

The ones who left
gentle footprints
on our hearts
left stories worth
telling

October 15, 2023
7 p.m.

Order of Service

Prelude

Contemplation - *Renié*

Julia Kay Jamieson, Harpist

Welcome

Rachel Campbell BSN, RNC-OB

Carle Perinatal Grief and Bereavement Liaison

Opening Prayer

Kristin Golden

Carle Spiritual Care

Music

Priere - Delmas

Julia Kay Jamieson, Harpist

Reflection

Cassie Roberts

Bereaved Parent

Meditation

Consolations No. 3 - F Liszt

Julia Kay Jamieson, Harpist

Reading of Names

Lauren Somers, LCSW

Carle Social Work

Closing

Clair de Lune - Debussy

Julia Kay Jamieson, Harpist

PARTICIPATION

Tonight's candlelit service coincides with the International Wave of Light, a worldwide lighting of candles at 7 p.m. to honor the babies we all mourn.

If you are joining us virtually, you are encouraged to safely light a candle wherever you are for your baby or babies.

As we come together to hold space for our babies, we encourage you to take this time to reflect, and to feel the support of our worldwide community who share in this unique grief.

REFLECTION

This is a good time to check in with your grief. Grief after losing a child is lifelong, and evolves over time. It is not something we ever 'get over,' but it becomes a part of us.

Spend some time evaluating what may help you most in your grief at this time, and encourage family and friends to do the same. Maybe you need more support, like counseling or a support group. Maybe you are ready to share your story publicly, which can aid yours and others' grief. Maybe you are ready to find a project to support other bereaved families. You may also be in a place where you need to keep your grief and your story very private, protected from others.

Whatever stage you are in, acknowledge it without judgment, and do what you need to to continue your lifelong healing journey.

I Am Here

Stacey Jo Rumberger

Please don't cry, I am here.
Just look around, I am very near.
I am the prettiest butterfly
Exploring the day.
I am the shiniest star
Showing you my wings glisten from afar.
I am the wind moving your hair
To kiss your cheek.
So please wipe your tears away.
I am here, playing hide 'n seek

SUPPORT

If you are local and looking for support, we recommend reaching out to Empty Arms Ministry Grief Support Group. They can be found on Facebook, or emailed at emptyarms@windsorroad.org. If you have any feedback or questions, please reach out to Rachel Campbell, Perinatal Grief and Bereavement Liaison at Carle at rachel.campbell@carle.com.

LEGACY

If you would like to create a custom paver in the Shining Light Infant Memorial Garden in honor of your baby or babies, please visit carle.org/Giving/infant-memorial-garden-pavers or call Carle Center for Philanthropy at (217) 383-3021.

Some families find healing by supporting other families experiencing perinatal loss, often in the name of their own baby. If this is something that would be meaningful to you, we have several ways for you to impact the lives of other bereaved families:

- You may choose to donate some of the items we use to make keepsakes for families experiencing loss.
- You may choose to sponsor part or all of a garden paver for another family who may not have the means for one.
- You might volunteer to mentor other parents who need extra support after the loss of their baby.
- You might want to make a monetary donation to the Perinatal Bereavement Program to be used for education, the annual memorial service, and specialized equipment and supplies.

All proceeds support the garden and the bereavement program.

To find out how to support our program in any of the ways listed above, please visit the Perinatal Bereavement webpage on Carle.org: [carle.org/ Services/Perinatal-Bereavement-Services](http://carle.org/Services/Perinatal-Bereavement-Services). There you will find links to the paver order form, online donation form, and Amazon wishlist.

Please also don't hesitate to call either Rachel Campbell at (217) 904-7648 or Carle Center for Philanthropy at (217) 383-3021 with any questions.



This event is made possible by generous donations to Carle Center for Philanthropy

