

Time to Remember



*For babies and children whose lives
have been cut short before or after birth*

**Saturday 5th December 2020
at 2pm**

King's College Hospital welcomes you to “Time to Remember”

We hope you will find some comfort from the words, music and silence that make up this time together.

Acknowledgements

We acknowledge the contribution of the many people who have given freely their time to help prepare and support this ceremony of remembrance.

The Chaplaincy would like to express their thanks to Linda Sherratt and Shivonne Simpson for singing.

Practical Information

The date for next year's Baby and Children's Memorial Service will be Saturday 4th December 2021

Welcome and Introduction

Site Executive, DMH: Julie Lowe

Chaplain: Revd Phyllis Barnett

We come here today in remembrance, to honour our children who have touched and enriched our lives.

It is a bittersweet moment, for in the midst of life we have been confronted with death. We may be at different stages in our grieving and experiencing a multitude of feelings as we approach this ceremony. While coming from many different backgrounds and beliefs, we are united by our love for our precious children who have died. Therefore through words, music, and action we shall remember them.

Lighting the Candles of Grief, Memory and Hope

A Candle of Grief

When grief runs so deep and tears fall like rain
Why light a candle when grief's all that remains?
And grief is so real that tears can't be shut
So we light a candle to acknowledge our hurt
It is because we love and delighted in who you were, and would become,
hat we feel such sorrow
So as we walk the path of pain and grief, may we slowly move towards
healing, peace and strength.

A Candle of Memory

When memories are hard and we're brittle by pain
Why light a candle to remember again?
And the hurt is so deep that we shrink from its touch
But we light a candle because we love so much
And in the lighting, that love is renamed
In remembering gently, love is claimed
We light this candle in remembrance of you.

A Candle of Hope

In the hopeless days when despair grips tight
Why light a candle when nothing is right?
And the darkness is deep as deep as the tomb
So we light a candle to light up the gloom
And in the lighting as we are lit by the flame
Bathed in God's love we hope to hope again

© Rev Brian Taylor, Chaplain Dudley Healthcare NHS Foundation Trust (Adapted)

Reading: Constantly

I think about you constantly
I see your tiny face
I feel my heart breaking
For the child I can't replace
I think about the happy times
The things that made me smile
The time I got to hold you
If only for a while
I wish that you were with me
I long to hold you now
I know that life will still go on
I'm just not quite sure how
You'll always be my baby
You'll never grow and fly
I just wish the day I said hello
We didn't say goodbye
You brought me so much happiness
You gave me hope and joy
I built my plans around you
My precious little one
We painted up the bedroom
We thought we were prepared
And now your room stands empty
Even though I feel you there
But the truth is you are with me
I still carry you inside
My love flows in the tears I shed
And cannot bear to hide
I never will forget you
My love for you will stay
I'll hold you close in my heart

'til we meet again someday
I know that you're in heaven now
Safe from any harm
And God will keep you with him
'til you're back inside my arms.

Music for reflection:

Soloist: Shivonne

Too Soon

This was a life that had hardly begun
No time to find your place in the sun
No time to do all you could have done
But we loved you enough for a lifetime

No time to enjoy the world and its wealth
No time to take life down from the shelf
No time to sing the song of yourself
Though you had enough love for a lifetime

Those who live long endure sadness and tears
But you'll never suffer the sorrowing years
No betrayal, no anger, no hatred, no fears
Just love - only love - in your lifetime.

Author unknown

Reading: A Father's Grief

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 the calls and visitors
So she can get some rest.

They always ask if she's all right
And what she's going through.
But seldom take his hand and ask,
"My friend, but how are you?"

He hears her crying in the night
And thinks his heart will break.
He 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 child too.

Author Unknown

Music for reflection: Pie Jesu

Music: (Andrew Lloyd Webber) Soloist: Linda Sherratt

Lighting our Candles of Remembrance

We hold in our hearts our babies and children who have died, may they rest in peace.

As we come to light these candles, the mystery of life and death is before us. As we come to light these candles, we carry in our hearts our cherished and loved children, who are very much part of us.

These candles symbolise a variety of meaning for each of us, remembrance, hope, grief, peace, thankfulness....

