



The love you have for your loved one is an unending love.

This holiday season, though the memories can evoke deep grief, may you also experience an even deeper affirmation of the continued bond and the hope for beautiful things to come. You are loved. You are seen.

LEGACY OF LOVE - HOLIDAY REMEMBRANCE ACTIVITIES

- Make your loved one's favorite food.
- Put a memory or note in their stocking.
- Listen (or dance!) to their favorite songs.
- Volunteer or give to a cause your loved one was passionate about.
- Write down your favorite memories of your loved one on a table runner or place them in a memory jar.
- Set a place for your loved one at the dinner table.
- Wear their favorite color.
- Read their favorite book or play their favorite game
- Look at photos of your favorite memories.
- Visit or spend time in a place your loved one enjoyed
- Try a favorite hobby they enjoyed.
- Frame your favorite photo of your loved one and put it in a prominent spot in your home.
- Work on a puzzle that reminds you of your loved one.
- Find a candle or flower with a favorite scent that reminds you of them.
- Write memories of your loved one on small strips of paper. Make a garland from the loops and hang it on your Christmas tree.
- Make an ornament or tree topper in their honor.

A PRAYER FOR THE HOLIDAY FROM "EVERY MOMENT HOLY"

Though holidays might be hard day, O God,
by the movement of your mercies may they also
become holy days, teaching me again and again to
entrust you to my many griefs,
as often as the unavoidable days
uncover and reveal them.

For if I must endure their repetition-
and I know that I must- then let the hurts
tendered by this day's arrival become as the annual
planting of seeds of sorrow that- tended by your Spirit
and watered by my tears - would bloom into harvests
of eternal hope.

Indeed let me learn, year-by-year, O Lord,
how this long pain might be transformed into the
groanings of faith actively yearning toward a glorious
and certain resurrection.

And today let me learn again how your grace will be
always sufficient to my need;
your comfort sufficient to my sorrow;
your presence sufficient to my loss.



From "A Comforted Heart" by Kelly Grosklags

THE THREE WICK CANDLE - *remembering*

We light the first candle to remember the PAST.
To honor memories we share and your legacy, we ask for the strength as we remember you.

We light the next candle to remember the PRESENT.
We ask for comfort and healing as we miss you. Please give us strength as we live now without your presence.

We light the last candle to remember the FUTURE.
To honor the connection and love we will always share, we ask for the strength to face the unknown without you.

CANDLE LIGHTING OF REMEMBRANCE

Light a candle and [play this video](#) to remember those we lost- their legacy lives on and we hold space for them in our lives.

"God knows that you need my hug and my kiss, so he send signs of love you wont want to miss..."

A HUG FROM HEAVEN,
BY ANNA WHISTON-DONALDSON

There is support for you!

Connect with a community who "get it" with one click of a button through our weekly online Hope@Home™ Groups.

Life After Loss

For young families who experienced the loss of a parent due to terminal illness- Wednesdays at 8pm ET.

Kids Life After Loss

For children who experienced the loss of a parent due to terminal illness- 2nd Thursday at 7pm ET.

Other Groups

A group open to everyone to join- Friday Gatherings at 10am ET or a "Just Show Up" Book Club on Wednesdays at 11am ET. Join for a time of connection and encouragement.

[Register at InheritanceOfHope.org/HopeAtHome](https://InheritanceOfHope.org/HopeAtHome)

