**A Memorial Ceremony**

This is a memorial ritual to honor your loved ones who have passed on. You will need four candles. It’s great to do at a family gathering to acknowledge and include the loved ones, who have died, in celebration. Different family members can light a candle while others share the words below. I hope it touches your heart as it has mine.

 *As we light these four candles in honor of you, we light one for our grief, one for our courage, one for our memories, and one for love.*

1. ***This candle represents our grief. The pain of losing you is intense. It reminds us of the depth of our love for you.***
2. ***This candle represents our courage - to confront our sorrow - to comfort each other - to change our lives.***
3. ***This candle is in your memory - the times we laughed, the times we cried - the times we were angry at each other - the silly things you did - the caring and joy you gave us.***
4. ***This light is the light of love. As we celebrate this holiday together we cherish the special place in our hearts that will always be reserved for you. We thank you for the gift your living brought to each of us. We love you.***

\*FEEL FREE TO INCORPORATE THIS INTO YOUR OWN RITUAL OF REMEMBRANCE

(Original author unknown)

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1. What is your plan for the holiday, anniversary, or upcoming event?
2. What are your back up plans?
3. Plan A:
4. Plan B:
5. Who will your discuss your plan with?

We want to thank you for attending this presentation, and wish you a safe and happy holiday.