



# Alan Maurice Rook

13th January 1947 - 18th February 2024

South Lincolnshire Crematorium, Gosberton Road, Surfleet

Wednesday, 13th March 2024, at 11am

## **RECEPTION OF COFFIN**

### **WELCOME & INTRODUCTION**

#### **POEM**

##### **'Remember me' by Anthony Dowson**

Speak of me as you have always done.  
Remember the good times, laughter, and fun.  
Share the happy memories we've made.  
Do not let them wither or fade.  
I'll be with you in the summer's sun  
And when the winter's chill has come.  
I'll be the voice that whispers in the breeze.  
I'm peaceful now, put your mind at ease.  
I've rested my eyes and gone to sleep,  
But memories we've shared are yours to keep.  
Sometimes our final days may be a test,  
But remember me when I was at my best.  
Although things may not be the same,  
Don't be afraid to use my name.  
Let your sorrow last for just a while.  
Comfort each other and try to smile.  
I've lived a life filled with joy and fun.  
Live on now, make me proud of what you'll become

#### **EULOGY**

## **MUSICAL INTERLUDE**

Days by Kirsty MacColl

## **POEM**

### **'He is gone' by David Harkins**

You can shed tears that he is gone,  
or you can smile because he has lived.  
You can close your eyes and pray that he'll come back,  
or you can open your eyes and see all he's left.  
Your heart can be empty because you can't see him,  
or you can be full of the love you shared.  
You can turn your back on tomorrow and live yesterday,  
or you can be happy for tomorrow because of yesterday.  
You can remember only that he is gone,  
or you can cherish his memory and let it live on.  
You can cry and close your mind, be empty and turn your back.  
Or you can do what he'd want:  
smile, open your eyes, love and go on

## **CLOSING WORDS**

## **EXIT MUSIC**



## **Appreciation**

The family would like to thank you all for your kind support during this time of sadness.

Refreshments will be served after the service at:

The Ship Inn  
154 Reservoir Road, Surfleet  
Spalding, PE11 4DH

## **Donations**

If you would like to make a donation to Alan's chosen charity, Acorns Children's Hospice, you can go online at [acorns.org.uk](http://acorns.org.uk) or place a donation in the box upon leaving.