

*The Requiem Mass for
Ema Lilia Flavia Rita Fernandes*



10th November 1934 – 6th September 2023

*St George's Parish, Sudbury
22nd September 2023*

Celebrant : Monsignor Jeremy Fairhead

May the angels lead you into paradise, may the martyrs
come to welcome you.

ORDER OF SERVICE

ENTRANCE MUSIC – Pachelbel's Canon in D Major



Reception of the Body & Placing of Christian Symbols

OPENING HYMN - Here I am Lord

I, the Lord of sea and sky,
I have heard my people cry.
All who dwell in dark and sin,
My hand will save.
I have made the stars of night,
I will make their darkness bright.
Who will bear my light to them?
Whom shall I send?

**Here I am, Lord. Is it I, Lord?
I have heard you calling in the night.
I will go, Lord, if you lead me.
I will hold your people in my heart.**

I, the Lord of snow and rain,
I have borne my people's pain.
I have wept for love of them.
They turn away.
I will break their hearts of stone,
give them hearts for love alone.
I will speak my word to them,
Whom shall I send?

Here I am Lord...

I, the Lord of wind and flame
I will tend the poor and lame
I will set a feast for them
My hand will save.
Finest bread I will provide
'Til their hearts be satisfied
I will give my life to them
Whom shall I send?

Here I am Lord...

The Collect

LITURGY OF THE WORD

FIRST READING - Isaiah (25:6-9)

The Lord will destroy death forever

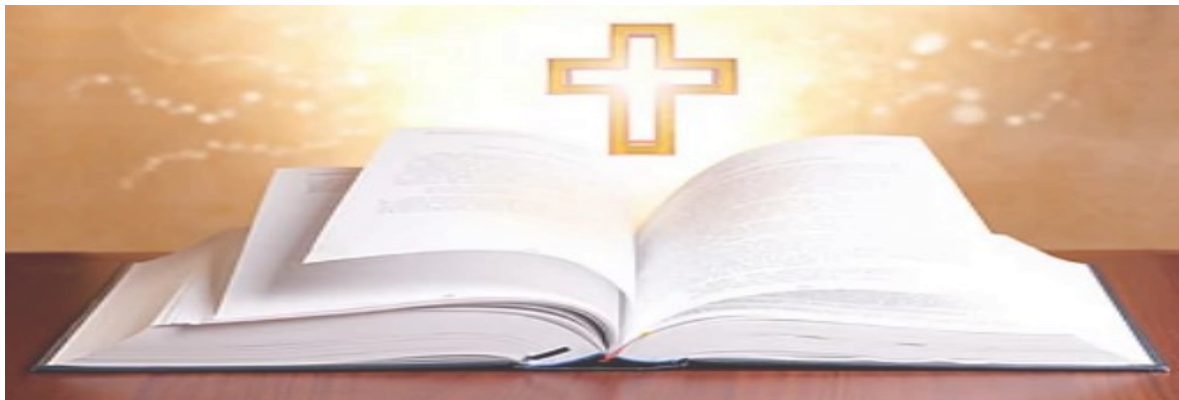
Read By Allana Cardoso

A reading from the Prophet Isaiah

On this mountain, the Lord of hosts will prepare for all peoples a banquet of rich food. On this mountain he will remove the mourning veil covering all peoples, and the shroud enwrapping all nations, he will destroy death for ever. The Lord will wipe away the tears from every cheek; he will take away his people's shame everywhere on earth, for the Lord has said so. That day, it will be said: See, this is our God in whom we hoped for salvation; the Lord is the one in whom we hoped. We exult and we rejoice that he has saved us.

The word of the Lord.

ALL: Thanks be to God.



RESPONSORIAL PSALM : 23 - (*Sung*)

THE LORD IS MY SHEPHERD

The Lord's my shepherd, I'll not want.
He makes me down to lie
in pastures green: he leadeth me
the quiet waters by.

My soul he doth restore again,
and me to walk doth make
within the paths of righteousness,
e'en for his own name's sake.

