

### LUMINARIES

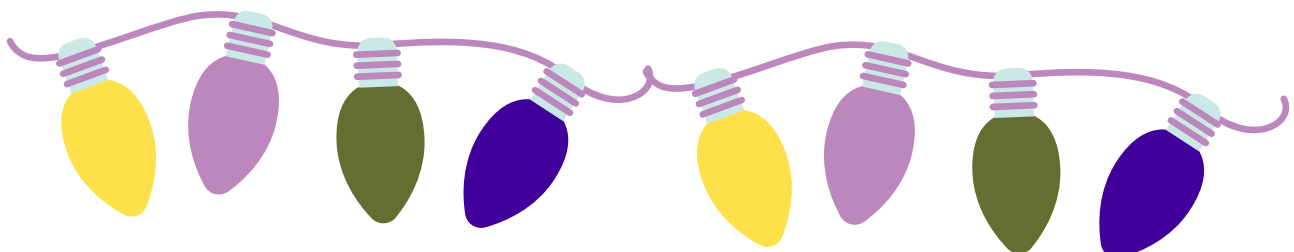


## Remembering those no longer with us



In this activity, we'll be making luminaries.

A luminary is an object (a celestial) that gives light; a person who is an inspiration to others. A luminary can be someone who was/is very special: a light shining in our lives. They can symbolize the light that continues to shine of the person who died as we carry them in our hearts and in our minds. We will create luminaries to help us remember our person that died as a symbol of the everlasting bond that continues even though they are no longer physically here.



## **Materials and Things You'll Need**

- Paper bags
- Glue
- Glitter (if desired)
- Markers, colored pencils
- Scissors
- Tea light candle

Estimated time: 30-45 minutes

## **Set up:**

- Find a time to work together as a family

## **Suggested Guidelines**

- Talking about the activity:
  - Our activity involves luminaries. A luminary is an object (a celestial) that gives light; a person who is an inspiration to others. They can symbolize the light that continues to shine of the person who died as we carry them in our hearts and in our minds.
  - We will create luminaries to help us remember our person that died as a symbol of the everlasting bond that continues even though they are no longer physically here.
    - It can be difficult to maintain a relationship with the person who died, but it is important to know that that person will continue to be a part of your life. It may take time to know for yourself what that relationship may be.

## Activity Steps

Gather your supplies and find a place to work together and share supplies

- Everyone gets a paper bag to decorate
- Write your loved one's name on the paper, and then create a tribute to that person.
  - Ideas:
    - Draw an activity you shared with them
    - Write them a message
    - Draw or write your person
- Identify a place in a room that will be used as a sacred space and left alone
- Once everyone has created and placed their luminary, we turn down the lights and take a moment to recognize the light that has been brought into the room by our loved ones.
- We invite anyone to say a word or a sentence about their loved one — or nothing at all if they have no words. Sometimes, there just are no words.



## Processing

- It's okay to decline and skip
- Validate sharing and braveness
- Discussion Questions:
  - Does anyone want to share about their luminary tribute?
  - Where should we put it?
  - What does it feel like to pay tribute to your person this way?
  - What's one thing that your person gave you or taught you that you remember?
- It can be difficult to maintain a relationship with the person who died, but it is important to know that that person will continue to be a part of your life. It may take time to know for yourself what that relationship may be.
- Some people find tangible things (a keychain, a memory lantern) help with keeping that person in their hearts. Another finds comfort in writing a journal, a letter, or talking to their person. Whatever works best for you, know that this is a relationship that was and will continue to be present for you and your child.

