

*Pregnancy & Infant Loss  
Remembrance Ceremony  
15th October 2022*



There is no *footprint*  
so small that it does  
not leave an *imprint*  
on the world.



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

## *Welcome and Introduction*

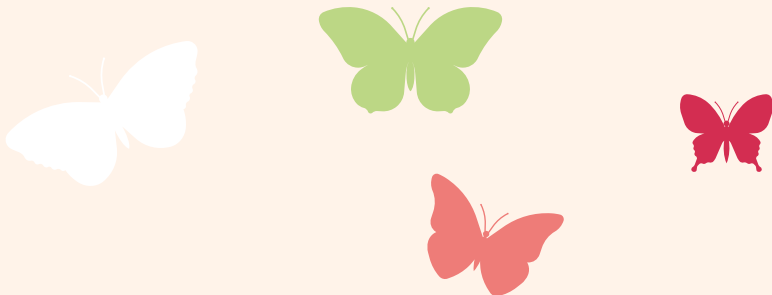
We wish to extend a heartfelt welcome to all of you today on this International Pregnancy and Infant Loss Remembrance Day.

This 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.

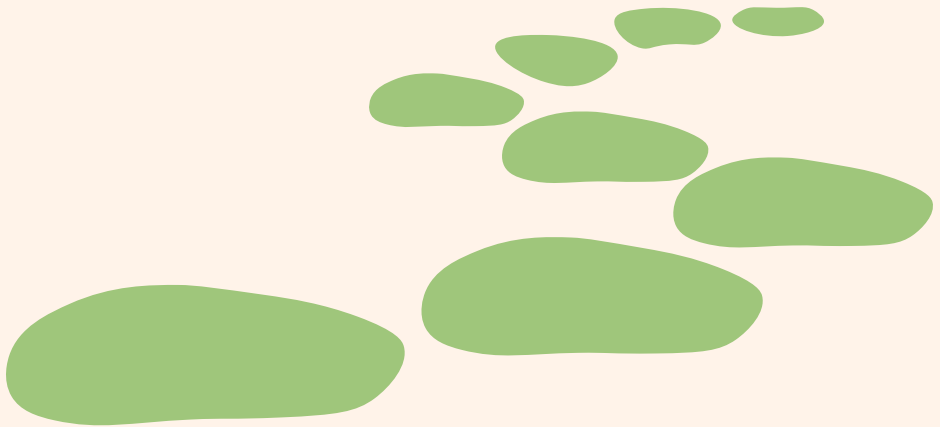


This year's theme for Baby loss awareness week is Stepping stones. After pregnancy loss, life can take a path that was never expected, the steps on that journey are unique to everyone.

This ceremony aims to share how the pregnancy and baby loss community is there for people every step of the way, during and after loss. We want everyone to know that you don't have to navigate pregnancy loss alone.

Spreading kindness in memory of your baby is a beautiful way to honour their life and legacy. This year we have created Random Acts of Kindness Cards, as you will find in your envelope, which we suggest are used by families to do something in memory of their babies, these can be simple gestures by siblings or bigger acts that may be done on special days.

*“Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end”*



## *Opening Song*

### *Clouds Veil*

**Chorus:** Even though the rain hides the stars  
Even though the mist swirls the hills  
Even when the dark clouds veil the sky  
You are by my side.

Even when the sun shall fall in sleep  
Even when at dawn the sky shall weep  
Even in the nights when storms shall rise  
You are by my side. You are by my side.

Bright the stars at night that mirror heaven's way to you.  
Bright the stars in light where dwell the saints in love and truth.

#### **Chorus:**

Deep the feast of life where saints shall gather in deep peace.  
Deep in heaven's light where sorrows pass beyond death's sleep.

#### **Chorus:**

Blest are they who sing the fellowship of saints in light.  
Blest in heaven's King. All saints adore the Lord, most high



## *I wanted you so*

I wanted to hold you, to feel your touch  
I already loved you so very much.

In my mind, I had plans, dreams and hopes  
But when you left I didn't cope

I wanted to kiss your sweet lips, cheeks, hands and toes,  
I wanted so many things for you.

I wanted to carry you asleep to your bed  
And stroke the soft hair on your head.

I wanted to nurse you at my breast  
And feel your body so close, so blest.

I wanted to watch you grow and play,  
But I never will because you went away.

