



The Cremation Memorial Service

Coming together to pay tribute to your loved one is a never-to-be-forgotten time of remembrance and celebration.

A cremation memorial service will help to reinforce the emotional and social connections between all who are left behind. It provides them with time to share treasured memories, laughter, and tears while finding valuable support in one another's presence. Here are some suggestions for a meaningful cremation memorial service:

1. Pick a time and place for this event. Because your loved one's cremation memorial service can happen days, weeks, or months after their passing, you can take all the time you need to make the event exactly as you want it to be. It can be held in any number of locations including a local park, your church, a local social center or other facility.

2. Create the ceremony structure. The flexibility built into the idea of a cremation memorial service means that you can really personalize the event. Of course, the ceremony can include the traditional music, flowers and candles, or it can be something

altogether different. One family we know held a dance in honor of their daughter; at another ceremony and because their grandmother loved Hawaii, everyone was invited to wear colorful clothing to a luau feast.

3. Always give voice to your sorrow and gratitude. While we often have moments of silence in honor of someone, silence doesn't necessarily heal broken hearts. Ceremony is all about speaking of your loss, sharing your feelings, and reaching out for comfort from others. Invite each participant to speak but never force the issue. If they're not ready to share, so be it. It may take time for them to find the right words.

Setting aside a time to remember and honor your loved one is a big step toward healthy healing. If you would like help in planning a cremation memorial service for your loved one, please know that we are here to assist you.