate this, please cross your arms over your chest.

During Communion, everyone is invited to sing the hymn, "My God accept my heart this day."

My God, accept my heart this day,
and make it wholly thine,
that I from thee no more may stray,
no more from thee decline.

Before the cross of him who died,
behold, I prostrate fall;
let every sin be crucified,
and Christ be all in all.

Anoint me with thy heavenly grace,
and seal me for thine own,
that I may see thy glorious face,
and worship at thy throne.

Let every thought, and work and word
to thee be ever given,
then life shall be thy service, Lord,
and Death the gate of heaven.

All glory to the Father be,
all glory to the Son,
all glory, Holy Ghost, to thee,
while endless ages run.

(Matthew Bridges 1800-94)

Prayer after Communion

After a time of silent praise, the priest invites everyone to pray.

ALL RISE

Fr Geoffrey leads the prayer, and all respond: **Amen.**

FINAL COMMENDATION

Before leaving the church, the assembly commends Freda to the mercy of God.

Fr Geoffrey invites all to pray. All spend some moments in silent prayer and remembrance. Freda's coffin is sprinkled with water from the baptismal font.

During the sprinkling, everyone is invited to sing the refrain from the hymn, "May the choirs of angels come to greet you."

May the choirs of angels come to greet you.
May they speed you to paradise.
May the Lord enfold you in his mercy.
May you find eternal life.

May the choirs of angels come to greet you.
May they speed you to paradise.
May the Lord enfold you in his mercy.
May you find eternal life.

The liturgy in church ends with a prayer commending Freda into God's hands.

All respond: **Amen.**

During the procession from church, everyone is invited to sing the hymn, "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 1901-53)

Cremation

The cremation will take place at 11:30 at Lancaster & Morecambe Crematorium, Powder House Ln, Lancaster LA2 6AD. All are welcome.

Refreshments

After Mass refreshments will be served at Wyrebank, The Moorings, Church St, Garstang, PR3 1PG. All are welcome. Tea and coffee will be served for those not wishing to attend the cremation. Food will be served from 12:30 when we return from the crematorium.

The entrance to Wyrebank is off The Moorings and is easy to miss. It's located on the right between two buildings as you start to go downhill.

Burial of ashes

Freda's ashes will be interred in the grave of her husband, George, in our parish cemetery. The date and time will be announced in our parish newsletter.

FREDA

Born in 1930 in North Wales, Freda had two older sisters Paula and Betty and an older brother Ken. At school she enjoyed sports, particularly netball, and was a Girl Guide.

On a snowy February day in 1954, after a whirlwind romance, she married George. Peter and Roger were born in the following years, and they enjoyed outings with the family dog Bess. A few years later Jeremy was born and the family was complete.

After Peter and Roger had grown up and left home, Freda, George and Jeremy moved to Garstang where Freda quickly made lots of friends. She worked as a secretary in the Linguistics Department at Lancaster University, a job she loved. Throughout her life Freda was very organised. Ken called her the “Dates Lady” because she had an excellent memory.

Freda and George moved back to Wales for a few years, but she missed her friends, and after George sadly died she moved back to Garstang.

Freda’s faith was important to her and she was involved in various ways at St Mary and St Michael’s Church. She loved singing and was in choirs at Church and in Preston.

Freda was a warm and friendly person. She loved to meet family and friends for lunch, or her particular favourite, a scone. She was a loving and proud Nana to Robert and Tom.

An avid reader, Freda enjoyed historical fiction set in the 1700’s, although she did once complain that she had spent too much reading time immersed in “mud and squalor”!

Away from her books, Freda always looked to the future. She tried to keep up with technology and loved to try the latest gadget.

Always an active person, Freda never let age or health problems hold her back. After a recent spell in hospital left her immobile, she was determined to get back on her feet, which she very quickly did.

Freda had a big beautiful smile which will be kept in the hearts of her sons, daughters in law, grandchildren, brother, and her many friends.



Love does not come to an end.