

How to mark the “coming to an end” of your fertility journey

Ceremony for discarding embryo/s

This ceremony can be used in its entirety or adapted for when the difficult decision has been made to discard an embryo/s. This can be used whether you have asked for these to be returned to you or not.

I/we would like to honour and acknowledge my/our wonderful embryo/s and what you have brought into our lives.

I/we remember the feeling of relief, excitement and anticipation of what the future could hold for me/us when you were created. I was/We were completely overwhelmed by emotions and a fully encompassing love I/we had never felt before.

You provided me/us with hope which is something I/we will always be grateful for. You were a tiny ray of light that guided me/us through this process, even during the hardest of days. You taught me/us to always hold on to the hope you created and that I/we would make it through this journey.

You instantly found a place in my/our heart/s, and one which will never be replaced. You are a part of who I/we am/are. Although you were never a life I/we could hold in my/our arms, you are always a life I/we will hold in my/our heart/s.

Poem to be read upon completion

You will never know the touch of my love as I hold your tiny hands.

You will never know the warmth of my skin as I kiss your tiny lips.

You will never know the fullness of my love as I cuddle your tiny body.

But while I carried you in my heart, I felt your warmth and fullness.

And I will always know your touch,

As you touched my heart, and I will carry you with me always.