

Examples of Rituals and Memorializations Others Have Used

- Designing a detailed obituary for the newspaper
- Designing a Christmas letter with a photo collage of the deceased, beginning at the top with photos of him as a child and moving chronologically through his life. (What was particularly interesting was that as a child all the photos were in black and white, so that as you moved visually down the page, things became richer and more vibrant, just as they said in the letter, his life did.)
- Printing negatives of photos taken by the deceased. Combining them with a letter he wrote and making a photographic exhibit
- Designing a personalized headstone for the grave
- Writing a poem or written tribute to be given to friends and families
- Creating a memorial service or party for an anniversary or birthday including the deceased's favorite music and things
- A memorial quilt
- Donating a park handicap access ramp in their name
- Starting a scholarship fund or a making a contribution to an existing fund
- Sponsoring birds at a bird rehabilitation center
- Planting a garden in a public place or nursing home
- Donating one day a month of service to children, the homeless, or another group
- Creating a rose garden in the backyard. Putting a new rock in the garden on every anniversary
- Lighting a candle whenever the person is missed and going through family photo albums together
- Writing letters to the deceased to tell them about what's been going on in the family
- Sponsoring an overseas foster child

- One mother who lost a baby had decorated the baby's room with Winnie the Pooh items. When the baby was stillborn, she tattooed a small Winnie the Pooh on her arm.

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