

A service of remembrance for anyone affected by the loss of a baby at any stage of pregnancy, at birth or in infancy,

whether recently or historically, and for those grieving never having had

children.

Christ Church Cathedral, Dublin

Friday the 14th June: 7.30pm

[**www.sayinggoodbye.org**](http://www.sayinggoodbye.org/)

**Instagram: @sayinggoodbye\_charity Facebook: @sayingggodbyeuk**

## Welcome to the Cathedral



On behalf of the Directors and Team at the Mariposa Trust as well as the Dean and Clergy at Christ Church Cathedral, we welcome you to the Saying Goodbye Service. We are glad that so many of you have travelled and taken time from your busy schedules to come and remember lives that were ended too soon. Saying Goodbye is the primary division of the Mariposa Trust, which has five further support divisions.

We hope that the service will help to bring you peace and that whatever your circumstance, whether you have experienced loss during pregnancy, at birth or in infancy, or are grieving never having had children, you will find today's service beneficial. You come today with many stories, so much loss and pain, but please remember whether you have experienced a recent or historic loss or losses, each is important and deserves to be recognised, and there will be times to acknowledge each loss, if you wish, during the service.

There will be a retiring collection to support the work of the Cathedral, however, if you would like to donate directly to the work of the charity, please use the QR code below. The Mariposa Trust relies fully on donations and financial support.

Please also be aware that Saying Goodbye offers support and befrienders for anyone who has gone through the loss of a baby. If you would find this helpful, please speak to the team or visit [www.sayinggoodbye.org](http://www.sayinggoodbye.org/)

With all aspects of the service, we welcome you to join with us, however, if you feel unable, please feel free to simply sit, listen and remember.

Thank you for attending.

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# Welcome and Introduction

The Priest says

We meet in the presence of God, who knows our needs, hears our cries, feels our pain, and heals our wounds. Grace, mercy and peace from God our Father and the Lord Jesus Christ be with you.

**And also with you.**

The Priest welcomes people and then leads the opening prayer

# Opening Prayer

Lord, you created and fashioned us, you know us and search us out, you abide with us through light and dark: help us to know your presence in this life, and, in the life to come, still to be with you; where you are alive and reign, God, for ever and ever.

**Amen.**

# Poem - 'My Family Tree' (Clark-Coates/Fosberry)

Today I was researching my family tree;

So many people, so much history.

Generations of ancestors stretching out over time;

Creating and linking their own family line.

I followed the branch with my own family name

Looking to see how it was I became.

I got to my parents and then down to me;

I added my partner and then had to face reality.

I looked at my own branch it looked very bare;

Something was missing, as you weren’t there.

My forbears were born, they lived and they died;

but you my darling, you never survived.

Your name isn't written, it's like you never existed.

No formal records, always unlisted.

Nothing to mark your place in time;

But you will always be cherished, and forever be mine.

So although this branch has come to a halt;

I promise you your legacy will never fault.

I’ve taken our branch, made a match, lit a flame;

So now your light will live on, instead of your name.

# Candle Lighting

Please feel free to come and light a candle in memory of your baby.

# Reading - 'I could have' (by Zoe Clark-Coates)

I could have been more cautious

I could have held back from celebrating you

I could have even pretended you did not exist until I was guaranteed you would be fine ... But you were too precious You were loved beyond measure

You were the centre of my universe

You deserved to be celebrated from the moment you were conceived

I wanted to honour you from the second you came into existence Though I could not be sure you would stay for long, I wanted to rejoice that you were ever here at all,

You little one, yes you, you made me a parent.

# Song by one of the Saying Goodbye Singers

***Poem: A Father's Grief - (by Hagemeister)***

It must be very difficult to be a man in grief

Since 'Men don't cry' and 'Men are strong', no tears can bring relief It must be very difficult to stand up to the test

And field calls and visitors so that she can get some rest They always ask if she's alright and what she's going through But seldom take his hand and ask, 'My Friend, how are you?' He hears her cry in the night and thinks his heart will break And dries her tears and comforts her,

but 'stays strong' for her sake

It must be very difficult to start each day anew And try to be so very brave, he lost his baby too.

## Bible Reading

Psalm 139:13-16

For it was you who formed my inward parts; you knit me together in my mother's womb.

I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well.

My frame was not hidden from you when I was being made in secret,

intricately woven in the depths of the earth. Your eyes beheld my unformed substance.

In your book were written all the days that were formed for me, when none of them as yet existed. The Word of the Lord.

**Thanks be to God.**

## Bell Ringing in memory of each little one gone too soon. Address

**Poem: 'Take a deep breath'**

Take a deep breath with me, sweet friend. I need you to hear this.

It's okay.

It's okay to miss [them.](http://www.scribblesandcrumbs.com/2015/07/20/to-the-one-who-couldnt-stay/)

It's okay to say their name. It's okay to cry.

It's okay to laugh.

It's okay to breathe deeply.

