



Season of **REMEMBERING**

Ways to Remember

Candles

An opportunity to light candles in a church, community building or outside in a park or churchyard can be powerful, effective and appreciated. The tangible act of lighting a candle, bringing light and leaving it burning after we have walked away, can be very comforting. LED candles outside in the shape of a cross could become a piece of temporary community art.

For those who can't get to a church or community space to light a candle there are virtual alternatives [Light a candle to remember someone | The Church of England](#)

Ring of Bells

Some churches and communities have rung bells to remember those who have died. Harking back to times of national prayer, the ringing of a bell to mark the passing of someone and them being missed can be powerful and comforting.

Soul Cakes

In medieval times soul cakes (spiced, fruited, round shortbread style biscuits marked with a cross) were given out at All-Souls to the loved ones of those who had died over the last year. Trick or treating has its origins in this tradition and there are recipes on the internet! You might like to hand

out bags of biscuits in your community with a tag invitation to a remembrance event.

Light Beams of Hope

Some churches have used beams of light from torches, and floodlights to create beams of hope in their churchyards and community spaces. Sometimes the lights are specific colours. A lit up church tower or building can comfort and inspire hope to those who walk/drive past and creates a community focus for remembrance.

Field of Memories

Some churches/communities have used little wooden crosses and invited people to write on them the names of those they have loved and lost. These are then temporarily put into the ground to create a memorial garden.

Memory Tree

Some communities have identified a local tree e.g. in a park or churchyard as a memory tree and invited people to tie a ribbon to a branch to remember a loved one. Sometimes the colour of the ribbon is significant – a favourite colour or perhaps the colour of a sports team. This can be followed up with an invitation to gather for a cup of tea and a piece of cake as people share their ribbon stories together.

Book of Remembrance

An act as simple as writing the name of a loved one in a community book of remembrance can be very powerful. Sometimes the books will be organised by the months of the year with the promise that each year the

pages will be opened month by month meaning the loved one is not forgotten but remembered again and again.

Remembering Someone Badges

In past times people who had lost a loved one would wear mourning dress (black clothes) for a time to indicate that they were grieving. This happens less now but many grieving people say they would like a way to communicate that they are emotionally fragile. With this in mind AtaLoss.org have produced 'Remembering someone' badges to be worn by people when they are grieving and on anniversaries of the death, birthdays or other hard days. [Remembering Someone Badges | AtaLoss.org](#)

A Virtual Space

Some people might prefer a more virtual way of marking and remembering a loved one. This website from the Church of England allows people to light a virtual candle. [Light a candle to remember someone | The Church of England](#)

Prayer Stations

The website www.prayerspacesinschools.com has many prayer station ideas for bereavement and remembrance that can be adapted for different ages and contexts. From patience prayers and peace buttons to remembrance ribbons, rainbow candles and poppy prayers. These are some they think might be particularly useful to explore themes of grief, loss and remembrance.

Bottle of Tears

<https://prayerspacesinschools.com/resources/bottle-of-tears/>

Honour Wall

<https://prayerspacesinschools.com/resources/honour-wall/>

Empty Chair

<https://prayerspacesinschools.com/resources/empty-chair/>

Dealing With Loss

<https://prayerspacesinschools.com/resources/dealing-with-loss/>

Beads of Loss

<https://prayerspacesinschools.com/resources/beads-of-loss/>

Toddler Group Friendly

At this age activities need to be short, simple, and free of bite sized pieces! Simple activities can be done on the way in/out, during craft time or even by parents as they queue up for that much needed cup of tea or coffee!

Ribbon Tree

Consider adapting the memory tree idea with ribbons tied on branches.

Handprint Poppies

Children's handprints could be used to make a group 'poppy' piece of art where the black centre has been painted and the children's red handprints become the petals.

Poppy/Forget-me-not Garden

Families could be invited to stick a poppy or forget-me-not in a sand or earth tray as an act of remembrance.

Tea Lights

If you want a 'moment' or reflection during singing and story time, consider using battery tea light candles and switching off the lights. The sudden relative darkness is often enough to surprise and stop children in their tracks at least for a moment or two.

The Bereavement Journey®

Bereavement can impact hugely and affect all areas of life. Developed at Holy Trinity Brompton and appreciated by thousands of people over 20 years, *The Bereavement Journey*® is 5-6 sessions of films and discussion groups that help anyone who has been bereaved at any time and in any way to process their loss. Usually run by churches *The Bereavement Journey*® uniquely offers a final, optional 6th session on faith questions in bereavement provided from a Christian perspective, which most people like to attend. This enables bereaved people (who generally wonder about the afterlife and question God) to trust God or have their confidence restored. For more information visit

www.thebereavementjourney.org

A give away booklet on Faith Questions in Bereavement accompanies the course: <https://thebereavementjourney.org/resources/faith-questions-in-bereavement>

Loss AND **HOPE**