

A Time to Remember



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

Sunday 21 November 2021 at 2pm

Holy Innocents Church, Orpington

**King's College Hospital NHS Foundation
Trust Chaplaincy, at
Holy Innocents Catholic Church,
Orpington,
welcomes you to
'A 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 of their time freely to help prepare and support this event. The Chaplaincy would like to thank Fr Victor Vella and the congregation of Holy Innocents Church for the use of the church and Shivonne Simpson our soloist, who is an Equality, Diversity and Inclusion Officer for King's.

Practical Information

Please would you switch all mobile phones and pagers to silent mode or off during the service.

Please join in the text in **BOLD**



An induction loop is fitted in this Church for the benefit of those who wear hearing aids. Please use the "T" switch on your hearing device.

Welcome, Introduction

The Lighting of the Candle of Hope

Reading: Just those few fleeting moments

For those few fleeting moments
I had you to myself.
And that seems so short a time,
yet I am so profoundly changed.
In those few fleeting moments
I came to know you...
and to love you.
You came to trust me with your life.
Oh, what a life I had planned for you!

When I lost you,
I lost a lifetime of hopes,
plans, dreams, and aspirations...
A slice of my future simply vanished overnight.
It wasn't enough time to convince others
how special and important you were.
Just a mere few fleeting moments
And no "normal" person would cry all night
over a tiny unnamed baby,
or get depressed and withdrawn day after endless day.
No one would, so why am I?

You darted in and out of my life too quickly.
But it seems that's all the time you needed
to make my life so much richer
and give me a small glimpse of eternity.

Susan Erlin

Solo by Shivonne Simpson from King's Equality Diversity and Inclusion Team singing 'Don't You Remember'

Reading: Man in Grief

It must be 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 she can get some rest.

They always ask if she's doing 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 brave –
He lost his baby too.



Music for a time of short of personal quiet reflection

Reading: They Say There is a Reason

They say there is a reason,
They say that time will heal,
But neither time nor reason,
Will change the way I feel,
For no-one knows the heartache,
That lies behind our smiles,
No-one knows how many times,
We have broken down and cried,
We want to tell you something,
So there won't be any doubt,
You're so wonderful to think of,
But so hard to be without.

Author Unknown

Lighting of our Candles of Remembrance and a Time of Prayer as the names of those we remember are read.

You are invited to come forward and light a candle of remembrance. Please wait for the stewards to guide you. During this names will be read of those we remember today. This will be followed by a time for personal reflection while music is played and then by a time of prayer.

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 is kept for a few moments to reflect

To you gentle Father, we entrust these children so precious in your sight. Be with us each one 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 is kept for a few moments to reflect

God of all time as we think of these babies we face the mystery of life and death, of birth and rebirth into your closer presence. We pray for parents, their family and their friends as they mourn their loss. Strengthen the bonds of our families, and help us to go on from here in the memory of our children and in the closeness of your love.

Silence is kept for a few moments to reflect

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 which 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 is kept for a few moments to reflect

We offer our thanks for the doctors and nurses, midwives and counsellors 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 for the work of those dedicated to research into the causes of our loss.

Silence is kept for a few moments to reflect

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 been such a gift of human life. We have lost so much now, but there is much more that is so precious that their memory brings that no one can ever take away from us.

Silence is kept for a few moments to reflect

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.**

Solo by Shivonne Simpson from King's Equality Diversity and Inclusion Team singing 'Time After Time'

Short Reading

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. There is a river whose streams make glad the city of God, the holy place where the Most High dwells. God is within her, she will not fall; God will help her at break of day.

Psalm 46: 1-5

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

Reading: Sometimes

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

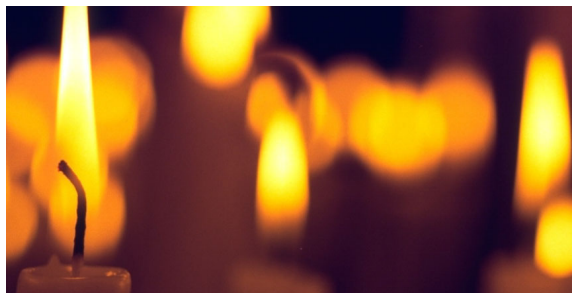
Sometimes, when you feel alone, it seems your heart will literally break
in two... but it won't.

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

Please be seated



Solo by Shivonne Simpson from King's Equality Diversity and Inclusion Team - 'I Just Can't Give Up Now'

May these candles burning bright,

Be always our light of hope.

May these lights burn bright in us

To guide us on our way.

May we find peace and strength

For all that lies ahead.

The journey is not complete and loving still goes on...

So let us not forget...

their lights burn bright today.

Prayer of 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**

Music is played after the service.



Fr Victor Vella and the people of Holy Innocents Church are sorry that they are not able to offer refreshments after the service this year due to their current Covid restrictions policy. Please know that you are warmly welcome to speak to any of the team after the service if that would be helpful to you.

A memorial plaque has been placed at Honor Oak Crematorium in memory of babies born at King's. There is also a memorial at West Norwood Cemetery situated near to the main gate.

Please ask one of the chaplains for details, telephone the Chaplain's office on 020 3299 3522,

Email on kch-tr.chaplains@nhs.net.

Some Useful Contacts

Child Death Helpline

0800 282 986 (Helpline - open every day)
www.childdeathhelpline.org.uk

The Compassionate Friends

0345 123 2304 (Helpline - open every day)
help@tcf.org.uk

Cruse Bereavement Care -

(Day by day helpline) 0808 808 1677 (young persons' helpline)
www.cruse.org.uk (info@cruse.org.uk)

Stillbirth and Neonatal Death Society (SANDS)

0808 164 3332 (Helpline@sands.org.uk)
www.sands.org.uk

Miscarriage Association

01924 200799 (Helpline)
info@miscarriageassociation.org.uk

The Lullaby Trust

[Wwww.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

Winston's Wish

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

ARC Antenatal Results and Choices

Helpline 0207 713 7486
info@arc-uk.org

**The Ceremony of Remembrance for The Princess Royal
University Hospital Site at King's 2021 is being streamed from
PRUH Chapel.**



If you would like to make a donation towards the cost of our memorial services, please use the link below and select Chaplaincy - Thank you

