



## CEREMONIES OF REMEMBRANCE

Holidays can be a difficult time when you're grieving a loved one. It may help to establish holiday ceremonies to help heal your grief. On the other side of this card are a few ideas to start your remembrance ceremonies.

## **Candle Lighting**

Dedicate a candle to your loved one to light on special occasions such as holidays and anniversaries. You may want to say a short prayer as you light it and when you extinguish it.

## **Wear a Reminder**

Wear your loved one's favorite color in memory. Wear a special ring, scarf, necklace, or clothing that would bring a sense of closeness.

## **Plant a Tree**

Plant a tree or shrub in memory of your loved one. On significant anniversaries, you could invite close friends and family to share memories about your loved one around the tree.

## **Write Letters**

Write a personal letter to your loved one to say everything you would say in person. Let your heart write the letter and when the time is right burn the letter and let the smoke carry the message.

## **Create a Shadowbox**

Create a small memorial of your loved one with your family. Allow each family member to put dedicated items in the box. You may wish to engrave the box with the name, birthday, or date of death of your loved one.

## **Salute at Mealtime**

At mealtimes, offer a salute to your loved one. You may want to say, "I still love you; I have not forgotten."

