

SPIRITUAL JOURNALING

THE MEMORIAL

Planning our loved one's memorial presents emotionally-laden challenges shared by many. Choosing between cremation or a casket, picking a burial plot, holding a private unofficial remembrance or going with a full traditional funeral are but a few of the decisions we face. How do we get through the day, hour, minute? Use this chapter to record every detail.

THE DATE OF MY LOVED ONE'S MEMORIAL WAS: _____

THIS DATE WAS CHOSEN BECAUSE: _____

I CHOSE A CREMATION OR BURIAL BECAUSE: _____

THE PEOPLE WHO HELPED PLAN THE MEMORIAL INCLUDED: _____

THE SERVICE WAS HELD AT: _____

THE SERVICE WAS PRESIDED OVER BY: _____

THE PEOPLE WHO SPOKE AT THE SERVICE INCLUDED: _____

THE MUSIC WE SELECTED WAS: _____

THE POEMS, SCRIPTURES, READINGS WE SELECTED WERE: _____

