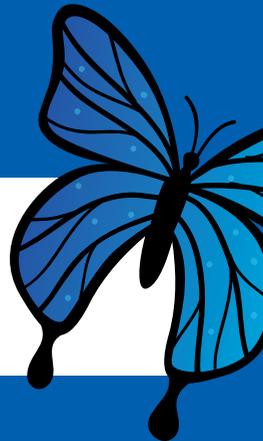




**International
Pregnancy & Infant
Loss Remembrance
Day Candle Lighting
Ceremony**

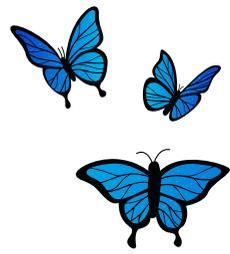
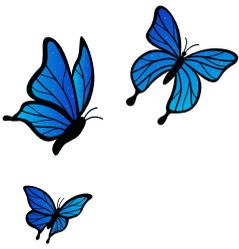
October 15th 2021

*“Even those that never fully blossom
bring beauty into the world”*





We wish to acknowledge the tremendous work of all of the voluntary organisations that help in any way to enhance the care we provide to the bereaved families.



Welcome and Introduction

We wish to extend a heartfelt welcome to all of you today on this International Pregnancy and Infant Loss Remembrance Day.

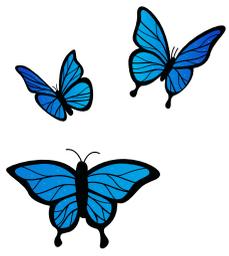
This year's baby loss awareness week focuses on the theme of wellbeing. The wellbeing of all people touched by pregnancy loss.

This evening, we recognise, acknowledge and remember all pregnancy losses whenever and however it happened. Whilst our baby's journeys were so brief, they were also very meaningful. We are often unsure how to talk about loss. We often don't know what to say, sometimes words fail us and sometimes there are no words.

This evening at 7pm candles will be lit all around the world to commemorate these precious babies and create a continuous wave of light. We have come together this evening to join this wave of light and our candles will remain lighting overnight here in the hospital.

The staff working in the Maternity Unit wishes to acknowledge this special day. We hope that you will find comfort and healing in this evening's ceremony through readings, music, singing and the lighting of candles.





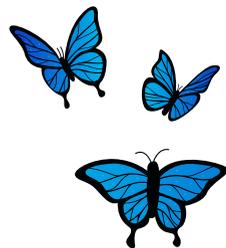
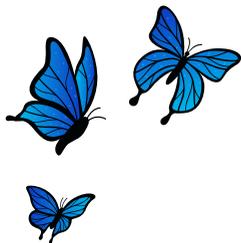
Opening Song

VOICE OF AN ANGEL

When I'm lying in the darkness
And I'm half afraid to sleep
I keep thinking of tomorrow
And the thoughts that lie so deep
Then I pray in talking whispers
Cause I know that somewhere near
Is the presence of an angel
Comes to hold me through my fear

And who are you who guides me
My messenger of light
Will you walk beside me now
Beyond the day and night
Who are you who guides me
With words I cannot write
It's the voice of an angel,
The voice of an angel,
The voice of an angel
Come to hold me close this night

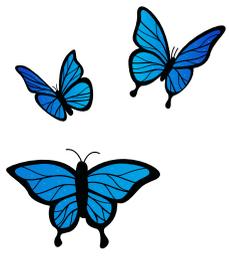




Then I close my eyes
And open the window of my heart
For I know that you will listen
Even though I kiss the dark
And as I'm slowly breathing
O the night just lingers on
I hear the voice of an angel
Come to calm me with song

And who are you who guides me
My messenger of light
Will you walk beside me now
Beyond the day and night
Who are you who guides me
With words I cannot write
It's the voice of an angel,
The voice of an angel,
The voice of an angel
Come to hold me close this night



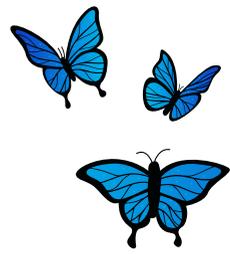
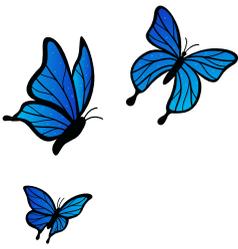


Remember my baby

The world may never notice if a rosebud doesn't bloom, or
even pause to wonder if the petals fall too soon, but every
life that ever forms or ever comes to be, touches the world
in some small way for all eternity

The little one we longed for was swiftly here and gone, but
the love that was then planted is a light that still shines on,
and though our arms are empty, our hearts know what to
do- every beating of our hearts says
We will remember you.





