



**centrica™**  
GRIEF SUPPORT

# Commemoration to Honor and Remember

We have included some suggestions and ideas to honor your loved one. Some ideas may appeal to you and some may not. You can take these suggestions and create your own special way to remember your loved one.

- Journaling** Record stories and memories as they are being shared throughout the week or at a special gathering or holidays.
- Memory book** Use pictures and other special items to create a memory book for loved ones to review.
- Gifts** Give a gift in memory of your loved one to a charity, church or organization that was significant to your loved one.
- Write a letter** There may be some things you would like to say to your loved one. Write your thoughts and feelings down in a letter. It can be read to someone else, read at a special place or kept to yourself.
- Special dinner** Prepare favorite food items of your loved one and serve at gatherings or holidays.
- Candles** Light a candle to remember your loved one on special occasions and holidays or just because. Family members or friends can also talk about a special memory or have a moment of silence when lighting the candle.
- Garden** Plant a garden with your loved one's favorite flowers, shrubs or trees. Special stones or figures can also be placed in a garden in remembrance of your loved one.
- Spend time with others** Do activities your loved one used to enjoy. For example: listen to music, explore nature, cook a special meal, tell stories, or just enjoy the time together.
- Memory box** Fill a special box or container with memorabilia and/or pictures of your loved one.
- Cookbook** Collect favorite recipes from family and friends that your loved one used to prepare and include in a cookbook.
- Quilt/Stuffed animals** Use your loved one's clothing to make a quilt or teddy bear/stuffed animal.
- Visit the cemetery** Take flowers, cards, letters, or other memorabilia to the cemetery or special place.