

## A Prayer for Spring

Like springtime, let me unfold  
And grow, fresh and new,  
From this cocoon of grief  
That has been spun around me.

Help me to face the harsh reality of  
Sunshine and renewed life,  
As my bones still creak from  
The winter of my grief.

Life has dared to go on around me  
And as I recover from  
The insult of life's continuance  
I readjust my focus to  
Include recovery and growth  
As a possibility in my future.

Give me strength to break out of  
The cocoon of my grief.  
But may I never forget it as  
The place where I grew my wings  
Becoming a new person  
Because of my loss.

Janis Heil

"Bittersweet...Hello goodbye" Lamb, Sr. Marie, Charis Communications,  
Illinois 1988 p60.



### A resource of King Edward Memorial Hospital

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Resource compiled by  
Pastoral Care Services - KEMH  
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# A Ritual of Remembrance

A Service of Healing  
For pregnancy loss  
before 15 weeks



## Introduction

You will be reading this brochure on what may be one of the most difficult times in your life. Receiving the information in this brochure acknowledges that a pregnancy loss under 14 weeks gestation can be just as painful as any other loss

The development of your pregnancy will have signalled many changes within you and your partner, because in many ways you had both begun a transition from woman to mother and man to father. When your pregnancy ends, this transition may seem to end.

The experience of your loss may be very intense. You may feel quite overwhelmed. Your bond with your developing baby can be very strong, and may begin even before the pregnancy. These bonds are often associated with childhood experiences and dreams about being a parent, planning a pregnancy, confirmation of a pregnancy and a growing inner acceptance that the pregnancy is real,

Human rituals, especially those focussed towards life's transitions can hold special meaning for us. They can provide ways of incorporating both the realities of the event as well as the meanings we attach to it, within our lives.

Support is offered to you and your family in a Ritual of Remembrance. This is a service of healing that you may find valuable following the loss of your pregnancy. You, your partner and family have the opportunity to attend a special Ritual of Remembrance, with other people who have recently experienced a similar loss.

The service is held in the King Edward memorial Hospital (KEMH) Chapel, which is situated on the first floor immediately above the main entrance to the hospital on Bagot Road.



The *Ritual of Remembrance* service is offered monthly and the dates for **2007** are:

- ❖ **Monday 8<sup>th</sup> January**
- ❖ **Monday 12<sup>th</sup> February**
- ❖ **Monday 12<sup>th</sup> March**
- ❖ **Monday 16<sup>th</sup> April**
- ❖ **Monday 14<sup>th</sup> May**
- ❖ **Monday 11<sup>th</sup> June**
- ❖ **Monday 9<sup>th</sup> July**
- ❖ **Monday 13<sup>th</sup> August**
- ❖ **Monday 10<sup>th</sup> September**
- ❖ **Monday 8<sup>th</sup> October**
- ❖ **Monday 12<sup>th</sup> November**
- ❖ **Monday 10<sup>th</sup> December**

The time of the service is **12.30pm** and there is no need to let us know that you are attending. You are encouraged to bring other family members including children.

There is no quick cure to grief; this ritual is not designed to give answers or present a singular attitude to questions of belief or faith. Rather, through the use of words, actions and symbols the Ritual of Remembrance aims to provide an opportunity to reflect, remember and acknowledge your early pregnancy loss. Someone once named pregnancy loss as an unfinished symphony .....“though never come to birth, never living, never dies but continues its creation in the heart of the creator”. (Marjorie Gray)\*

\*Gray, Marjorie in “Human Rites, Worship Resources for an Age of Change”, H.Ward & J.Wild. Mowbray 1995.

## Contact Details

If you have any questions please contact the Pastoral Care Department by phoning us direct on **9340 1036** or via the KEMH switchboard on 9340 2222 and ask for page 3125 or 1294.