Look for me in Rainbows

Time for me to go now, I won't say goodbye;
Look for me in rainbows, way up in the sky.
In the morning sunrise when all the world is new, Just look for me and
love me, as you know I loved you.

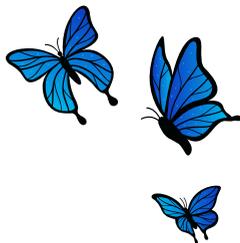
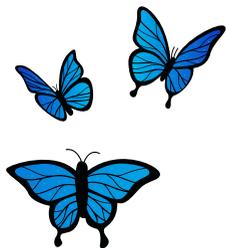
Time for me to leave you, I won't say goodbye; Look for me in
rainbows, high up in the sky. In the evening sunset, when all the world
is through, Just look for me and love me, and I'll be close to you.

It won't be forever, the day will come and then
My loving arms will hold you, when we meet again.

Time for us to part now, we won't say goodbye; Look for me in
rainbows, shining in the sky.
Every waking moment, and all your whole life through
Just look for me and love me, as you know I loved you.

Just wish me to be near you'
And I'll be there with you.





A Pair of Shoes

I am wearing a pair of shoes. They are ugly shoes, uncomfortable shoes, I hate my shoes. Each day I wear them, and each day I wish I had another pair. Some days my shoes hurt so bad, that I do not think that I can take another step.

Yet, I continue to wear them, I get funny looks wearing these shoes. They are looks of sympathy. I can tell in others eyes that they are glad they are my shoes and not theirs, They never talk about my shoes.

To learn how awful my shoes are might make them uncomfortable.

To truly understand these shoes you must walk in them.

But once you put them on, you can never take them off.

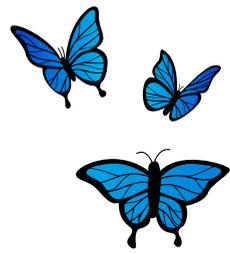
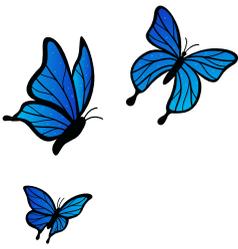
I now realise that I am not the only one who wears these shoes.

There are many pairs in this world.

Some parents are like me and ache daily as they try to walk in them. Some have learned how to walk in them, so they don't hurt quite as much. Some have worn the shoes so long, that days will go by before they think about how much they hurt. No parent deserves to wear these shoes.

Yet, because of these shoes I am stronger. These shoes have given me the strength to face anything. They have made me who I am. I will forever walk in the shoes of a parent who has lost a life.





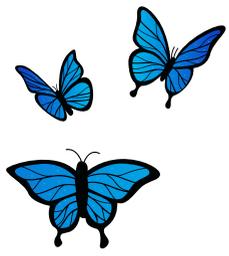
Symbolism of Candles

The lighting of candles plays a significant role in the ritual practices of most religions and cultures. It seems to express something elemental in our attempt to understand the relationship between life and death.

Candles are used to celebrate events such as birthdays. They also help us grieve for loved ones who have died. The light that comes from the candle can be seen to represent our efforts to overcome the darkness, to master our environment and to provide the warmth and sustenance to survive the cold and dark.

It has been said that candles represent the human being; the wax and the wick symbolising the body, while the flame symbolises the soul. Even though the wick is destined to burn out, the image of the flame striving upwards, bringing light into the darkness can provide us with meaning, hope and comfort,





Can You See Me?

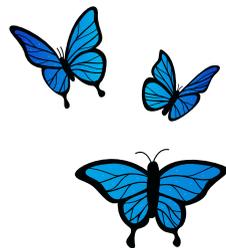
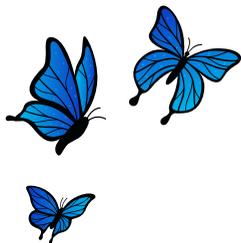
I wonder where you are
hope it's not too far
when will we meet
The smile on your face
just like I pictured
beautiful heart beat

You gave me a good start
You gave me your heart
I'll never lose that part
I think you hear me
I think you're right here
That's why I have no fear

I wish you could see that I'm ok
your strength it took me far
I wish you could see that I'm ok
that I am moving on
Can you see me?

