## A HOLIDAY MEMORIAL



A holiday wreath is a traditional part of Christmas in most homes. It is a simple wreath, usually of fresh greens in which you can place four candles. The wreath may be placed on any table or fireplace mantel. As you light each candle this year, you may create a new ritual which will become a lasting tradition for Thanksgiving and Christmas. We hope this memorial will help you include your loved one in celebration.

As we light these four candles in honor of you, we light one for our grief, one for our courage, one for our memories and one for our love.

This candle represents our grief, the pain of losing you is intense. It reminds us of the depth of our love for you.

This candle represents our courage – to confront our sorrow – to comfort each other – to change our lives.

This candle is in your memory – the time we laughed and the times we cried – the times we were angry with each other – the silly things you did, the caring and joy you gave us.

This candle is the light of love. As we enter this holiday season, day by day we cherish the special place in our hearts that will always be reserved for you. We thank you for the gift your living brought to each of us. We love you.

Source: Ethel Bucek, West Michigan Survivors of Suicide