Yea, though I walk in death's dark vale,
yet will I fear none ill:
for thou art with me, and thy rod
and staff me comfort still.

My table thou hast furnished
in presence of my foes;
my head thou dost with oil anoint,
and my cup overflows.

Goodness and mercy all my life
shall surely follow me:
and in God's house for evermore
my dwelling place shall be.

SECOND READING - Corinthians (15:51-57)

Death is swallowed up in victory

Read By Alyssa Fernandes

A reading from the letter of St Paul to the Corinthians

I will tell you something that has been secret: that we are not all going to die, but we shall all be changed. This will be instantaneous, in the twinkling of an eye, when the last trumpet sounds. It will sound, and the dead will be raised, imperishable, and we shall be changed as well, because our present perishable nature must put on imperishability and this mortal nature must put on immortality. When this perishable nature has put on imperishability, and when this mortal nature has put on immortality, then the words of scripture will come true: Death is swallowed up in victory. Death, where is your victory? Death, where is your sting? Now the sting of flesh is sin, and sin gets its power from the Law. So let us thank God for giving us the victory through our Lord Jesus Christ.

The word of the Lord.

ALL: Thanks be to God.



GOSPEL ACCLAMATION

Alleluia, Alleluia!

I am the resurrection and the life, says the Lord:

Whoever believes in me will never die.

Alleluia!

GOSPEL READING - John (6:51-58)

The Lord be with you.
And with your Spirit.

A reading from the Holy Gospel according to John.

ALL: Glory to you, O Lord.

Jesus said to the crowd: 'I am the living bread which has come down from heaven. Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world.' Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied: 'I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you. Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day. For my flesh is real food and my blood is real drink. He who eats my flesh and drinks my blood lives in me and I live in him. As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me. This is the bread come down from heaven; not like the bread our ancestors ate: they are dead, but anyone who eats this bread will live for ever.'

The Gospel of the Lord.

ALL: Praise to you Lord Jesus Christ.



HOMILY

***BIDDING PRAYERS — Read By Louis Cardoso,
Reegan and Rowan Fernandes***

Heavenly Father, we pray in thanksgiving for Avo's rich and fulfilled life. In baptism she was given the pledge of eternal life, may she now share in the fullness of Jesus' resurrection, with the company of all the holy saints.

Lord hear us

Response : Lord, graciously hear us

For our dearest Avo, who was selfless and dedicated to both God and our family. Her positive outlook and unending love for us will serve as a perfect example of how to live our lives. We pray that God will look after her, just as she looked after us.

Lord hear us

Response : Lord, graciously hear us

For all the family and friends who selflessly offered their love and support to Avo throughout her life, especially those who were by her side in her final years. We pray for her carers and medical staff who worked tirelessly to keep her healthy and happy, may they be guided by God's love to continue to bring comfort to those who are sick and suffering.

Lord hear us

Response : Lord, graciously hear us

We pray for those present and those who cannot be here today, including family and friends around the world. We pray that fond memories provide the strength & courage to cope with their grief.

Lord hear us

Response : Lord, graciously hear us

Let us remember our family and friends who have gone to their final resting place. May the peace and happiness of heaven be theirs forever. We pray especially for her devout husband Thomas - our Papa, now reunited, may they be granted everlasting rest.

Lord hear us

Response : Lord, graciously hear us

We offer up all our prayers to Mother Mary as we say,

Hail Mary....

LITURGY OF THE EUCHARIST

OFFERTORY HYMN - As I Kneel Before You

As I Kneel Before You,
As I Bow My Head In Prayer,
Take This Day, Make It Yours
And Fill Me With Your Love.

**Ave Maria, Gratia Plena,
Dominus Tecum, Benedicta Tu.**

All I Have I Give You,
Every Dream And Wish Are Yours,
Mother Of Christ, Mother Of Mine,
Present Them To My Lord.

Ave Maria...

As I Kneel Before You,
And I See Your Smiling Face
Every Thought, Every Word
Is Lost In Your Embrace.

Ave Maria...