I wish I could see that you're ok
waiting there for me
I wish I could see that you're ok
please just let me know
I wish I could see that you're ok
smiling back at me
I wish I could see that you're still here
watching over me
Can you see me?





Ellie

We lost a sister we never knew,
Hard not to talk to you or see you.
What would you look like today?
We still remember to celebrate your birthday.

Every year we count up your age,
And imagine what you'd look like too,
What you'd be up to, who you are ...
Ellie Keane - we wish we knew!

You didn't make it through however
But we will remember you forever.
You are still part of our family every day
We think of you every time we pray.

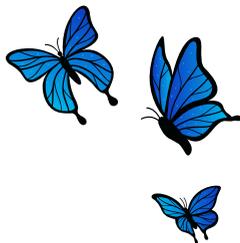
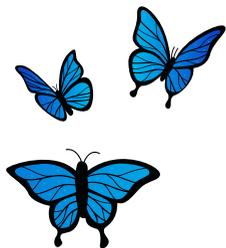
We never met you nor said Goodbye,
We think you're here though, only you're a butterfly.

When we talk about your life, sometimes we're sad.
We think of the difficulties you might have had.
And how you might have suffered if you stayed
And all the sacrifices that would be made.

I'm so glad now you are an angel in heaven,
When you left our Mum and Dad in 2007.
How different lives might have been,
Would I or Conor or Ray be seen?

In September a lantern we light
And into the sky we watch you fly.
Ellie, Always in our hearts and minds
We miss and love you 'til the end of time.





Oh Precious Tiny Sweet little One

Oh precious tiny sweet little one you will always be to me.
So perfect, pure and innocent
Just as you were meant to be.

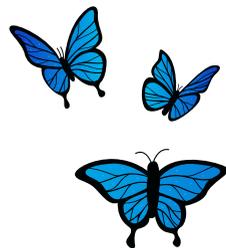
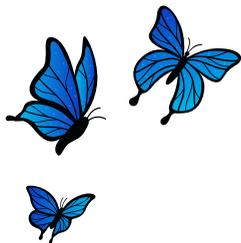
We wanted and longed for you to come
And join our family.
We never had the chance to play, to laugh
to rock, to wiggle.

I'll always be your mother
He'll always be your dad
You will always be our child,
The child that we had.

But now you're gone, but yet you're still here
We sense you everywhere.
You are our sorrow and our joy,
There's love in every tear.

Just know our love goes deep and strong
We'll forget you never
The child we had, but never had
And yet, we'll have forever.





Fathers

I came across a young man, just sitting in the park. He seemed to be so lost inside his spirit seemed so dark. I felt such sorrow in his eyes and thought as I drew near that maybe he had something that he wanted me to hear,

I sat beside him on the bench and slowly took my time I waited for the moment that I thought was 'his' and 'mine' And I gently said hello he managed a slight smile, I felt that he would start to talk so I sat with him a while.

I asked him how his day was, and I hoped that all was well. Then I noticed in his tired eyes, small tears began to swell.

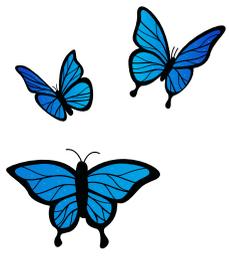
Thank you for your greeting, but my thoughts are lost somehow, I lost my infant child last night and I can't cope right now. I feel I need to hide this pain and try to stay so strong. A husband needs to be the one to help when things go wrong.

My heart just broke to watch him try so hard to understand, just how he could be weak in grief and still remain a 'man'. I knew right then that that the universe had planned for me to see him there. I too, had lost a baby and I was meant to share.

I told him how my wife had grieved so freely and so strong, but I felt that I couldn't cry; and weakness would be wrong, Young man, I said with silent pain I lost a child once, too; And I can reassure you that there's something you must do. A father needs to grieve his child just as the mother can. The 'grief' is no less powerful because you are the man. Take all the time you need to use, and grieve just as you need. Your heart is so as broken and emotions must be freed.

He took a slight glance upward; then he reached out for my hand. He needed someone that day who could really understand. I'm proud that I could help him and it helped me just the same, No loss is without sorrow,
but the love is worth the pain.