My heart was broken, feelings left bare  
Because my darling, you were no longer there.  
Even though I had you for just a short time,  
Whenever I think of you the tears still fall.

When you left my heart broke in two,  
A gap that could only be filled by you.

The thing I want you to know  
Is I wanted you, I wanted you so.



## *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.



## *Candle Lighting Ceremony*

A candle representing each month will be brought forward and lit to remember all the babies that died in that month.

We invite you to come forward with your own candle to light in remembrance of your baby.

As I look down upon you  
Like a butterfly in flight  
Please light a candle for me  
And join the Wave of Light

As a million candles flicker  
In homes across the lands  
I wish that I could be with you  
Gently holding your loving hands

I know it's hard to understand  
Why I had to go  
And for you, each second minute and hour  
Goes by so very slow

So as the clock strikes seven  
I hope that you will know  
That I will be thinking of you  
As you remember me in your candles glow.





## *Song- 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?



## *Precious little One*

Precious tiny little one  
You'll always be to me.  
So perfect, pure and innocent  
Just as you were meant to be.

We dreamed of you and your life  
And all that it would be  
We waited and longed for you to come  
And join our family

We never had the chance to play,  
To laugh, to rock, to wiggle.  
We long to hold you, touch you now  
And listen to you giggle

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

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

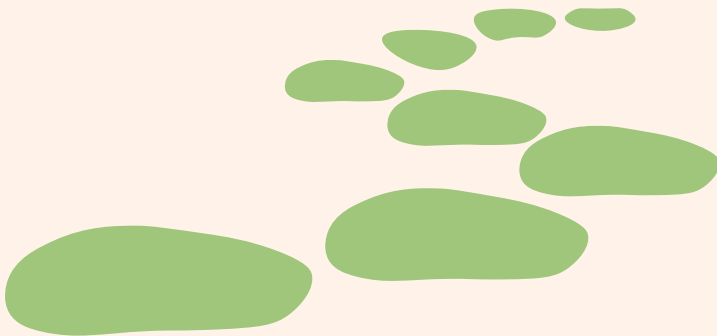
Just know our love goes deep and strong  
We'll forget you never  
The child we had, but never had  
And yet, will have forever.



## *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 butterflies' 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".



## *Song- Winter Bear*

I knew you before I knew your name  
I loved you before I saw your face  
I longed for you for all of that time  
And I held your heart in mine  
I kissed you a hundred million times  
I tasted the tears that I cried  
I held you my beautiful child  
And I'll keep your heart in mine

I love you to the moon and back my little winter bear  
I know you know how much that is cause you're already  
there.

I never knew a love like this could ever possibly exist  
I love you to the moon and back as long as I live.

I see you in all of the stars, shine brightly right into our  
hearts.

I look at the night sky above and wonder can you feel my  
love.

I love you to the moon and back my little winter bear  
I know you know how much that is cause you're already  
there

I never knew a love like this could ever possibly exist  
I love you to the moon and back as long as I live

I love you to the moon and back my little winter bear  
I know you know how much that is cause you're already  
there

I never knew a love like this could ever possibly exist  
I love you to the moon and back as long as I live  
I love you to the moon and back, winter bear

I knew you before I knew your name  
I loved you before I saw your face  
I longed for you for all of that time  
And I'll keep your heart in mine



## *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.



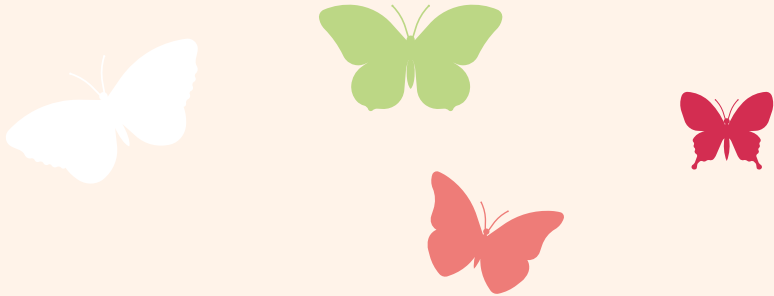
## *The Snowdrop*

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"



## *Closing Song - "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  
Even if you cannot hear my voice  
I'll be right beside you





## **Galway University Hospitals**

*Ospidéal na h-Ollscoile Gaillimh*

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