



Saying Goodbye

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.

St Anne's Cathedral, Belfast
Sunday 11th June 2023: 3.30pm

www.sayinggoodbye.org

Instagram: @sayinggoodbye_charity

Facebook: @sayinggoodbyeuk

Welcome to Belfast Cathedral

On behalf of the Directors and Team at the Mariposa Trust as well as the Dean and Chapter at St Anne's Cathedral, Belfast, 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.

Our hope is 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 and ministry of St Anne's Cathedral. However if you would like to make a donation directly to the work of the charity, please use the QR code below. The Mariposa Trust relies fully on donations and financial support, so if you are a tax payer and can Gift Aid any donation, that would be greatly appreciated.

Please also be aware that Saying Goodbye offer 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

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.



ORDER OF SERVICE

Song by one of the Saying Goodbye Singers

Welcome and Introduction

The Dean 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 Dean welcomes people and then leads the 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 - 'One Defining Moment' (by Clark-Coates/Fosberry)

There is always one defining moment...

The moment you are born.

The moment you see a breathtaking sunrise.

The moment you realise you have met the person you will spend your life with.

The moment you see the lines on a pregnancy test.

The moment your child is born.

But what if that moment never comes?

What if before that moment, life ends?

What if before a name is given or a breath taken, life stops?

What if your hopes and dreams crumble before your eyes? What then? Should we not remember?

Should we not celebrate that life, however long they were here?

Should we not grieve for the life that was so precious?

We believe ...

We should shout to the world about the ones that ran ahead.

We should stand with others and declare 'our babies matter'.

We should remember them with every fibre of our beings ...

Because they are a part of us, just as much as we are a part of them.
And so today we celebrate together their defining moments
That they will be cherished forever. That they were loved beyond
measure. That every second of their life counted.
And we promise they will never be forgotten.

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 – Andy Clark-Coates Founder & CEO The Mariposa Trust

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.
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

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 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.

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 Dean 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.

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.

There is a Retiring Collection for those who are able to give, as you leave the cathedral.

Please find dates and locations for some of the 2023 Services:

8th July - Christ Church Cathedral, Oxford
9th July - Wimborne Minster, Dorset
10th September - Dunblane Cathedral, Dunblane
11th September - St Giles Cathedral, Edinburgh
13th September - St Andrew's Cathedral, Inverness
16th September - Glasgow Cathedral, Glasgow
9th October - St Albans Cathedral, St Albans
15th October - Chelmsford Cathedral, Chelmsford
21st October - Derby Cathedral, Derby
22nd October - Manchester Cathedral, Manchester
29th October - Bradford Cathedral, Bradford
4th November - Canterbury Cathedral, Canterbury
11th November - Llandaff Cathedral, Cardiff
11th November - Malmesbury Abbey, Malmesbury
18th November - St Andrew's Minster, Plymouth
19th November - Ely Cathedral, Ely
26th November - Methodist Central Hall, Westminster

Donations and Volunteering

The Mariposa Trust is a global support charity with 6 support divisions that provide a range of support options. It is totally supported by public gifts, corporate donations, fundraising events and individual fundraising.

If you would like to consider making a monthly donation to support our work, you can set up a standing order using the following details:

Account Name - The Mariposa Trust

Sort Code. 77-31-11 Account No. 35880160 Fundraising - The

charity needs you, so please email Lauren at

fundraising@sayinggoodbye.org

Races-If you could like to run for the charity, please email Dave & Laura

at 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

How to get in touch with us

Contact Details for The Mariposa Trust:

Website: www.sayinggoodbye.org Email:
office@sayinggoodbye.org

Twitter: [@sayinggoodbyeuk](https://twitter.com/sayinggoodbyeuk) Facebook: [/sayinggoodbyeuk](https://www.facebook.com/sayinggoodbyeuk)

For daily support messages, follow Zoe Clark-Coates on Instagram
[@zoadelle](https://www.instagram.com/zoadelle) and the charity [@sayinggoodbye_charity](https://www.instagram.com/sayinggoodbye_charity)

Address: C/0 CCEM, PO Box 6885, Stratford Upon Avon,

CV371WG

The Mariposa Trust is a Charity & Company Registered in England
& Wales Na's 1151108 & 8241785

Resources are available via www.sayinggoodbye.org & books are
available at each service or via www.mariposastore.org

St Anne's Cathedral Belfast

The Cathedral at the Heart of the City,

With the City at its Heart.

**Please join us each day in the cathedral
for Weekday Lunchtime Prayers
at 1.00pm:**

Tuesday & Thursdays – Prayers in the Nave

Wednesdays – Holy Communion in the Chapel of Unity

Fridays – Service of Healing in the Cathedral Hall.

For more information on the life and ministry of St Anne's Cathedral

please visit us at:

www.facebook.com/BelfastCathedral

OR

www.belfastcathedral.org