Tears in Heaven

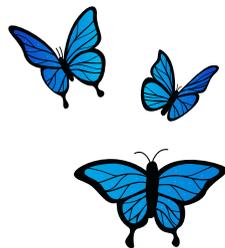
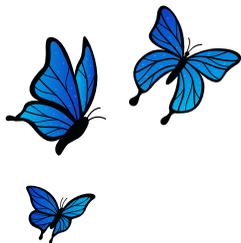
Would you know my name
If I saw you in heaven
Would it be the same
If I saw you in heaven
I must be strong and carry on
'Cause I know I don't belong
Here in heaven

Would you hold my hand
If I saw you in heaven
Would you help me stand
If I saw you in heaven
I'll find my way through night and day
'Cause I know I just can't stay
Here in heaven

Time can bring you down
Time can bend your knees
Time can break your heart

Have you begging please, begging please
Would you know my name
If I saw you in heaven
Would it be the same
If I saw you in heaven
I must be strong and carry on
'Cause I know I don't belong
Here in heaven.



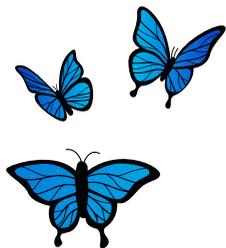


These are my footprints

These are my footprints, so perfect and so small.
These tiny footprints, never touched the ground at all. Not one tiny footprint, for now I have my wings.
These tiny footprints were meant for other things.
You will hear my tiny footprints, in the patter of the rain. Gentle drops like angels tears, of joy and not from pain. You will see my tiny footprints, in each butterfly's lazy dance.

I'll let you know I'm with you, if you give me just a chance. You will see my tiny footprints, in the rustle of the leaves. I will whisper names into the wind, and call each one that grieves. Most of all, these tiny footprints, are found in mummy's heart, cause even though I'm gone now, we'll never truly part".





“A midwives Reflection; Healing together”

When your heart is breaking or you feel like your world is ending and you are asking... Why me? Why my baby? Why us?

When your tears are flowing, blinding your vision as you navigate waves of grief, we want you to know; you are not alone.

Sometimes angry, sometimes sad. Sometimes exhausted and lonely, trying to cry or maybe feeling no emotion at all,

We want you to know; we understand.

We want to acknowledge your baby's life, a life that formed within you.

We want to acknowledge the hopes and dreams you had for your child.

We want to acknowledge that things changed.

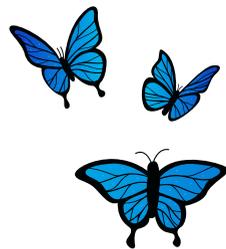
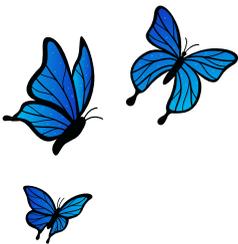
We empathise, we sympathise for your loss.

Accepting the new reality can be difficult, moving on can be a lonely journey.

We know you acknowledge milestones,

Maybe they are in your private thoughts, maybe you acknowledge openly with a special ritual or a lighted candle.





What do you find healing for you?

We hope you have some good memories to help you through the difficult days.

Memories carried in a special place in your heart. You will never forget. Midwife means “with woman” but to us as midwives it means much more; We are with you, your partner and your family, through your challenges.

There is some pain that we cannot take away, if we could we would.

We offer compassion, Kindness and Care.

Let us reach out together, speak, we are listening; it is OK to voice it all.

Let today be a day of healing,

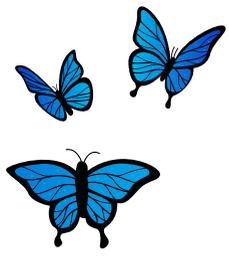
A day to remember a special life gone by.

Some people have long lives and others are only here for a short while.

It has been said “it’s not how much we give, but how much love we put into giving”

Therefore we give this day to you.





