



Art work displayed in Maternity UHNM Trust.

National Day of Reflection



A time to stop and reflect.
23 March 2021

Words of Introduction.

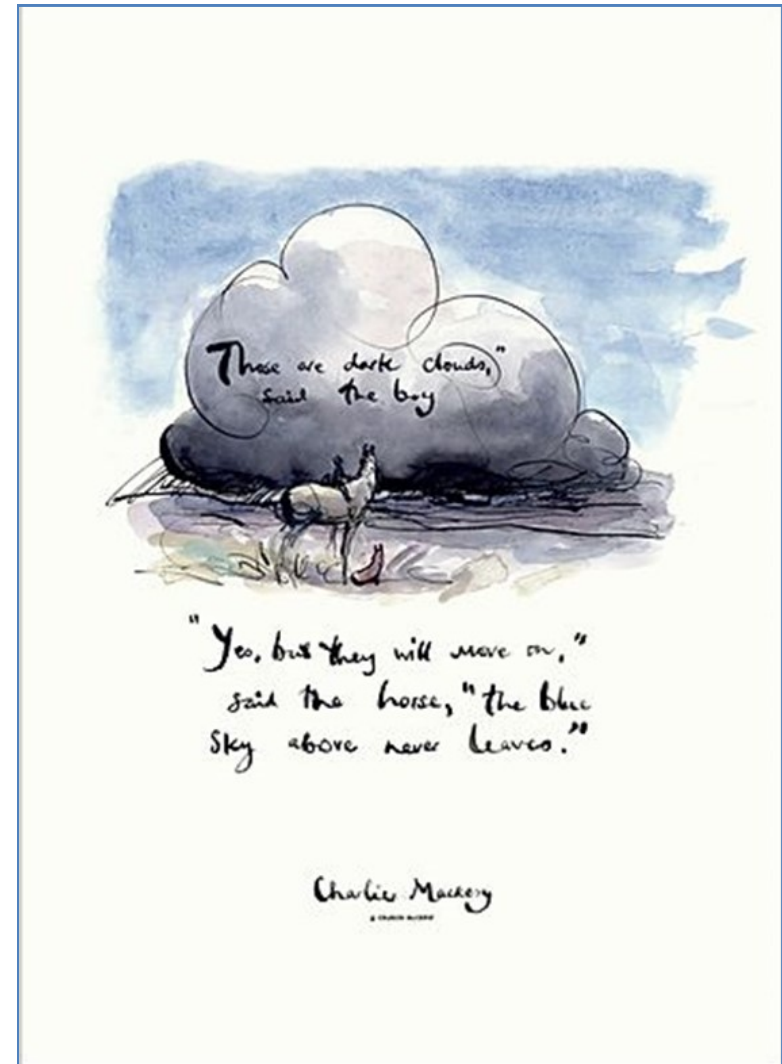
The National Day of Reflection marks the first anniversary of the date that the first lockdown started. Over 3 million people have been bereaved since the first lockdown began.

Behind these statistics, and whatever the cause, every death has been devastating for loved ones. Many of us, sadly, have been amongst the bereaved. Some of us have not been able to hold loved ones' hands as they were dying, properly say goodbye, comfort or even hug one another. We have been unable to mourn as we would in 'normal' times.

Today gives us, the nation and our communities, a moment to remember, grieve and celebrate everyone who has died during this time and to show support for our families, friends and colleagues who are grieving.

This day has been introduced by the Marie Curie Charity and has been developed in partnership with other organisations, like us.

Our reflection will include a minute's silence to remember those who have died. We will also place fresh daffodils, as a symbol of hope, alongside tulips and chrysanthemums, on our contemplation garden trellises to create colourful displays of our commitment to continue to support each other in these tough times, as well as celebrate the innovative and dedicated contributions staff and their families have made to the lives of so many, for which we are so grateful.



Pause for Thought

Care-Together-Love-Hope

Act of Thanksgiving

Expressing our thanks as we place flowers on the trellis.

As we go from here please take a Thank you Bouquet with you.
These are made from Lavender and Heather.



Did you know?

Heather is also called the 'Queen of Winter'.

Heather is known for its strength due to the fact that it can grow in very difficult places.

Similar to other plants and flowers, heather has healing properties.

The purple in your bouquet is lavender, symbolic of respect and admiration.

We Thank you for your care, courage and compassion.

A candle will be lit.

Reflection and Prayer...

- Sharing thoughts about the last 12 months;
- Remembering those who have died;
- Praying for those who care for others;
- Praying for all who are in need;

Let this Darkness be a Bell Tower, by Rainer Maria Rilke.

Quiet friend who has come so far,
Feel how your breathing makes more space around you,
Let this darkness be a bell tower
And you the bell.

As you ring,
What betters you becomes your strength.
Move back and forth into the change.
What is it like, such intensity of pain?
If the drink is bitter, turn yourself into wine.

In this uncontainable night,
Be the mystery at the crossroads of your senses,
The meaning discovered there.
And if the world has ceased to hear you,
Say to the silent earth: I flow
To the rushing water speak: I am.

Sonnets to Orpheus II,29. Translation by Joanna Macy & Anita Burrows.

You can hear the poem read here: <https://onbeing.org/poetry/let-this-darkness-be-a-bell-tower/>

Matthew 11:28-30

'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light'.

Remembering: A minute's silence.

Let us pray.

God of love,

As we think about all that has changed this year, help us to trust that you are always with us.

As we remember those who have died, help us to trust that they are at peace with you.

As we reach out to others with kindness and care, may hope shine out in every heart and home. Amen.

(Church of England prayer)

Father God,

I thank you for your love and mercy.

Thank you for those people who surround us with prayer and care.

Thank you for the circumstances that are part of our life experience and for the way you walk with us through them, giving us strength and peace to believe and trust in you for the future.

We pray for those who are bereaved and ask you to give them a sense of your presence and love that will enable them to cope with their loss.

Help us all to see the value of every life, help us to be individuals that bring healing. In Jesus' name. Amen

(Abridged—written by staff)

A Poem: Together we are linked.

(Abbreviated—written by a staff member's daughter)

We ask that you stop and wait,

And take a moment to think

Of how we are all linked.

Think of those we owe so much praise,

For keeping us safe in so many ways.

For those who helped us at great cost,

And those we have sadly lost.

Poem: When this is all over, by Eddie Readle.

1. When this is all over,

The clouds will all be clear,

Take hold of your loved ones,

Hug and hold them near.

2. When this is all over,

We'll hear the birds sing,

Listen to their melodies,

The joy that they bring.

3. When this is all over,

And the children can play,

Let them be wild and free,

To make up for lost days.

4. When this is all over,

Remember the brave,

Who wore scrubs and gowns,

And the countless they saved.