

## HEALING GRIEF RITUALS

The value of creating “Grief Rituals” is to help us remember our loved one in loving, healing ways and with a sense of peace. Too often, bereaved people feel they must “hold on” to pain, seemingly forever, in order to remember those they love. Some examples of rituals are listed below. You can experiment, to create a ritual individually, or with family, that will have meaning and healing significance to you.

Buy a candle and light it at times that are special to your loved one’s memory, i.e. birthday, anniversary, etc.

Write a note, put it in a balloon and let it go.

Help feed the hungry/homeless at holidays.

Create a scrapbook of memories/photos.

Donate gifts or *tzedakah* in a loved one’s name.

Plant a tree/bush in a loved one’s name.

Find a tree in the woods, tie a ribbon around it and go frequently to remember. Having a special place, tree, bench, etc. can be especially helpful when ashes have been scattered and there is no gravesite.

Create a scholarship in your loved one’s name.

On birthdays or anniversaries, buy your loved one a gift and donate it to a hospital, nursing home, etc.

Have a wedding ring made into a new setting for a necklace.

Have a birthday party for your loved one on his/her birthday.

Have a family “memory” evening. Share pictures, reminisce, tell stories.

Study Torah in your loved one’s honor, or read something your loved one found meaningful.

Do a *mitzvah* or volunteer work in a loved one’s memory, perhaps doing something that was important or enjoyable to them.