



# Grieving and Remembering at Home

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WHILE SHELTERING AT HOME DURING COVID-19

PREPARED BY SUSIE HENDERSON

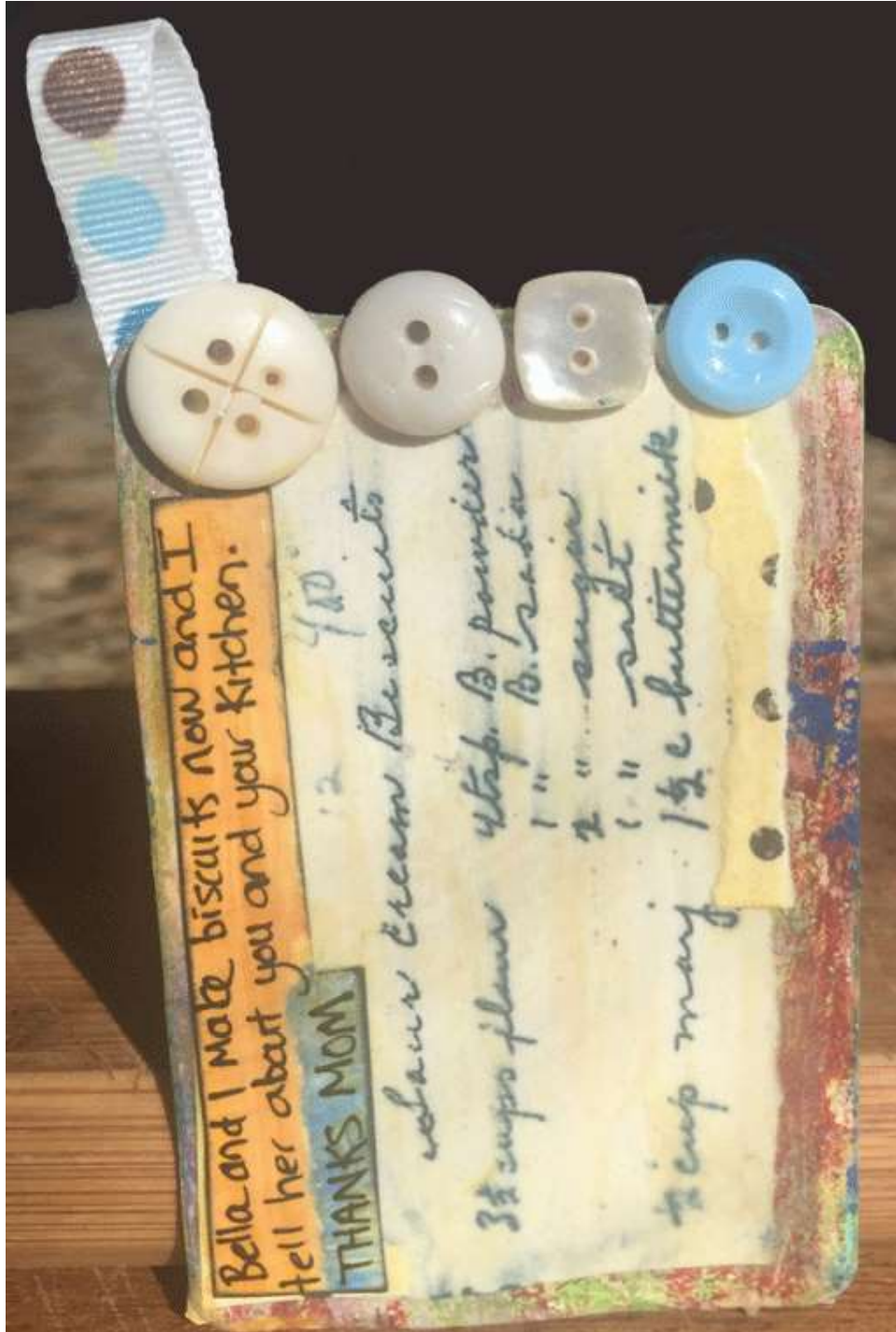


# Tell the Stories

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AN ONLINE TIME FOR STORYTELLING WHERE EACH PERSON TAKES A TURN TO SHARE AND OTHERS LISTEN WITHOUT INTERRUPTION. RECORD THE SESSION AND USE IT TO INFORM A REFLECTION AT A FUTURE MEMORIAL SERVICE.

Photo: Susie Henderson no permission needed to re-use



# Share Food

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EXCHANGE AND ENJOY A FAVORITE RECIPE AMONG HOUSEHOLDS. INCLUDE AS MUCH OF THE STORY AS YOU CAN ABOUT THE DISH. OR CONNECT WITH SOMEONE WHO IS GRIEVING AT MEALTIME AND EAT TOGETHER.





# Share Music

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SHARE A MEMORIAL PLAYLIST ON YOUTUBE OR SPOTIFY. HOW TO CREATE A PLAYLIST ON [YOUTUBE](#) ON [SPOTIFY](#). [LONG BEFORE THE NIGHT](#) (PICTURED LEFT IS POSTED BY LIVING PRESENCE MINISTRY ON YOUTUBE.

Photo: screen shot YouTube





# Sacred Space

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INSIDE: CREATE A MEMORIAL ALTAR -- A PLACE TO PRAY, SHED TEARS, REMEMBER SACRED TEXTS, REMIND YOURSELF OF DIVINE PRESENCE. COULD INCLUDE: PICTURES, FLOWERS, CANDLES, PERSONAL ITEMS – I.E. GARDENING GLOVES, GUITAR PICK, KNITTING NEEDLES, BINOCULARS, ETC.

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# Sacred Space

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OUTSIDE: CREATE A SPACE TO HONOUR THE PERSON AND YOUR GRIEVING BY CREATING AN EARTH ALTAR. TAKE A MINDFUL WANDERING WALK, COLLECT WHAT SPEAKS TO YOU, ARRANGE IT, OFFER IT AND THEN LEAVE IT. [WWW.MORNINGALTARS.COM](http://WWW.MORNINGALTARS.COM)

Photo: Morning Altars, used with permission



# Legacy

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FIND A WAY TO CARRY MEMORY FORWARD. PLANT A TREE OR A PERENNIAL. DONATE TO SOMETHING THAT WAS DEAR TO YOUR LOVED ONE. TAKE UP A CREATIVE PROJECT LIKE A SCRAPBOOK OR MEMORY CARDS. SUSIE'S EXAMPLE [ARTFULACTSOFMEMORY.WORDPRESS.COM/](http://ARTFULACTSOFMEMORY.WORDPRESS.COM/)

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There's no easy way  
to do this  
So do it right:  
Weep, laugh, watch,  
pray, love, live,  
give thanks  
and praise,  
comfort, mend,  
honour and  
remember.

∞ THOMAS LYNCH

Photo: White Orchids, pexels.com