

## Suggestions for New Rituals



Honor your loved one with a special holiday gift.	Choose an ornament representing your loved one.
	Choose a photograph from a past special Christmas.
	Decorate a tree for your yard or the cemetery in honor of your loved one.
	Place a flower somewhere in remembrance.
	Offer a scholarship in honor of your loved one.
	Contribute to a flower fund in Church in honor of your loved one.
	Hang a stocking in honor of your loved one. Put messages from the loved ones gathered for the person you miss.
	Write a letter to your loved one.
	Give a charitable contribution in honor of our loved one.
	Create a small remembrance area in your home in honor of your loved one.
	In a place of worship, remember your loved one.
Honor your loved one with a ritual of remembrance	Establish a place at the table in honor of your loved one.
	Start your Christmas dinner with a moment to remember your loved one.
	Play a special song in honor of your loved one.
	Have a candle lighting ceremony in honor of your loved one.
	Have everyone share a favorite memory of your loved one after the meal.
	Have a balloon release ceremony in honor of your loved one.

	Volunteer to help feed the homeless in honor of your loved one.
	Attend an event reminiscent of your loved one. (Concerts; football games, etc.)
	Attend a Celebration of Life memorial
	Play a song in honor of your loved one.
	Have people place a flower in a centerpiece in honor of your loved one
	Have a stocking for your loved one. Guests can bring a small gift to honor the loved ones.
Honor yourself with some special activities	Write a brief history of the ups and downs you have experienced this past year. Keep it to read next year.
	Buy a gift for yourself, which could have some connection with your loved one.
	Connect to the spiritual in a way that reflects your religious traditions