

GRIEF RITUALS

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The value of creating "grief rituals" is to help us REMEMBER our loved ones in loving, healing ways and with a sense of peace. Too often, bereaved individuals feel they must "hold on" to pain, seemingly forever, in order to remember those they love. Some examples of rituals are listed below.

REMEMBER: It is important for you to create a ritual yourself or together with your family that will have the most meaning and healing significance to you and those you love.

- Buy a very special candle and light it at times that are special to your loved one's memory (i.e., birthday, father or mother's day, anniversaries, etc.).
- Help feed the hungry/homeless at thanksgiving, holidays, etc.
- Create a scrapbook of memories/photos...a memory book.
- Donate gifts, quilts, etc. in loved one's name.
- Plant a strong, healthy tree or rosebush in loved one's name.
- Offer a scholarship in loved one's name.
- On birthdays, holidays, anniversaries, etc., buy your loved one a gift and donate it to a hospital, nursing home, etc.
- Hang a Christmas stocking up for a loved one and have everyone write a special note to put inside.
- Buy a Christmas ornament each year to remember your loved one.
- If you go on a trip at a special anniversary time, do something special to remember your loved one on the trip (i.e. toss a rose in the ocean, light a candle).
- Have a wedding ring made into a new setting for a necklace, etc.
- Have a birthday party for your loved one on their birthday.
- Have a family "memory" evening where you share pictures, reminisce about special times, create a scrapbook of memories, etc.