



# Commemorate...your loved one

Use this list of ideas to help your family commemorate your loved one during the holidays.

- ◆ Make a special toast at Thanksgiving and Christmas
- ◆ Light a candle
- ◆ Create a new ritual of remembrance by sharing your favorite attributes and stories about your loved one in the Memory Jar from Hansen-Spear
- ◆ Dedicate a prayer
- ◆ Have a mass said in his or her memory
- ◆ Plan to go around the dinner table with each person sharing a special story of or fond moment
- ◆ Leave a chair empty at the table, possibly drape it with a clothing item, place a flower or personal item at the place setting area
- ◆ Have the table prayer in front of the empty chair
- ◆ Wrap a present for your loved one and give it to someone in need
- ◆ Hang a special ornament in memory
- ◆ Write a note each day of advent
- ◆ Hang a wreath at the graveside, on your door, or in your house
- ◆ Ring bells
- ◆ Have a moment of silence at the table to give thanks for your loved one.
- ◆ Make his or her special food, possibly share it with others noting its connection to your loved one.
- ◆ Plant a tree or bush
- ◆ Donate to a charity
- ◆ Hang a special stocking
- ◆ Decorate with old photos
- ◆ Give a present to your loved one's caregivers with your loved one's picture on the note
- ◆ Post a memory online
- ◆ If you are alone, call your priest or minister and share a memory
- ◆ Invite someone over to share a toast
- ◆ Blow a horn on New Year's Eve—it does not have to be at midnight



## Holiday Help Event 2020

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