

Remembering the Departed

Here are some ways to remember and honor lost loved ones.

- Collecting stories from others - Whether you have family and friends living close to you or far away, their stories and remembrances of your loved one(s) will be invaluable.
 - Story Circles
 - Asking for Stories
- Collecting your own memories - There are many ways you can preserve the memories you have of your loved one(s) - here are some ideas to spark your memories.
 - Photo Journaling
 - Writing Your Stories
 - Memory Journals
- Put together a Memory Box with items that remind you of some of the special stories and memories you have of your loved one(s).
- Reminisce about the fun times. Remember the laughter.
- Donate a gift in memory of the lost loved one(s).
- On special occasions--birthdays, anniversaries, holidays--buy a gift in memory of the lost loved one(s) and donate it.
- Light a special candle on Birthdays, Anniversaries and Holidays.
- Buy a special ornament to hang on the Christmas tree.
- Fill a Christmas stocking with notes to the lost loved one.
- Donate your time to helping the hungry, the homeless, and/or others less fortunate during the Holidays and other times in honor of your loved one(s).
- Plant a tree, a bush, a flower in a loved one's name.