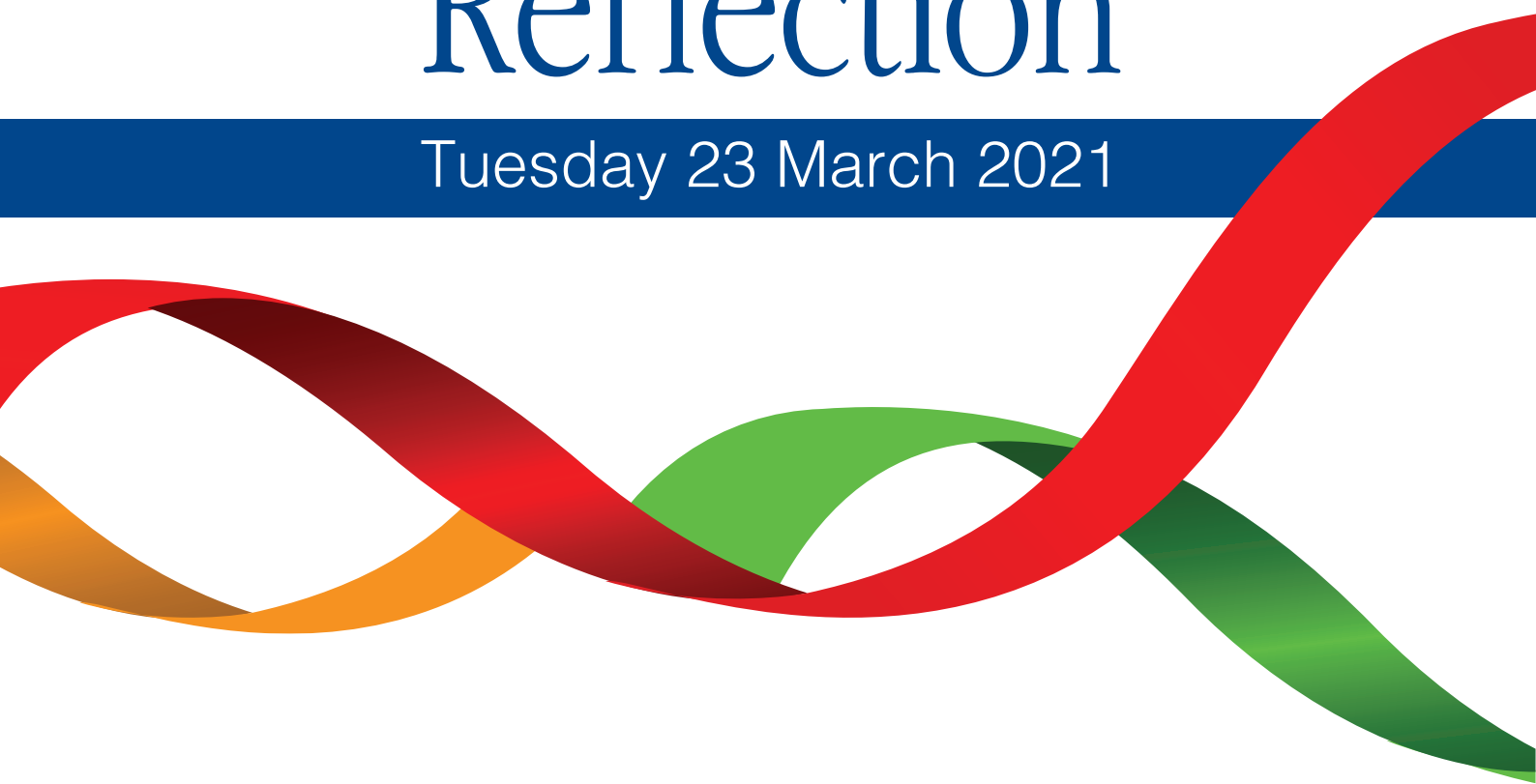


Covid-19: Service *of* Reflection

Tuesday 23 March 2021



We are #TeamUHD

Welcome and introduction: Chaplain

Since the first lockdown began in 2020, too many lives have been cut short and many families have been bereaved.

Behind the statistics every death has been devastating for the people left behind. Today, 23 March, is the first anniversary of the first UK lockdown.

We come together today at University Hospitals Dorset as part of a nationwide day of reflection on our collective loss, especially on the loss of our own colleagues and family members; to support those who've been bereaved, and to hope for a brighter future.

There are still tough times ahead, as the death toll continues to rise, but today also gives us an opportunity to celebrate the extraordinary achievements and progress made against the virus.

Let us take a moment to hear Hussain Manawer's powerful poem in tribute to coronavirus victims.

'Keeping You Alive'

Two Thousand and 20
a year we all had high hopes for
but what happened.
None of us could have predicted.
Our lives changed overnight.
Our movement became restricted.

We met loneliness and isolation.
It's not the same
when you try to be social when you're distant.
And I know there's moments that have passed
Moments that should have been celebrated.
I know every community has sacrificed
Many traditions that are sacred.

I know your pain just doesn't go away
Just because you're hibernated.
And I know there's not a manual
On how you're supposed to grieve when you're isolated.

So if you lost someone you loved
You take the sound of their laugh
and keep it in the depths of your heart
because we are keeping them alive.

You take all the words they spoke
and you wrap them in hope
because we are keeping them alive.

You find all the dreams they wrote
and you hold them close
because we are keeping them alive.

Somewhere deep in my mind
I pray that it is you that I find.
because I have been keeping you alive.

We couldn't be more proud as a nation
of all the key workers
all the NHS staff
We hold you all with courage and admiration.

Thank you for your deeper level of understanding.
Thank you for your bravery and patience.

And now we tie ribbons
for the goodbyes we never got to say.
And we hold you in our hearts
every single time that we pray
because it's the love that we have
that will never fade away.

It's the conversations in isolation
that really save the day.
How we found ways to come together
to help carry each other's pain
because we are keeping you alive.

And in the words of Captain Tom.
'tomorrow will be a good day'.

We now welcome Neal at Christchurch, Debbie at Poole and John at RBH to read a special poem, Some Days.

Some Days

They tell me life's a journey
That will take me many years
Some days are filled with laughter
And some days are filled with tears

Some days I think my heart will break
That I can't persevere
Some days I have to don a mask
And hide beneath its veneer

Some days I turn and look for you
With thoughts I'd like to share
Some days I just can't understand
The reason you're not there

Some days the sadness leaves me
And my smile will reappear
Some days I close my eyes because
Your memory is so clear

Some days I struggle to go on
Just wishing you were near
Most days I spend in gratitude
That you were ever here

There now follows a minute of silence...

We now tie ribbons in memory of our colleagues who have died, and in recognition of all our patients and staff, as a symbol of hope.

Concluding blessing: Chaplain

This evening at 8pm the nation is invited to continue in this day of reflection by lighting up our streets in hope.

So let us conclude this part of our time of reflection with prayer.

A prayer for those who work in healthcare

Restoring and healing God,
Thank you for all who work in Health Care
Embodying sacrificial love in these challenging times
Putting the welfare of others before their own
Comforting the concerned and bereaved
Reassuring the anxious and vulnerable.

We remember all who are working to heal and restore people
who are ill, both on the front line and behind the scenes.

Be their guide, strength, wisdom and hope.

AMEN



Please do add your own ribbons
throughout the week.