

Rituals for Holidays & Special Days

Holidays, birthdays, and other special days are usually times for being with those important people in our lives, and remembering those we have lost.

Below are some ideas that may help you to make the remembering even more significant.

- ❖ Donate money in your loved one's name. Or do something for others: feed the hungry, read to a child, provide a needy family with gifts, deliver baskets to seniors.
- ❖ Create a service of your own.
- ❖ Have a birthday, anniversary, or holiday party for your loved one. Invite family and friends to share a special memory, with music and candles. Make your loved one's favorite food.
- ❖ Visit a place your loved one enjoyed going to (a particular restaurant, the mountains, etc.).
- ❖ Make or buy an ornament that symbolizes the person who died.
- ❖ Buy flowers for your place of worship in memory of your loved one.
- ❖ Visit the gravesite or create a special place to remember your loved one.
- ❖ Plant a tree or rosebush in their honor.
- ❖ Prepare a special meal that your loved one would have enjoyed, and have people over to share it.
- ❖ Make a memory box and place it on the holiday table so each person at the meal may share a good memory.
- ❖ Write a story or poem about the person who died and share it with friends or family.
- ❖ Express your grief through artwork, have a quilt made from old ties or t-shirts; create a drawing or collage reflecting your loved one. Make a bench out of old skis or snowboards.
- ❖ Buy a gift for yourself or others that your loved one would want you to have.
- ❖ Write down your reflections of the past year and hopes for the New Year.
- ❖ Hang a stocking for your loved one, and have everyone put a message inside.



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