



Creative Life Rituals

1. Journal
2. Write a biography
3. Photo Album with stories
4. Video Interview
5. Letters on landmark occasions (Birthdays, Holidays, New Years, Major Life Events)
6. Scrapbooking
7. Family Tree/Genogram
8. Email, Facebook
9. Document traditions (Birthdays, Holidays, Family events)
10. Garden plot
11. Toasts for family/friend occasions
12. Annual Tree ornament
13. E-mails
14. Wedding gift
15. Place at the table for special occasions, Toasts to departed
16. Craft or skill—quilts, cutting boards
17. Light a candle—anniversary dates
18. Gifting of family heirlooms or keepsakes, ie. Tea cups, ornaments, collections
19. Reunions
20. Remembrances in special places
21. Bible with special passages underlined
22. Record family sayings, special nicknames, slogans, favorite quotes
23. Field trips to important places of remembrance
24. Treasure hunt for special items
25. Notes on special items to the recipient
26. Interesting fact of life during deceased's lifetime



WHAT IT TAKES TO GET STARTED?

1. Create ritual/rituals
2. Be Messy
3. Be on the lookout for ideas
4. Keep a pen and paper handy
5. Don't fret about organization

(Elizabeth Andrew, "Writing the Sacred Journey")

HOW CAN WE SUSTAIN IT?

1. Find the right medium
2. Make it a ritual
3. Set aside a time/Put it on your calendar
4. Find a partner/group
5. Share the experience with a kid
6. Be Prepared
7. Stand in Awe