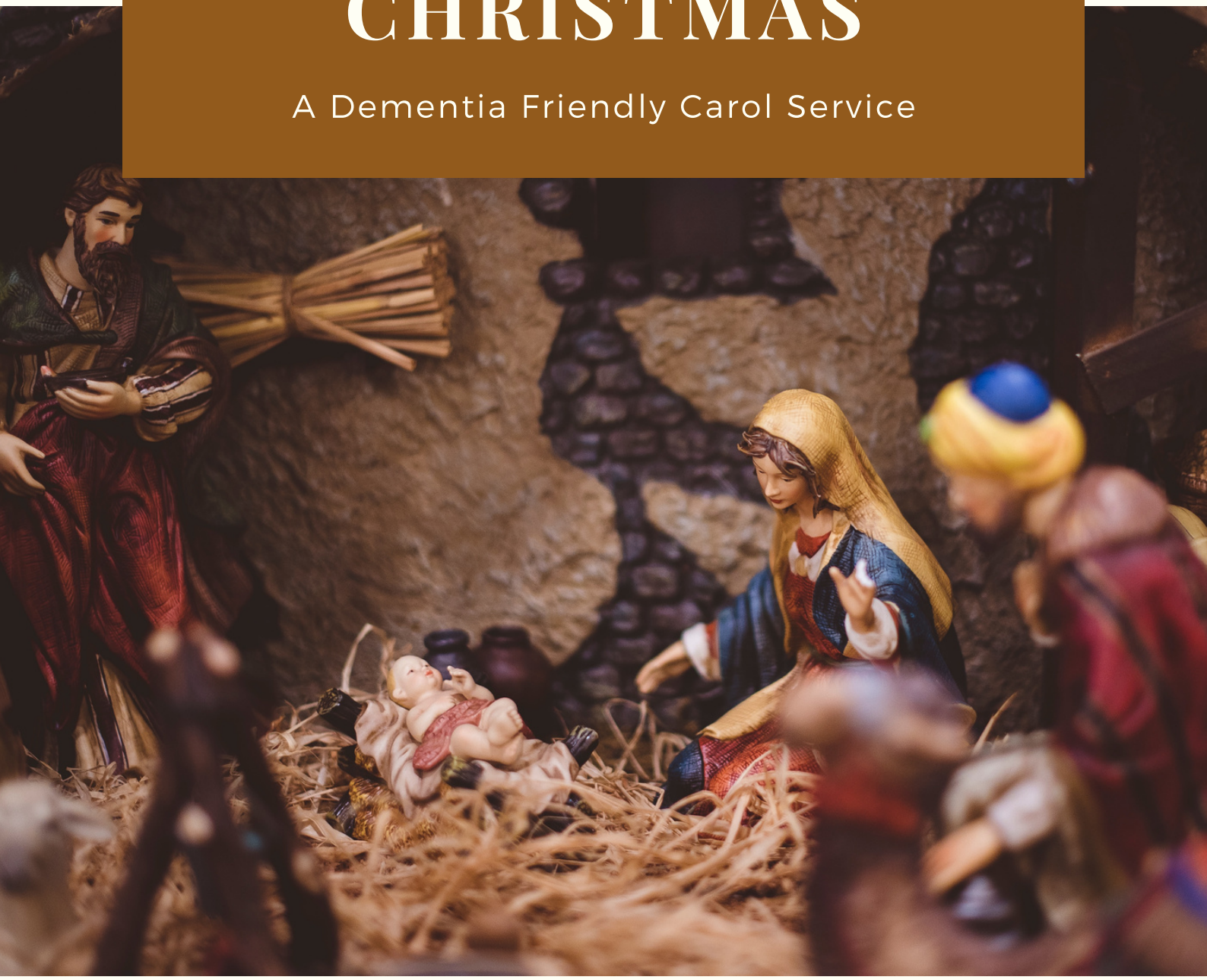
MEMORIES OF CHRISTMAS

A Dementia Friendly Carol Service



Leader's Guide

Music and Creative Arts

Older People's Ministries

Welcome to Memories Of Christmas

YOUR FREE RESOURCE TO SUPPORT YOU IN HOSTING AND RUNNING YOUR OWN DEMENTIA FRIENDLY CAROL SERVICE.

