Questions people ask

VISITING THE

CHAPEL OF REST

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Tamworth
The Bereavement Centre
5 Colehill
Tamworth
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107 Granville Street
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Nr Swadlincote
Derbyshire DE11 7JH
01283 217237

Uttoxeter
34 High Street
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Staffordshire
ST14 7HT
01889 565561

The co-operative funeralcare
WHAT IS A CHAPEL OF REST

Traditionally, the Chapel of Rest used to be furnished to resemble a Chapel in church, stained glass and Christian symbols being the norm. Today though, the Chapel is simply a tranquil room, although the term Chapel is still commonly used.

WHY DO PEOPLE VISIT THE CHAPEL

For most people, the visit to the Chapel of Rest, is an opportunity to say goodbye. Coming to terms with the loss of someone close can be very painful. A peaceful image will stay in the memory and also confirm the fact of death, a necessary part of the process of grieving.

WHAT ARE THE BENEFITS OF VISITING THE CHAPEL

For various reasons, guilt can often impel people to visit the Chapel of Rest. It may be that there had been bad feeling or harsh words exchanged on their last meeting, or simply that they had not visited for sometime. The opportunity to say what they need to say, (even though there will be no response) is a valuable way of helping to heal the rift.

The confirmation that death has occurred helps the grieving process, until that final proof of death is faced, there remains the sense of the unbelievable; the idea that the lost person may still yet reappear, alive and well. If the death has been traumatic, there are fears that the person may have suffered great pain, or may be badly scarred and injured. A visit to the Chapel of Rest is a great relief in the circumstances; a peaceful and pleasant final memory of someone who looks as they always did.

A visit to the Chapel of Rest can often be an aid to the release of emotion, which otherwise may be held in check to the detriment of the bereaved persons physical and mental well being.

It has been said that, until one expresses their physical feelings and emotions, the path to acceptance of the loss cannot begin.

The Chapel also provides a private place in which to express feelings, which could not be shown to others.

WHAT WILL I SEE

Before someone visits the Chapel of Rest, they have generally created a mental picture of what they hope to see - their loved one looking much as they knew them in life, peaceful and familiar and comforting. Death can sometimes alter the face, taking away familiar lines and smoothing contours. What they actually see may not be exactly what they may expect, but still an acceptable image to stay in their memory even so.