The Snowdrop

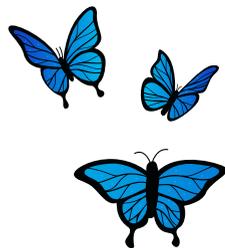
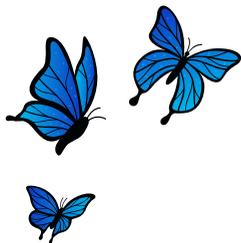
The world may never notice
If a snowdrop doesn't bloom
Or even pause to wonder
if the petals fall too soon

But every life that ever forms
or ever comes to be
Touches the world in some small way
For all eternity

The little ones we longed for
Were swiftly here and gone
But the love that was then planted
Is a light that still shines on

And though our arms are empty
Our hearts know what to do
Every beating of my heart says
"I remember you"





Plúirín Sneachta

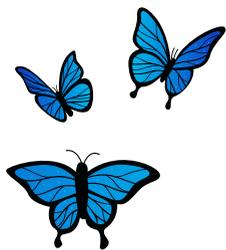
Seans nach dtabharfaidh an domhan faoi deara
Mura mbláthann plúirín sneachta
Is Sean's nach dtabharfaidh sé faoi
má thit na peitil ró-luath

Ach le gach saol a dhéantar
Agus le gach saol a shaolaítear,
Fágтар lorg ar bhealach beag éigin
Ar feadh na síoraíochta.

Bhí na daoine beaga a raibh muid ag tnúth leo
Anseo ach imithe arís ró-luath
Ach tá an ghrá a chuireadar
Ina sholas fós ag lonradh

Agus cé go bhfuil ár lámha folamh
Tá a fhios ag ár gcroíthe cad atá lé déanamh
Is deireann gach buille de mo chroí
“Is cuimhin liom thú”

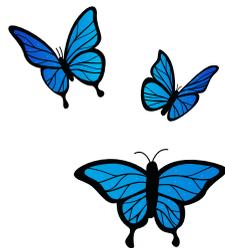
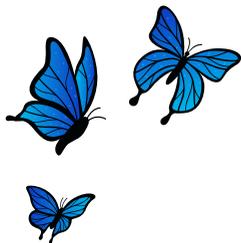




O Floco de neve

O Mundo pode nem reparar
Quando uma gota cair
Ou até mesmo pausar para pensar se as pétalas caem
antes do tempo
Mas cada vida que se forma
Ou nasca
Toca ao mundo em alguma maneira
Para toda eternidade
As criancinhas que tanto almejamos
Vieram e foram
Mas o amor que plantado foi
É uma luz que ainda brilha
E embora nossos braços estejam vazios
Nossos corações sabem o que fazer
Cada latido do meu coração diz: eu me lembro de ti





Przebiśnieg

Świat może nigdy nie zauważyć,
że przebiśnieg nie zakwitnie, lub gdy uschnie, a
jego płatki opadną zbyt szybko.

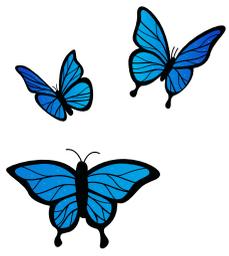
Ale każde życie, które kiedykolwiek powstało
lub powstanie dotyka świata w jakiś mały
sposób.

Na wieczność

Małeństwa za którymi tęsknimy i które
odeszły są zawsze w naszych sercach, a miłość
do nich jest jak światło.
Jest światłem które cały czas płonie, mimo że
Twoje ramiona są puste.
Każde bicie mojego serca mówi

“Będziesz zawsze w mojej pamięci”





“Run”

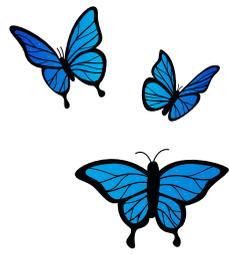
I'll sing it one last time for you
Then we really have to go
You've been the only thing that's right
In all I've done

And I can barely think of you
But every single time I do
I know we'll make it anywhere
Away from here

Light up, light up
As if you have a choice
Even if you cannot hear my voice
I'll be right beside you dear

Louder louder
And we'll run for our lives
I can hardly speak I understand
Why you can't raise your voice to say





To think I might not see those eyes
Makes it so hard not to cry
And as we say our long goodbye
I nearly do

Light up, light up
As if you have a choice
Even if you cannot hear my voice
I'll be right beside you dear

Louder louder
And we'll run for our lives
I can hardly speak I understand
Why you can't raise your voice to say

Light up, light up
As if you have a choice
Even if you cannot hear my voice
I'll be right beside you dear





*We Remember.... The babies born sleeping
Those we carried but never had
Those we held but couldn't take home
Those who came home but could not stay*



Galway University Hospitals

Ospidéal na h-Ollscoile Gaillimh

UNIVERSITY HOSPITAL GALWAY
MERLIN PARK UNIVERSITY HOSPITAL