The Alzheimer's Society estimates that there are over 850,000 people living with dementia in the UK, with this number predicted to increase to over 1 million by 2025.

At Salvation Army corps and centres there is already excellent work being done to support those living with dementia and their carers. Regular dementia cafes, remeniscence groups and Singing By Heart sessions give this group of people a chance to engage in worship, friendship and support throughout the year.

The Christmas period can be a poignant and emotional period for us all, with traditions, family time and the well-known story of Christ's birth and this can be an opportunity for people living with dementia to access long forgotten memories and recall aspects of their personality which may have dimmed over time.

It can be daunting or confusing to find ways to accomodate the needs of those living with dementia within a conventional service. However across the country dementia-friendly carol services have been increasing in popularity.

This simple resource provides you with tips and hints about how to organise your event, what to include, and gives you a simple script to use which depicts the Christmas story in a simple, yet beautiful way.



"It's Christmas in the heart that puts Christmas in the air"

W. T. Ellis



The Service

People living with dementia often are reluctant, or unable to go out during an evening, and can often grow fatigued throughout the day. The ideal time to engage someone living with dementia is late morning or shortly after lunch - try to schedule your service around this time.

Your aim should be to provide a calm and simple service which reminds participants of the Christmas message. Where possible avoid excessive talking. The reason that this type of event functions well is that the singing and visuals do the talking for you.

The carols and readings have been chosen specifically to be familiar - tavoid adding new elements which may disorientate those living with dementia.

Helpful Hints

Large print song sheets (AND slides if required)

Make your space accessible (remove any potential blockages for access – widen aisles by moving chairs etc)

Have a quiet space available for those who find the service too much – make sure this is clearly sign posted

If possible use children to represent the story and create a tableaux – if not possible try to create some other visual representation of the story

Use the visuals and carols to tell the story – avoid talking too much (readings provided)

Try to create a calm and soothing atmosphere – avoid loud music before and after the service

Speak to people on arrival – particularly those living with dementia and not just the carers – shake hands if appropriate

When speaking be clear and slow – try not to confuse or agitate people with quick or extended bursts of information

Partnering with Others

A good starting point to running a dementia friendly event would be to contact or even pop along to existing dementia cafes and support groups in your area to let people know about the event, maybe even ask staff or volunteers at these groups to participate by reading between carols.

You may wish to invite a group from a local Primary School to join you. They could form the nativity as you sing, and even present a few songs which they have used in their school Christmas concerts.

The Service - Script

THE WELCOME, OPENING PRAYER , MESSAGE AND BENEDICTION ARE TO BE DEVISED BY YOU AS THE SERVICE LEADER. OTHER THAN THIS TRY TO KEEP TO THE SCRIPT WHERE POSSIBLE.

ALLOW TIME BETWEEN EACH CAROL AND READING. DO NOT BE AFRAID OF QUIETNESS AND BE DRAWN TO KEEPING UP THE PACE AS YOU MIGHT BE IN A USUAL SERVICE.

Welcome & Opening Prayer

1st Reading

God sent the angel Gabriel to the village of Nazareth to a virgin engaged to be married to a man descended from David. His name was Joseph, and hers Mary. The Angel told Mary that she would have a child, and name him Jesus. He would be God's own son. Mary replied "I'm ready to serve. Let it be with me just as you say."

Carol 1

The angel Gabriel from heaven came,
With wings as drifted snow, with eyes as flame:
"All hail to thee, O lowly maiden Mary,
Most highly favoured lady." Gloria!

"For known a blessed mother thou shalt be,
All generations laud and honour thee;
Thy son shall be Emmanuel, by seers foretold,
Most highly favoured lady." Gloria!

Then gentle Mary meekly bowed her head;
"To me be as it pleaseth God," she said.
"My soul shall laud and magnify God's holy name."
Most highly favoured lady." Gloria!

Of her, Emmanuel, the Christ, was born
In Bethlehem all on a Christmas morn,
And Christian folk throughout the world will ever say:
"Most highly favoured lady." Gloria!

2nd Reading

About that time Caesar Augustus ordered a census to be taken throughout the Empire. So Joseph and Mary went from Nazareth up to Bethlehem for the census.

