

Dear Saying Goodbye Team

Leading up to the Saying Goodbye service was difficult. After 7 years of trying for a baby and a miscarriage we had finally had our beautiful little miracle. We were the happiest couple in the world.

We had an early scan at 8 weeks, and it was at this scan that we heard the news that completely shook our world and turned it upside down. We had lost our beautiful baby. I had a missed miscarriage.

A friend put me in touch with Saying Goodbye, and on the 8th December we traveled to Bristol for such an important and most special day.

As my husband and I entered Bristol cathedral we were in awe of its complete and utter beauty. It felt so peaceful and calming, it was the most perfect setting to honour our most precious, beautiful babies.

It felt so right to be there, it was so comforting to be amongst other people who know the pain of losing a baby. I knew it was OK to openly cry here, to grieve for the baby I would never hold in my arms. The baby that for 8 weeks, I had loved so much. The emotion I was feeling was immense but I also felt a feeling of peace and love throughout the cathedral.

The whole service was so moving. The poems that were read out were truly beautiful, and each so special, and every song and hymn that was sung and message that was read out was just perfect.

When I walked up with my husband to light a candle for our precious babies, I felt such emotion, my legs felt wobbly, and I remember holding on so tight to my husband's hand. This was such a special moment, I was going to honour my beautiful babies that I had lost. As I lit the candle and stood there saying a little message of love to my babies. I felt completely at peace. That was a very special moment for me, and one that I will never forget.

We rung the handbells in honour of the 2 babies we have lost, and it was beautiful to hear all the bells ringing in the cathedral and to do it alongside parents who know the same pain.

I felt so at peace after the service and I can't imagine a more perfect way to say goodbye, to acknowledge and to remember my very precious babies.

Everything about the service was beautiful. It has helped me to heal, which is so important, and it will always remain a very special day to me.

Saying Goodbye has helped me survive one of the toughest and hardest times that I have ever been through. [The team](#) has been just incredible in providing support when I have felt alone in a very difficult time, and what Zoe and Andy and [The Mariposa Trust](#) are doing to honour lost babies is just truly Amazing!

[The Charity](#) has helped me through the darkest times, and helped me understand that all the feelings I had were completely normal, they have helped me to heal ,to slowly move forward, to slowly feel like me again!

I really can't thank you enough!

Thank you, thank you, thank you, so much for everything that you do and continue to do.

Rachel