

Inheritance of Hope

Community This Holiday Season

The Inheritance of Hope family is here and eager to continue walking with you. Visit InheritanceOfHope.org to learn more!



Hope@Home™ Groups

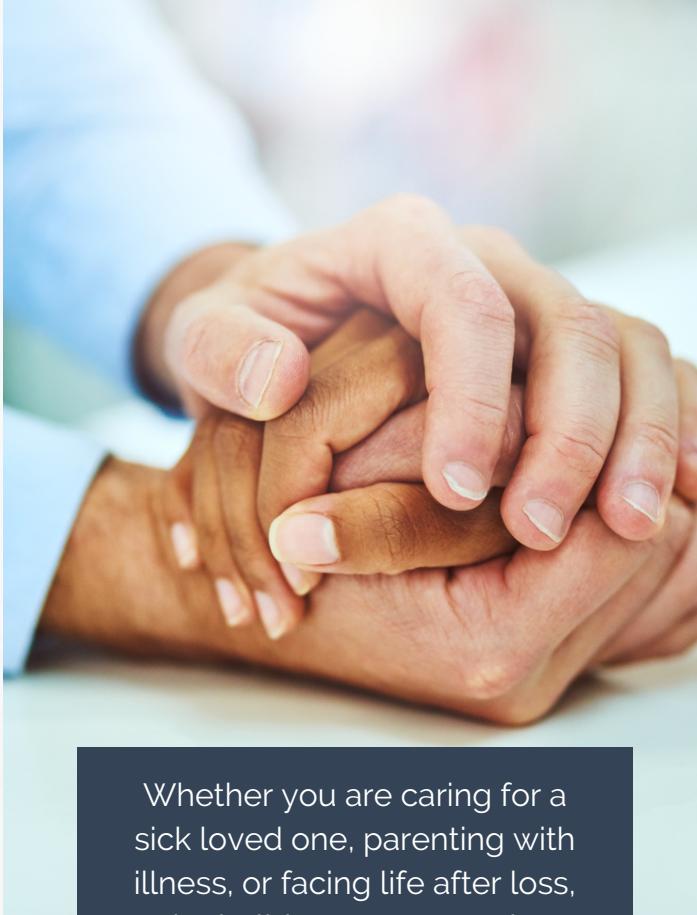
Online, ongoing throughout the week

There is a group for every member of the family. Join from the comfort of home and instantly connect with a community who "gets it".

Hope Hub™

Monthly in-person gatherings

Come check out our in-person community of care for our local gatherings in certain states.



Whether you are caring for a sick loved one, parenting with illness, or facing life after loss, the holiday season can be challenging for many reasons. Your Inheritance of Hope family is here for you and we love you!

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13



Hope
Through the
Holidays

InheritanceOfHope.org

Holidays Look Different There is Still Hope

There are no rules for navigating the holidays through illness or grief. Here are a few tips that will inspire hope and health for you and your family.

Hope in Supporting Children

- **Create space** away from busy gatherings to check-in and see how they're doing.
- **Keep the conversation open** about how they are feeling and allow time to talk about favorite memories, missing special moments or traditions, and sharing new ideas for family traditions they might be interested in.
- **Allow children to find creative ways to express their grief.** Create a special art project or holiday ornament in honor of a loved one.

Hope in Illness

- **Give yourself permission** to take a break from the crowd, take a nap or a walk, invite a friend over to help you gift wrap or tackle another "holiday to-do" while enjoying time to chat, etc.
- **Be gentle with yourself.** Don't set unattainable expectations, but prepare yourself for whatever comes. Remember, being together making memories with the ones you love matters most.
- **Remember the basics:** healthy food, exercise and sleep.



Hope in Life After Loss

- **Create boundaries with your time.** You may show up late to a holiday party, you may leave early - give yourself room to grieve and decide when the time comes how you will participate.
- **Let yourself say NO.** Some activities might be too painful or bring a flood of memories. It's OK to change your plans and let yourself grieve.
- **It's OK to be sad & it's OK to be happy.** You don't have to love the holiday season. Things have changed and it may feel very different without your loved one. The tug-of-war of emotions is normal.
- **Look for an opportunity to serve others.** Inspire hope and help a neighbor put up lights, shovel snow, serve at a soup kitchen.
- **Honor precious moments.** Your traditions and routines have now changed. Honor that! Hold on to the traditions that work for you and consider new ones that may become part of your holidays. Allow your family to honor the past, celebrate the present, and dream for the future.
- **Keep communication open.** One minute you may feel like being with the group, the next you may feel like being alone. (Your children may feel this way, too!) If you are comfortable, let others know how you're feeling and if it's OK to talk about your loved and you enjoy hearing their stories and memories.

Build Your Family Legacy Making Family Traditions

Holidays hold many expectations and dealing with illness or loss can make it all the more complex. Try to hold holiday expectation loosely. Those silly faces captured in photos or the crooked ornaments on the tree are a reminder of the loved ones around you and the special memories you are making. Have grace, savor the moment and enjoy the laughs!

Here are some fun family traditions to try:

- Game/Movie Night in holiday pajamas
- Neighborhood caroling followed by a hot cocoa bar
- Work on a family puzzle throughout December
- Make a family video Christmas greeting
- Empty coin jars/piggy banks and buy Christmas gifts/food donations for a local charity
- Bake cookies/make cards for neighbors & friends

