

# DEAR ME

*DEAR ME, PLEASE FORGIVE THAT I NEVER GAVE YOU TIME TO PROCESS THE SHOCK OF THE LOSS, AND I RUSHED YOU TO RECOVER. I APOLOGISE THAT I FORCED YOU TO PAINT A FAKE SMILE ON YOUR FACE AND PRETEND TO THE WORLD THAT ALL WAS WELL, WHILST YOUR HEART WAS SILENTLY BREAKING. I'M SORRY THAT WHEN YOUR PULSE WAS POUNDING, AND YOUR BODY SHAKING, I MADE YOU RETURN TO LIFE, AS I BOUGHT INTO THAT LIE THAT I SHOULD APPEAR LIKE I WAS MOVING ON, AND MY WOUNDS WERE HEALED. I HATE THAT THIS RESULTED IN YOU NEEDING TO HIDE IN PUBLIC TOILETS, WEEP IN THE CAR, HAVE PANIC ATTACKS IN SHOPS...YOU NEEDED TIME AND I ROBBED YOU OF THAT. I UNDERSTAND AND REGRET THAT BY ME INSISTING YOU FAKE HAPPINESS, YOU WEPT ENDLESS TEARS IN THE SHOWER, AND THOSE AROUND YOU WERE UNAWARE THAT YOU NEEDED SOMEONE TO DRY YOUR EYES. YOUR LOSS, YOUR PAIN, YOUR HEART CRIES. ALL OF IT DESERVED TO BE HEARD, I AM TRUELY SORRY.*

ZOE CLARK-COATES MBE





# RESOURCES

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[HTTPS://WWW.MARIPOSATRUST.ORG/](https://www.mariposatrust.org/)

[HTTPS://WWW.SANDS.ORG.UK/](https://www.sands.org.uk/)

[HTTPS://WWW.ACHINGARMS.CO.UK/](https://www.achingarms.co.uk/)

[HTTPS://WWW.TOMMYS.ORG/](https://www.tommys.org/)

[HTTPS://CRADLECHARITY.ORG/](https://cradlecharity.org/)

[HTTPS://WWW.MISCARRIAGEASSOCIATION.ORG.UK/](https://www.miscarriageassociation.org.uk/)

[HTTPS://FERTILITYNETWORKUK.ORG/](https://fertilitynetworkuk.org/)



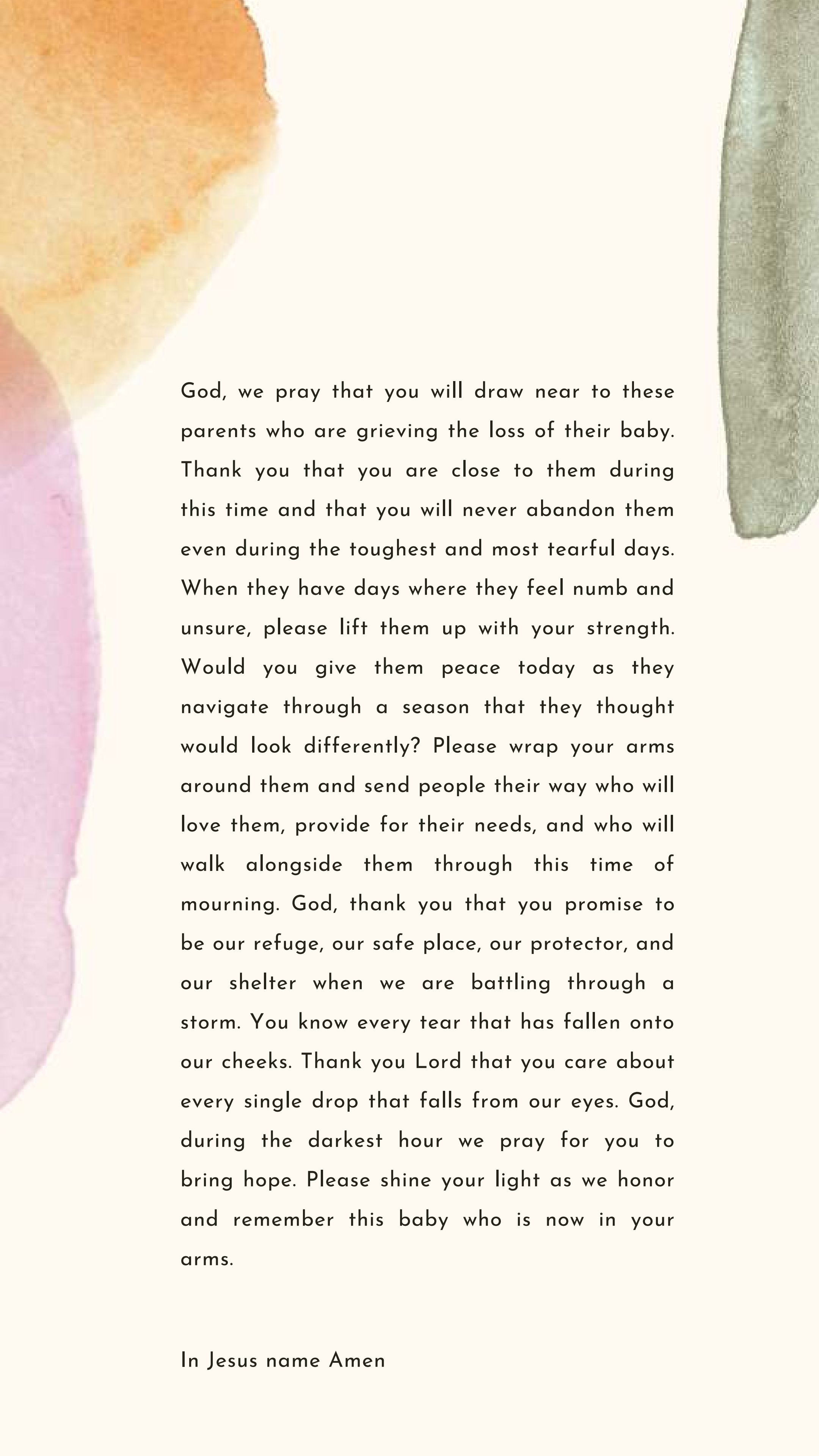


# *Remembered With Love*



*"The Lord is close to the brokenhearted and  
saves those who are crushed in spirit"*

**Psalm 34:18**



God, we pray that you will draw near to these parents who are grieving the loss of their baby. Thank you that you are close to them during this time and that you will never abandon them even during the toughest and most tearful days. When they have days where they feel numb and unsure, please lift them up with your strength. Would you give them peace today as they navigate through a season that they thought would look differently? Please wrap your arms around them and send people their way who will love them, provide for their needs, and who will walk alongside them through this time of mourning. God, thank you that you promise to be our refuge, our safe place, our protector, and our shelter when we are battling through a storm. You know every tear that has fallen onto our cheeks. Thank you Lord that you care about every single drop that falls from our eyes. God, during the darkest hour we pray for you to bring hope. Please shine your light as we honor and remember this baby who is now in your arms.

In Jesus name Amen