



Remembering our Babies



Baby Loss Awareness Week

Sunday October 10th 2021

Coventry Cathedral

2.00 p.m.

We are so glad you are here

We are glad to be together again in this space in the Cathedral, where we can hold loss and life, grief and love together and find strength and hope as we do so.

The last 18 months have been so challenging for all of us. In the midst of so much uncertainty, loss and stress due to the impacts of Covid 19, people have continued to experience pregnancy and baby loss and many have felt more isolated than ever. We want you to know you are not alone. We are here to support one another as we walk a path that none of us would choose – and yet we find it is not without blessings.

During this short service you will have opportunity to pause and reflect, to light a candle and to hang a pink or blue teddy bear on the branches of our tree. These are all small ways to honour our little ones and they symbolise the love we continue to feel for them.

Afterwards

If the weather is fine, you are most welcome to join us on Unity Lawn, just outside the cathedral, for a picnic and a chance to meet each other and talk, if you want to.

You can also draw a chalk heart on the floor of the cathedral ruins as a symbol of your love.

Baby Loss Awareness Week

The national Baby Loss Awareness Week is led by Sands, the stillbirth and neonatal death charity, in collaboration with more than 40 charities across the UK. Locally, NHS Trusts, groups and charities across Coventry and Warwickshire have shared information and organised events each year to support local families during this valuable campaign week. It happens every year from 9th -15th October. Throughout the week bereaved parents,

family members and friends can commemorate the all-too-brief lives of their babies, knowing that thousands of other families elsewhere in the world are doing the same. The week also provides a crucial opportunity for people to raise awareness of baby loss and talk openly about it.

Support and information



Scan this QR code to access information about local groups, support and events. There's also some information on the back page of this service sheet.

Wave of Light

Do join with others across the world in the global 'Wave of Light' which marks the end of Baby Loss Awareness Week. Wherever you are, light a candle at 7.00 pm on Friday and leave it burning for at least an hour, as a way of remembering all babies who have died too soon. Do this individually or in a group, at home or in a communal space.

You can also join a **Digital Wave of Light**. Post a photo of your candle to Facebook or Twitter using #WaveOfLight at 7.00pm on Friday.

Gathering

We are here together to honour some small lives -
Small in terms of length of days –
but not in terms of the love
that has been given and received.
These little ones began their life journeys with us
and they changed our hearts for ever.
We grieve the passing of their lives from us.
We grieve for those little ones
we have not been able to hold in our arms,
and for those we held for too short a time.
And yet we remember that all life is precious;
nothing is ever created in vain
and the love which undergirds our lives is everlasting.

Poem: My Mum and Dad Tell Lies

My Mum, she tells a lot of lies.
She never did before.
From now until the day she dies,
she'll tell a whole lot more.

Ask my Dad how he is,
and because he can't explain,
he will tell a little lie
because he can't describe the pain.

Ask my Mum how she is,
She'll say, "I'm alright".
If that's the truth, then tell me,
why does she cry each night?

Ask my Dad how he is,
he seems to cope so well.
He didn't have a choice you see
nor the strength to yell.

Ask my Mum how she is,
“I'm fine, I'm well, I'm coping”.
For God's sake Mum, just tell the truth
just say your heart is broken.

They'll love me all their life,
I loved them all of mine.
But if you ask them how they are,
they'll lie and say they're fine.

I am here in Heaven.
I cannot hug from here.
So if they lie to you don't listen,
hug them and hold them near.

On the day we meet again,
I'll smile and I'll be bold.
I'll say, “You're lucky to get in here, both,
with all the lies you told!”

Author unknown, adapted

Sharing our stories

Nicky Rygielski
Treasurer and Trustee of Sophia Pregnancy Loss Support

Mandy Price
Bereavement Midwife at South Warwickshire Hospital NHS
Foundation Trust

The lighting of candles

During this song, a large candle will be placed and lit on the rock of the Cathedral's font. The rock is hewn from the hillside in Bethlehem, the place where it is believed Jesus Christ was born. The flame will symbolise the lives of the little ones we remember today. Our own candles will be lit from this flame.

We sing

**Fleetingly known, yet ever remembered,
These are our children now and always;
These whom we see not we will forget not,
Morning and evening all of our days.**

**Lives that touched our lives, tenderly, briefly,
Now in the one light living always:
Names in our hearts now, safe from all harm now,
We will remember all of our days.**

**As we recall them, silently name them,
Open our hearts, Lord, now and always:
Grant to us, grieving, love for the living:
Strength for each other all of our days.**

**Safe in your peace, Lord, hold these our children;
Grace, light and laughter grant them each day
Cherish and hold them till we may know them
When to your glory we find our way.**

A moment of Prayer

At the blueness of the skies and in the warmth of summer
At the rustling of the leaves and in the beauty of autumn
We will remember them

At the blowing of the wind and in the chill of winter;
At the opening of the buds and in the rebirth of Spring
We will remember them

At life's new beginnings, and at its endings;
At every birth and at every death
We will remember them

At the rising of the sun and at its setting
We will remember them

As long as we live, they too will live
For they are a part of us
And we will remember them

Adapted from the Jewish Funeral Service Prayer Book

A Blessing for us all

May God who loves us more than we will ever guess
hold you through every moment of your life.

May God whose arms of love stretch wider than we can imagine
comfort all whose hearts ache with sadness too deep for words.

May God whose love holds the whole of creation together
bless us and hold us, and all those we have loved, for ever.
Amen.



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