

Marking The Anniversary of A Death

Just as each loss is very unique, so too how we mark this passage of time varies with the individual. What matters is marking this time, in any way which fits and feels right for YOU.

1. **INVITE A CLOSE FRIEND FOR DINNER.** Speak to that person about your loved one. Talk about your feelings, what you have learned in the past year and/or what you would like to learn in the new year.
2. **LIGHT A CANDLE.** Have some quiet time “to be in touch” with your loved one, sending your heart thoughts.
3. **GO TO THE CEMETARY OR A QUIET SPOT OUTSIDE.** Be with your loved one.
4. **PLANT A FLOWER IN A GARDEN.** Make a donation to a cause. Mark their presence by making life more beautiful, bringing healing to the world in new ways.
5. **JOURNAL.**