



HEALING GRIEF RITUALS

The value of creating “Grief Rituals” is to help us remember a person who died in loving, healing ways and with a sense of peace. Some examples of rituals are listed below. It can be a comfort to create a ritual individually, or with family or community, that will have meaning and healing significance.

- Buy a candle and light it at times that are special to your loved one’s memory, i.e. birthday, anniversary, etc.
- Write letters to the person who died.
- Help feed the hungry/homeless at holidays or on days that were important to your loved one.
- Create a scrapbook of memories/photos.
- Donate gifts or *tzedakah* in the person’s name.
- Plant a tree/bush in the person’s name.
- Find a special place, a tree, or bench, and go frequently to remember. This is especially helpful when there is no gravesite.
- Create a scholarship in your loved one’s name.
- Study Torah in the person’s honor, or read something they found meaningful
- Do volunteer work in a loved one’s memory, perhaps doing something they enjoyed or a *mitzvah* that was important to them.