The Eucharistic Prayer

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.**



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.**

Memorial Acclamation

The mystery of faith.
We proclaim your Death, O Lord, and profess your
Resurrection until you come again.



The Communion Rite



The Lord's Prayer

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 for-
give us our trespasses, as we forgive those who trespass
against us. And lead us not into temptation, but deliver
us from evil. Amen.



The Sign of Peace



Agnus Dei

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.

AVE MARIA by Schubert

COMMUNION HYMN – This Is My Body

This is my body, broken for you,
Bringing you wholeness, making you free.
Take it and eat it, and when you do,
Do it in love for me.

This is my blood, poured out for you,
Bringing forgiveness, making you free.
Take it and drink it, and when you do,
Do it in love for me.

Back to my Father soon I shall go.
Do not forget me; then you will see.
I am still with you, and you will know
You're very close to me.



Post – Communion Prayer



Eulogy – Branden Cardoso



Final Commendation and Farewell

SONG OF FAREWELL : May the Choir of Angels

FINAL HYMN – Abide with Me

Abide with me, fast falls the eventide
The darkness deepens Lord, with me abide
When other helpers fail and comforts flee
Help of the helpless, oh, abide with me.

Swift to its close ebbs out life's little day
Earth's joys grow dim, its glories pass away
Change and decay in all around I see
O Thou who changest not, abide with me.

I fear no foe, with Thee at hand to bless
Ills have no weight, and tears no bitterness
Where is death's sting?
Where, grave, thy victory?
I triumph still, if Thou abide with me.

Hold Thou Thy cross before my closing eyes
Shine through the gloom and point me to the skies
Heaven's morning breaks, and earth's vain shadows flee
In life, in death, o Lord, abide with me
Abide with me, abide with me.



*Abide
with me*



TRIBUTE TO OUR MUM

I thank God for having a mum who was such a generous and caring lady. She consistently placed the needs of others before her own and was a remarkable example for us all to follow.

One of the most cherished memories we hold dear is the joy she found in spending time with her beloved grandchildren, particularly playing cards and board games. Mum loved watching sports including football, cricket and tennis to name a few, and I used to spend many a Sunday afternoon watching with her.

One of Mum's most admirable qualities was her strong faith in God. Even in the face of life's challenges and uncertainties, Mum's faith remained strong & resilient.

Mum was a very positive person and had a great outlook on life. She always kept herself busy, whether it was exploring new hobbies, meeting her family and friends, or simply enjoying the beauty of nature; she was always eager to embrace the world around her. She was a keen gardener and spent hours meticulously ensuring the garden was kept in immaculate condition. She approached gardening with the same positivity and determination that she applied to all aspects of life.

She enjoyed going to Goan dances and rarely would you find her anywhere but the dance floor, where her infectious enthusiasm and boundless energy would light up the room.

I will cherish all the moments spent together, rest in peace Mum. We find comfort in knowing that you are now reunited with Dad in the heavens above.

John xxx

Darling Mum,

Though standing at less than 5 feet, you were a woman of great stature. Respected, admired and loved by all those that knew you.

Generous to the last, you ran an open house, where tea, cake, a sympathetic ear and a prayer were always on offer. When you became house-bound and couldn't shop easily, you would show your appreciation in the form of edible gifts. Though barely able to stand for more than a few minutes, you (with the help of your carers) managed to churn out more than 20 jars of apple pickle this summer - many of which are still in your fridge awaiting delivery.

Fiercely independent and determined, with a strong mind and positive character, you were a real fighter. You battled until the end with ailment after ailment, never complaining, never questioning, just accepting with grace whatever hurdle you faced. In all these years I never heard you say "I can't". If I asked the impossible of you, you would nod, smile and say "let's see what happens".

Recalling your own words from a recent conversation with a friend

"I have lived a good life. I was married to a wonderful man for 58 years, we travelled the world on holidays, pilgrimages and to see our dearest relatives scattered across the globe. I was privileged to see my five grandchildren grow up and proud to see how well they have all done. What else could I have hoped for?"