It's okay to smile when you think of them. It's okay to function.

It's okay to have days where you can't function. It's okay to be angry.

It's okay to be thankful. Its okay to love again. It's okay to remember. It's okay to hope.

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It's okay to be honest. It's okay to trust again.

It's okay, It's okay, It's okay. Give yourself permission.

Give yourself permission to feel. Give yourself permission to love. Give yourself permission to ache. Give yourself permission to live. [They](http://www.scribblesandcrumbs.com/2015/04/06/children-are-irreplaceable/) would want that.

They would want the best for you. They would want you to live fully. They would want you to love deeply. They would want you to laugh.

They would want you to give that love to others, because they know the power of it.

You- their hero.

You- the love of their entire life.

You- the one who will never stop saying their name.

You- the one who is braving each day, putting one foot in front of the other, and living, even when part of you is worlds apart.

You- the one who loves them, endlessly. You- you're still standing.

You- you're still breathing.

**You- you're making them proud, my friend.**

They would want you to change this world with love.

## Litany of Remembrance

From conception until the end of time

**We will always love them.**

Even though their life was brief

**Every second truly mattered.**

Even though they have gone before us

**They will always be part of us.**

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Even though the world never knew them

**They are irreplaceable.**

Despite the pain and grief of losing them

**We will strive to live in hope.**

Though we come alone to honour their life

**We join together and say goodbye.**

The Priest then prays:

Father, we come before you today

having walked through the valley of suffering.

We are comforted by the fact

that you personally know the pain of loss,

as your son also died, so we can be real about our pain. Help us come to terms with our loss,

and accept that so many things are unexplainable.

We pray that you will now transform our grief into joy.

**Amen.**

## The Lord's Prayer

Let us pray with confidence as our Saviour has taught us

**Our Father,**

**who art in heaven, hallowed be thy name; thy kingdom come; thy will be done;**

**on earth as it is in heaven.**

**Give us this day our daily bread. And forgive us our trespasses,**

**as we forgive those who trespass against us. And lead us not into temptation;**

**but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever.**

**Amen.**

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## Song by one of the Saying Goodbye singers

**Dismissal**

May the Love of the Lord Jesus gently surround you

and wipe away all tears from your eyes and the blessing of God almighty,

the Father, the Son and the Holy Spirit

be among you and remain with you always.

**Amen.**

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## Please find dates and locations for some of the 2024 Services:

* Exeter Cathedral – 2nd March
* St Andrew’s Minster, Plymouth – 3rd March
* USA Services – 21st April – 4th May
* Chichester Cathedral – 11th May
* Christ Church Cathedral, Oxford – 18th May
* Christ Church Cathedral, Dublin – 14th June
* St Anne’s Cathedral, Belfast – 16th June
* Newcastle Cathedral – 26th September
* Glasgow Cathedral – 28th September
* Dunblane Cathedral – 29th September
* St Giles Cathedral, Edinburgh – 30th September
* St Machar’s Cathedral, Aberdeen – 1st October
* St Andrew’s Cathedral, Inverness – 2nd October
* Chelmsford Cathedral – 13th October
* St Albans Cathedral – 14th October
* Derby Cathedral – 19th October
* Manchester Cathedral – 20th October
* Bradford Cathedral – 27th October
* American Cathedral, Paris – 2nd November
* Llandaff Cathedral, Cardiff – 9th November
* Malmesbury Abbey – 9th November
* Ely Cathedral – 17th November
* Methodist Central Hall, London – 24th November

## Donations and Volunteering

The Mariposa Trust is a global support charity with 6 support divisions that provide a range of support options. It is supported entirely by public gifts, corporate donations, fundraising events and individual fundraising. If you would like to consider making a monthly donation to support our work, please use the QR code at the front of this service sheet.

Fundraising - The charity needs you, so please email Lauren at [fundraising@sayinggoodbye.org](mailto:fundraising@sayinggoodbye.org)

Races - If you would like to run for the charity, please email Dave & Laura at [runners@sayinggoodbye.org](mailto:runners@sayinggoodbye.org)

If you would like to volunteer for the charity, we have lots of roles available. Please email the team at: [office@sayinggoodbye.org](mailto:office@sayinggoodbye.org)

**How to get in touch with us**

**Contact Details for The Mariposa Trust:**

Website: [www.sayinggoodbye.org](http://www.sayinggoodbye.org/) Email: [office@sayinggoodbye.org](mailto:office@sayinggoodbye.org)

Twitter: @sayinggoodbyeuk Facebook: /sayinggoodbyeuk

For daily support messages, follow Zoe Clark-Coates on lnstagram @zoeadelle and the charity @sayinggoodbye\_charity

Address: C/O CCEM, PO Box 6885, Stratford Upon Avon,

CV371WG, UK

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Resources are available via [www.sayinggodbye.org](http://www.sayinggodbye.org/) & books are available at each service or via [www.mariposastore.org](http://www.mariposastore.org/)

