

# A Time to Remember



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

**Saturday 2 December 2023  
at 2pm**

St Luke's Chapel  
Denmark Hill, London

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

## **Acknowledgements**

We acknowledge the contribution of the many people who have given of 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, and John Webber for playing the organ

## **Practical Information**

**The date for next years Baby and Children's Memorial Service will be Saturday 7 December 2024 at 1030 and 2pm**

## **Welcome and Introduction**

A representative from the Trust Board

The Reverend Phyllis Barnett, Chaplain, King's College Hospital

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,  
that 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: Please**

PLEASE, don't ask me if I'm over it yet.  
I'll never be over it.

PLEASE, don't tell me they're in a better place.  
My child isn't here with me.

PLEASE, don't say at least they aren't suffering.  
I haven't come to terms with why my child had to suffer at all.

PLEASE, don't tell me, you know how I feel,  
You don't, I have lost my precious child.

PLEASE, don't ask me if I feel better.  
Bereavement isn't a condition, that just goes away after time.

PLEASE, don't tell me at least you had your child for a time.  
What time would you choose for your child to die?

PLEASE, don't tell me God never gives us more than we can bear.  
PLEASE, just say you are sorry.

PLEASE, just say you remember my child, if you do.

PLEASE, just let me talk about my child.

PLEASE, mention my child's name.

Please, remember me in your prayers.

PLEASE, just allow me to cry, to grieve, to mourn the loss of my precious child, please

by Rita Moran (adapted)

## **Solo: Shivonne Simpson**

### **Reading: My Daddy's Grief**

If you ask my Dad how he feels  
He'll probably be as quiet as the midnight air  
Because of this horrible pain he tries to bare  
And If you ask him and he just quietly sighs  
Look harder, you'll see the pain in his eyes

Even if he does happen to tell you he's coping  
Then that just surely means.....He is hoping?  
If he happens to mutter, I'm surviving today  
Then trust me, you know he's really not Ok

He has been so very quiet since that awful day  
It's just so hard for him to find the words to say  
He really thinks he has to be stronger than steel  
But he is just very fragile, suffering this ordeal

He feels like he has to hide away all those tears  
Just suck it all in, and show no one his fears  
I'm his child in heaven, and he's hurting so bad  
He gets up and goes every day, even though he's sad  
He watches my mummy cry and holds her so tight  
He always tears up, but holds back with all of his might  
If you ask, how are you today? and he says I'm just fine  
He's really not; he needs a hug, that's definitely a sure sign

His heart is burdened with such terrible doubts  
I know he loves me very much and he thinks of me each day  
But his poor heart is so broken, so please help him find a way  
To find peace, comfort and a voice to shed his grief and pain

For without it, he cannot start to heal and lighten grief's stain  
Also tell him its ok to lose it, break down and shed those tears  
Because it takes more strength to cry, then to hold back the fears  
I love you daddy, I'm always here with you, we're never far apart  
So for me, could you begin to heal and open up your heart.

In Loving Memory of my Angel Boy, Matthew Hunter Vinson  
Author JP Vinson Written February 7, 2013

## **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

**Solo: Linda Sherratt**

## **Lighting our Candles of Remembrance**

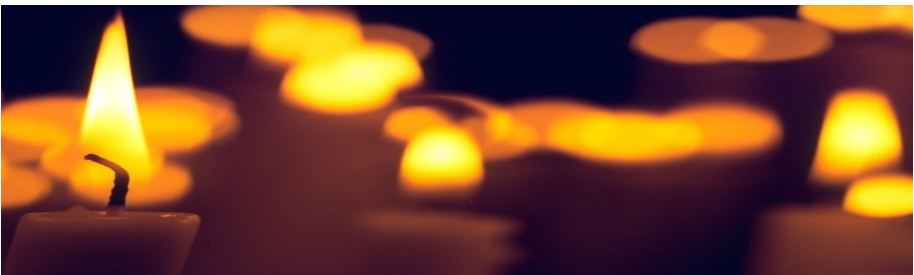
We hold in our hearts our babies and children who have died, may they rest in peace.

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....

## **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.



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.

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

## **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



## Hymn: Away in a manger

Away in a manger  
No crib for a bed  
The little Lord Jesus  
Laid down His sweet head  
The stars in the bright sky  
Looked down where He lay  
The little Lord Jesus  
Asleep on the hay

The cattle are lowing  
The Baby awakes  
But little Lord Jesus  
No crying He makes  
I love You, Lord Jesus  
Look down from the sky  
And stay by my side  
Until morning is nigh

Be near me, Lord Jesus  
I ask You to stay  
Close by me forever  
And love me I pray  
Bless all the dear children  
In Your tender care  
And fit us for heaven  
To live with You there



## **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](mailto:kch-tr.chaplains@nhs.net).

## **Support available**

### **The Good Grief Trust**

Help and hope in one place

[www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org)

[hello@thegoodgrieftrust.org](mailto:hello@thegoodgrieftrust.org)

### **Child Bereavement UK**

Rebuilding Lives Together

Web: [helpline@childbereavementuk.org](mailto:helpline@childbereavementuk.org)

Tel: 0800 0288840

### **Child Death Helpline**

0800 282 986 (Helpline) [www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk)

### **The Compassionate Friends**

0345 123 2304 [helpline@tcf.org.uk](mailto:helpline@tcf.org.uk)

### **Cruse Bereavement Care**

0808 808 1677 (Helpline & young persons' Helpline)

[www.cruse.org.uk](http://www.cruse.org.uk)

### **The Lullaby Trust (Formerly Study of Infant Deaths)**

0808 802 6868 Bereavement Support [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

### **Winston's Wish**

(Support for bereaved children & young people)

08088 020 021 [ask@winstonswish.org](mailto:ask@winstonswish.org)





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