Sometimes what seems simple and ordinary is actually extraordinary. You knew the value of the things that mattered most.

I have seen you make countless trips to the hospital in the back of an ambulance, but each time you returned to us. This time when the angels came for you, I think you were ready to go. You have left a huge hole in my life, but I know I'm not journeying alone, for I have you and dad travelling by my side.

Mum, now reunited with dad, Rest in Peace. Love Cheryl Xxx



Cheryl, John, Branden and Norena would like to thank their dear relatives and friends for their love, support and prayers during this difficult time. The many messages of sympathy, words of comfort and floral tributes have truly touched us.

We'd like to thank you all for attending this church service. Please join us to celebrate Ema's life at the reception after the burial. For those not wishing to attend, tea and coffee will be served in the Parish Hall.



BURIAL

PINNER NEW CEMETARY

660 Pinner Rd, Pinner, Middlesex. HA5 5RH



RECEPTION

St George's Church Hall, Sudbury HA0 2QE.

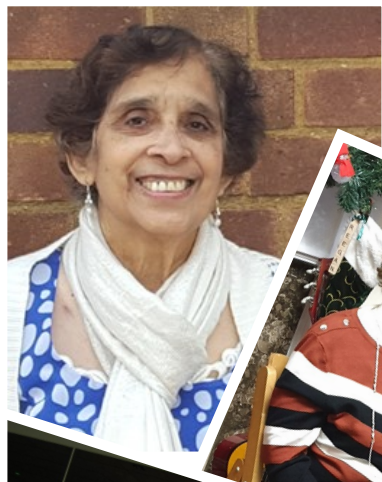
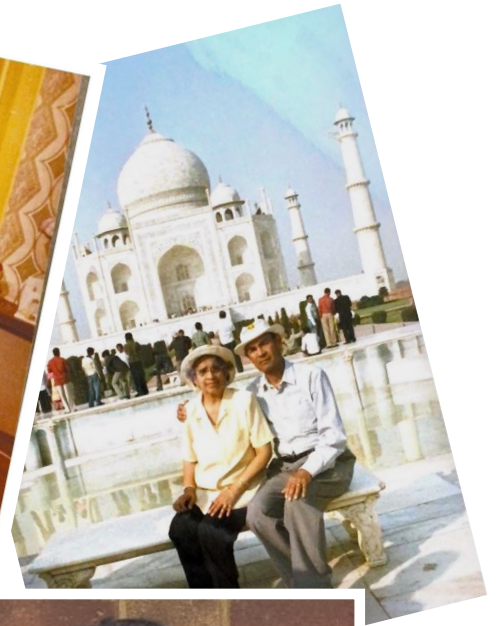


DONATIONS

Ema had a triple heart bypass in 2003. Thankfully, this surgery enabled her to live for another 20 years, allowing her to travel the world, watch her children and grandchildren grow up and celebrate her golden wedding anniversary.

We are so grateful to the doctors, medical staff and researchers that made this possible. Therefore, in lieu of flowers, if you would like to make a donation in Ema's memory, please donate to the British Heart Foundation using this link:

<https://giftofhope.bhf.org.uk/In-Memory/EmaFernandes>





"Death Is Nothing At All" by Henry Scott-Holland

Death is nothing at all. I have only slipped away into the next room. I am I, and you are you, and the old life that we lived so fondly together is untouched, unchanged. Whatever we were to each other, that we are still. Call me by the old familiar name. Speak of me in the easy way which you always used to.

Put no difference into your tone. Wear no forced air of solemnity or sorrow. Laugh as we always laughed at the little jokes that we enjoyed together. Play, smile, think of me, pray for me. Let my name be ever the household word that it always was. Let it be spoken without an effort, without a trace of a shadow on it. Life means all that it ever meant. It is the same as it ever was. There is unbroken continuity. Why should I be out of mind because I am out of sight? I am but waiting for you, for an interval, somewhere very near, just round the corner. All is well. Nothing is hurt; nothing is lost. One brief moment and all will be as it was before. How we shall laugh at the trouble of parting when we meet again!