



IN THE EVENT OF A DEATH
AT ANY TIME OF THE DAY
OR NIGHT, CONTACT US AT:

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ISSUE TWELVE | AUTUMN 2006
NEWS

Welcome to your newsletter

Welcome to the twelfth edition of Eric F. Box News, the newsletter put together by some of the country's leading experts from the UK funeral industry.

In this edition we again examine another aspect of child bereavement and give you helpful advice and tips on how to help youngsters through this particularly difficult time.

We also have our regular section featuring burials from around the world, as well as a feature on funeral pyres and their use in burial rites.

We hope you enjoy this Autumn edition and, if you have any comments about our features or you would like to read about a particular issue or topic, please do not hesitate to ask. Your comments are always welcome and our researchers are at the ready!

If you would like to receive a PDF email version of this newsletter, please contact Phil Hopkins at The H2 Company.

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Helping children cope with bereavement



In the 11th edition of Eric F. Box News we highlighted the importance of children being able to discuss their thoughts and feelings concerning bereavement.

Children pass through a variety of emotions when someone has died and it can often be very confusing for them. However, if the bereavement is dealt with in a sensitive manner, the child's experience of losing a loved one can be softened.

American funeral industry guru, Todd Van Beck, tells the story of an Irish tradition which gives bereaved children an outlet for their emotions whilst enabling them to come to terms with their loss in an acceptable way.

A visitor to one of his seminars recounted how, as a young child, his grandfather passed away.

"Whilst sitting alone my grandmother came over to me and said 'your grandfather is dead, somebody must go out to the backyard and tell the dogs what has happened. Will you do this for me?'"

This may seem an unusual thing to do but by allowing the child to talk openly about the death without being rushed or answered back, enables the child to say what he or she wants in a non-judgemental environment, something that can't always

happen with adults present. Using the family pet as the outlet for the child's grief provided the child with a source of comfort, because having a pet around at such a difficult time can help reduce stress and feelings of anxiety, commonly felt during times of grief.

As well as helping children to find suitable outlets for their grief, there are many things adults can do to help. As well as giving out our 'Child Bereavement Postcards', which allow youngsters to highlight the emotions and feelings that mostly relate to them, there are other things that can be done to help the child at home:

- **Making a memory box**
Children can be encouraged to keep the memory of their loved one alive by placing items that remind them of, for example, mum or dad, in a small box.
- **Making a life book**
They can create a 'life book' and include photographs, illustrations and stories to help them remember the person who has been lost. Letters to the loved one can also be a successful outlet for grief and the child can read over them at a later date.

- **Telling the story**
This can either be done through the form of letters, poems or any other written format. The child may also like to speak to others about what has happened to build up their understanding of the death.



- **Lighting a candle on special days**
Children should be encouraged to remember the person who died by lighting a remembrance candle on certain dates. The dates could include the loved one's birthday, the anniversary of the death or a candle could even be lit on the child's birthday to encourage a feeling of presence of the person who died.

Note: Please get in touch if you would like a supply of the Eric F. Box Child Bereavement Postcards. Telephone 01924 465402.

Funeral Pyres



Sikhs and Hindus sparked a national debate earlier this year by drawing attention to the fact that they are not allowed to cremate their dead on a funeral pyre as part of their traditional open-air ceremony.

According to the UK government's national statistics, 1.6% of the population are Hindu or Sikh. However, these members of the community have been unable to practice this aspect of their religion since the 1930's, when a ban was put on funeral pyres.

Hindus and Sikhs believe that open-air cremations are essential to the process of

reincarnation. The older generation in particular, believe that without these last rites the soul languishes in restless torment.

In a traditional Hindu funeral appropriate disposal of the ashes is vital, and many practising Sikhs and Hindus often choose to take their loved one's remains to India, so that they do not violate any of their religion's rituals, thereby jeopardising the departed soul.

Burials From Around The World The Egyptians



Most of the mummified bodies at the time were prepared so inadequately that they became black and brittle, leading people to believe that they had been dipped in bitumen which translates into Arabic as mumiya. The word was born!

To successfully mummify the body, embalmers would wash it inside and out and fill it with spice mixtures and special wine. The internal organs were then removed, placed in canopic jars to be buried with the body, and the brain taken out through the nose with the aid of a hook. The body was then filled with a salt solution and only the heart was left inside the body as the Egyptians believed this was where the dead person's life force remained.

The body would then be left for 40 days after which it was washed out again and re-filled with wine and spice mixtures. Only then would it be wrapped up in bandages, dried and adorned with jewellery, scented oils and perfumes before being put in a 'coffin' (sometimes called a sarcophagus) and buried.

In this edition we go back in time to 3000 BC when mummification and preservation played such an important part in the lives of the Pharaohs and Queens.

The Ancient Egyptians believed that when their ruler died, their soul ventured into the afterlife where it remained for a short while before returning to the human body. In the meantime the body had to be preserved to allow the soul to re-enter and live once again.

Hence, 'mummification' which, ironically, is a word derived more from an ancient misunderstanding than a dictionary!

New Fleet For Box's!



Photo courtesy of Dewsbury Reporter

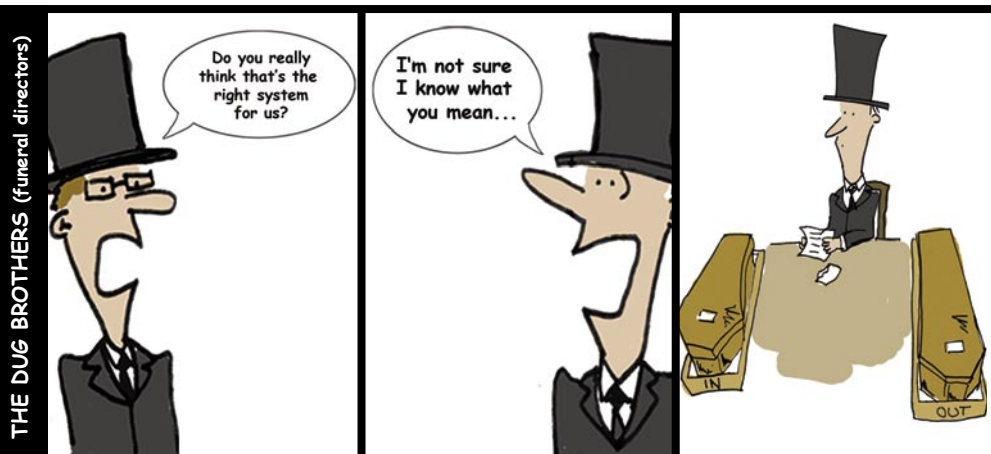
If you see a stunning convoy of jaguar cars parading themselves through Batley, Ossett or other parts of Kirklees....it is because Box's has just taken delivery of a new company 'fleet'.

Managing Director of Eric F. Box, Richard Box, says they are delighted with the new fleet, a hearse and two special 'coachbuilt'

cars each capable of holding eight people including the driver.

The new purchase is part of the firm's on going commitment to the local community.

"We want people in Dewsbury and the surrounding area to have the best and this Jaguar fleet will certainly assure them of that," said Richard.



THE DUG BROTHERS (funeral directors)

DID YOU KNOW...

In traditional Roman burials family members placed a coin under the tongue of the deceased?



This was done as a way of paying 'Charon', the aged boatman who ferried the recently lost across the River Styx to the gates of the underworld.

Charon would only allow those onto his boat whose passage had been paid with the aid of a coin. Those who hadn't paid would be doomed to wait beside the River Styx for 100 years.