Reading: Light a Candle for you

And I will light a candle for you.
To shatter all the darkness and bless the times we knew.
Like a beacon in the night
The flame will burn bright and guide us on our way.
Today I light a candle for you.
The seasons come and go, and I'm weary from the change.
I keep on moving on, you know it's not the same.
And when I'm walking all alone
Do you hear me call your name?
Do you hear me sing the songs we used to sing?
You filled my life with wonder, touched me with surprise,
Always saw that something special deep within your eyes.
And through the good times and the bad,
We carried on with pride.
I hold onto the love and life we knew.
And I will light a candle for you.
To shatter all the darkness and bless the times we knew.
Like a beacon in the night
The flame will burn bright and guide us on our way.
Today I light a candle for you

Paul Alexander

A Time of Prayer and Meditation

We remember with thanksgiving all our children who we no longer see, but who hold their unique place within our family and home. We pray for them today and for one another.

Silence

To you gentle and compassionate God, we entrust these children so precious in your sight. Be with each one of us as we remember those who have died recently and in past years. We entrust them to your love, to be held in your presence, where there is no sorrow, no weeping, no pain, but the fullness of peace and joy with you for ever and ever.

Silence

We pray for our families - for grandparents, brothers, sisters, aunts, uncles, cousins and friends - whose lives have also been touched and changed by the loss of our children.

Silence

We give thanks for all those who have cared for us, who have listened to our needs and who have dried our tears. We especially give thanks for the work of the many organisations and professional bodies who care for the bereaved. We ask that as they have helped us, so may they continue to be blessed in all that they do.

Silence

We offer our thanks for the doctors and nurses, midwives, chaplains and healthcare workers who have stood by us in our pain, and who have helped us to make sense of those things which can never really be explained. We pray also for the work of those dedicated to research into the causes of our loss.

Silence

As we bring our own needs today, may we draw strength from one another. Strangers perhaps, but also friends, because together we shared the path of sorrow. We draw strength, too, from our children, because, in so short a time they have given us much. We have lost much; but there is much that is so precious that no one can ever take away from us.

May we have strength for each new day
To weep when we should weep
To accept the comfort that memories bring
And to face the future with courage.
May we know God's peace, so that we can bring peace to others.

**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.**

Affirmation of our Remembrance

When we are weary and in need of strength.

When we are lost and sick at heart.

We will remember them.

When we have a joy we crave to share.

When we have decisions that are difficult to make.

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 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 rising of the sun and at its setting.

We will remember them.

As long as we live, they too will live.

For they are now a part of us.

As we remember them.

Adapted from a Jewish Funeral Prayer

Music for reflection:

Linda Sherratt

Reading: Sometimes

Sometimes, when the sun goes down, it seems it will never rise again...
but it will.

Sometimes, when you feel alone, it seems your heart will literally break
in two... but it won't.

And sometimes, it seems it's hardly worthwhile carrying on... but it is.

For sometimes, when the sun goes down, it seems it will never rise
again, But it does.

Frank Brown

Blessing

Bless, O God, the road that is before us
Bless, O God, the friends and family that surround us
Bless, O God, your love that is within us
Bless, O God, the light that leads us home
May the God of peace himself grant you peace,
at all times and in all ways. **Amen**

A memorial plaque has been placed at Honor Oak Crematorium in memory of babies born at King's. There is also a memorial plaque at West Norwood Cemetery situated near to the main gate, and a plaque at F.A. Albin & Sons in their Memorial Garden. Please feel free to ask for more details, telephone the Chaplain's office on 020 3299 3522 or email on kch-tr.chaplains@nhs.net.

Remember Me (adapted)

I cannot be seen, but I can be heard.
So as you stand upon a shore, gazing at a beautiful sea – remember me.
As you look in awe at a mighty forest and its grand majesty – remember
me.
As you look upon a flower and admire its simplicity – remember me.
Remember me in your heart, your thoughts, your memories.
For if you always think of me, I will never be gone.

Margaret Mead

Support Available

Child Death Helpline

0800 282 986 (Helpline) www.childdeathhelpline.org.uk

The Compassionate Friends

0345 123 2304(Helpline) www.tcf.org.uk

Cruse Bereavement Care

0808 808 1677 (Helpline & young persons' Helpline)
www.crusebereavementcare.org.uk

The Lullaby Trust (Formerly Study of Infant Deaths)

0808 802 6868 Bereavement Support www.support@lullabytrust.org.uk

Winston's Wish

(Support for bereaved children & young people)
08088 020 021 www.winstonswish.org.uk

Service paper produced by the King's College Hospital
Chaplaincy Department,

The service 'A Time To Remember' is being streamed
from King's College Hospital Chapel.