Upon arriving in Bethlehem Joseph and Mary took refuge in a stable, for there was no room for them in the inn.

Carol 2

Once in royal David's city
Stood a lowly cattle shed,
Where a mother laid her Baby
In a manger for his bed:
Mary was that mother mild,
Jesus Christ her little Child.

He came down to earth from heaven,
Who is God and Lord of all,
And his shelter was a stable,
And his cradle was a stall;
With the poor, and mean, and lowly,
Lived on earth our Saviour holy.

And through all his wondrous childhood
He would honour and obey,
Love and watch the lowly maiden,
In whose gentle arms he lay:
Christian children all must be
Mild, obedient, good as he.

For he is our childhood's pattern;
Day by day, like us he grew;
He was little, weak and helpless,
Tears and smiles like us he knew;
And he feeleth for our sadness,
And he shareth in our gladness.

And our eyes at last shall see him,
Through his own redeeming love;
For that Child so dear and gentle
Is our Lord in heaven above,
And He leads his children on
To the place where he is gone.

3rd Reading

While they were there, the time came for her to give birth to her firstborn. Mary wrapped him in a blanket and laid him in a manger.

Carol 3

Away in a manger, no crib for a bed,
The little Lord Jesus laid down his sweet head;
The stars in the bright sky looked down where he lay,
The little Lord Jesus asleep on the hay.

The cattle are lowing, the baby awakes,
But little Lord Jesus no crying he makes;
I love thee, Lord Jesus; look down from the sky
And stay by my side until morning is nigh.

Be near me, Lord Jesus, I ask thee to stay
Close by me for ever, and love me, I pray;
Bless all the dear children in thy tender care,
And fit us for Heaven to live with thee there.

4th Reading

And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them and said “I bring you good news: today in the town of David a Saviour has been born; he is the Messiah. You will find a baby wrapped in cloths and lying in a manger.”

The shepherds hurried off and found Mary and Joseph, and the baby, who was lying in the manger. When they had seen him, they spread the word concerning what had been told to them about this child.

Carol 4

While shepherds watched their flocks by night
All seated on the ground
The angel of the Lord came down
And glory shone around

To you in David's town this day
Is born of David's line
The Saviour who is Christ the Lord
And this shall be the sign

The heavenly Babe you there shall find
To human view displayed
All meanly wrapped in swathing bands
And in a manger laid

All glory be to God on high
And to the earth be peace;
Goodwill henceforth from heaven to men
Begin and never cease!

5th Reading

After Jesus was born in Bethlehem wise men came from the East. They followed a star which they had seen in the East till it came and stood over where the young Child was.

When they had come into the house, they saw the young Child with Mary His mother, and fell down and worshipped Him, and presented gifts to Him: gold, frankincense, and myrrh.

Carol 5

We three kings of Orient are
Bearing gifts we traverse afar
Field and fountain, moor and mountain
Following yonder star

O, Star of wonder, start of light
Star with royal beauty bright.
Westward leading, still proceeding
Guide us to Thy perfect light

Born a King on Bethlehem plain,
Gold I bring to crown Him again
King for ever, ceasing never,
Over us all to reign

O, Star of wonder, start of light
Star with royal beauty bright.
Westward leading, still proceeding
Guide us to Thy perfect light

Frankincense to offer have I,
Incense owns a deity nigh
Prayer and praising, all men raising,
Worship Him, God most high

O, Star of wonder, start of light
Star with royal beauty bright.
Westward leading, still proceeding
Guide us to Thy perfect light

Short Thought- We are invited to be a part of the Christmas Story

Carol 6
O come, all ye faithful,
Joyful and triumphant,
O come ye, O come ye to Bethlehem;
Come and behold him
Born the King of angels:

Oh come let us adore him,
Oh come let us adore him,
Oh come let us adore him
Christ the Lord!

God of God,
Light of Light,
Lo! he abhors not the Virgin's womb;
Very God,
Begotten, not created:

Oh come let us adore him,
Oh come let us adore him,
Oh come let us adore him
Christ the Lord!

Sing, choirs of angels,
Sing in exultation,
Sing, all ye citizens of Heav'n above;
Glory to GodIn the highest:

Oh come let us adore him,
Oh come let us adore him,
Oh come let us adore him
Christ the Lord!

Thanks & Benediction



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