

Dear Saying Goodbye

I want to thank you for giving my husband, Matthew, and I the chance to say goodbye to our baby at the service in Birmingham Cathedral last weekend. It was such a beautiful service and we were moved, beyond words. Our 11 month old daughter came with us too. Our 4 yr old daughter stayed with her grandparents. Our baby's twin, Harriet, was born still on the 1st December 2011. She hung on until just before the 7 month gestation mark, but eventually she stopped growing. Both girls were delivered by c-section on 1st December, more than 8 weeks after Harriet's heart had stopped beating. I was just over 37 weeks pregnant.

During your service I felt a huge weight lifting off my shoulders. Finally, it was ok to acknowledge Harriet's little life publicly, alongside other people who had also lost babies. It was safe to grieve and to say goodbye. The last year and a half has been so very painful but we are slowly moving forward as a family and working through the grief. My husband spoke with Andy on Sunday and found this a great comfort, so thank you for listening and sharing some of your journey.

I have also sent my story for you to read - This is the first time I have felt strong enough and able to find the words. Your service gave me the strength and the desire to do this.

Reading about Zoe and Andy's personal story, and finding out about the losses of their precious babies has helped me to realise that it is OK to grieve and life does continue, if a little differently. They have found the inner strength to keep going, so I know I can too. I can't express just how important and healing 'Saying Goodbye' is - It is reaching out to so many people and giving them strength, hope and courage. I love the poems, quotes and tweets/facebook posts that you are sharing, please keep them coming! It can make the difference between a bright day and a not-so-bright day.....I'm sure you understand.

Kindest Regards & Thank you

Jessica

