



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.

MANCHESTER CATHEDRAL

SUNDAY 2ND OCTOBER 2022

## WELCOME

On behalf of the Directors and Team at the Mariposa Trust as well as the Dean and Chapter of Manchester Cathedral, 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.

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 of the cathedral, however if you would like to make a donation directly to the work of the charity, please make card donations at the charity resources stand. 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](http://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.*



## **Song by one of the Saying Goodbye Singers**

### **Welcome and Introduction**

The Venerable David Sharples  
Archdeacon of Rochdale

***The Archdeacon 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.

***All:*** And also with you.

*The Archdeacon welcomes people and then leads the opening prayer*

### **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.

***All Amen.***

### **Poem - 'One Defining Moment'**

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'**

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

### 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.  
**All Thanks be to God.**

### Bell Ringing in memory of each little one gone too soon.

#### Address

The Venerable David Sharples  
 Archdeacon of Rochdale

#### *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.  
It's 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

Archdeacon From conception until the end of time  
**All We will always love them.**

Archdeacon Even though their life was brief  
**All Every second truly mattered.**

Archdeacon Even though they have gone before us  
**All They will always be part of us.**

Archdeacon Even though the world never knew them  
**All They are irreplaceable.**

Archdeacon Despite the pain and grief of losing them  
**All We will strive to live in hope.**

Archdeacon Though we come alone to honour their life  
**All We join together and say goodbye.**

### *The Archdeacon 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.

**All: Amen**



## The Lord's Prayer -

**Archdeacon** Let us pray with confidence as our Saviour has taught us

**All** 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

**Archdeacon** 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.

**All** Amen.



CALENDAR OF UPCOMING EVENTS

**Please find dates and locations for some of the 2022 Services:**

Exeter Cathedral, Devon, Mar 5th 2022  
Manchester Cathedral, Manchester, Jun 18th 2022  
Christ Church Cathedral, Dublin, Jun 25th 2022  
St Anne's Cathedral, Belfast, Jul 3rd 2022  
Christ Church Cathedral, Oxford, Jul 9th 2022  
Wimborne Minster, Dorset, Jul 10th 2022  
Dunblane Cathedral, Dunblane Sep 11th 2022  
St Andrew's Cathedral, Inverness, Sep 14th 2022  
Glasgow Cathedral, Glasgow, Sep 17th 2022  
St Giles Cathedral, Edinburgh, Sep 17th 2022  
Llandaff Cathedral, Cardiff, Oct 8th 2022  
Malmesbury Abbey, Wiltshire, Oct 8th 2022  
Chelmsford Cathedral, Essex, Oct 16th 2022  
Derby Cathedral, Derbyshire, Oct 22nd 2022  
Bradford Cathedral, West Yorks, Oct 29th 2021  
Canterbury Cathedral, Kent, Nov 5th 2022  
St Andrew's Minster, Plymouth, Nov 19th 2022  
Ely Cathedral, Cambridgeshire, Nov 20th 2022  
Methodist Central Hall, Westminster, Nov 27th 2022

*All services are subject to change and a full up to date list can be found by  
visiting [www.sayinggoodbye.org/](http://www.sayinggoodbye.org/) services and by checking*



## DONATIONS & 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 Jody and Lauren at [fundraising@sayinggoodbye.org](mailto:fundraising@sayinggoodbye.org)

Races—If you could like to run for the charity, please email Dave & Laura at [runners@sayinggoodbye.org](mailto: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](mailto:office@sayinggoodbye.org)

## HOW TO GET IN TOUCH WITH US

### Contact Details for The Mariposa Trust:

Website: [www.sayinggoodbye.org](http://www.sayinggoodbye.org) Email: [office@sayinggoodbye.org](mailto: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/O CCEM, PO Box 6885, Stratford Upon Avon, CV37 1WG

The Mariposa Trust is a Charity & Company Registered in England & Wales No's 1151108 & 8241785

Resources are available via [www.sayinggoodbye.org](http://www.sayinggoodbye.org) & books are available at each service or via [www.mariposastore.org](http://www.mariposastore.org)



## COVID-19

**We will all be aware of the advice due to Covid-19, and we would ask that you adhere to the following practices as closely as possible. If you have any questions, please feel free to ask any member of the Saying Goodbye team or a member of the venue staff.**

### Covid-19 Symptoms:

If you have any symptoms, please notify the team immediately, so we can notify all attendees, and please make an immediate exit from the Cathedral.

### Face Coverings:

Whilst it is not mandatory, please feel free to wear masks if you wish.

### Hand Sanitizer:

The venues and the charity have provided hand sanitizer at the entrance and at other points around the venue. Please use this on entry, exit and where needed around the venue.

### Candle Lighting:

Please follow social distancing with regards to queueing for the candle lighting



