

# RITUALS FROM HOME

By Mike Henderson

## RITUALS FROM HOME

Funerals, celebrations of life, burials and other rituals are common ways to honour and say goodbye to a person who has died. Due to the COVID-19 pandemic, these rituals and ceremonies are not able to be held. Here are some ways you are able to honour the life of the person who has died from your home.

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## HOW TO PREPARE

Even though the ceremony or rituals will be performed from home, many of the same aspects can still be included.

- Gather any readings that you wish to read
- Select pieces of music that are meaningful to you
- Choose a date and time for the ceremony or ritual
- Notify friends and family of the home ceremony and how they can join in virtually

## THE RITUAL/CEREMONY

- Gather by yourself, or with your household, set up the virtual platform if you're using one (Skype, Zoom, etc.)
- Listen to a piece of music that you selected
- Choose someone to read the readings
- Share memories together as a group or if you are alone, you could write stories and memories in a journal
- Say thank you for being fortunate enough to have experienced life together
- Say goodbye to the person who died
- Listen to another piece of music
- Add whatever else you would like to do during the ritual or ceremony

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Grief only exists where love lived first. – *Franchesca Cox*