

## A Candle Lighting Ceremony



As we light these five candles in remembrance and healing, we light one for our sadness, one for our memories, one for our courage, one for our love, and one for our hope.

We light this candle for our *sadness*. The pain of losing you is intense, and the grief we feel is often hard to handle. Our sadness is a reflection of our love, the thorn that is a part of the beautiful rose that was your life. We want you to know that we miss you so much.

We light this candle for our *memories*. There is so much we remember -your smile, your laugh -the good times and the bad ones, too -when we were angry and when we were happy -all those times that never could have been lived with anyone but you. We want you to know that we will always remember you.

We light this candle for our *courage*. Knowing you has brought us strength. We are changed because of you. Your life has made a difference in our lives. We want you to know that we will take the energy of your life to help us continue to live our lives with purpose and meaning.

We light this candle for our *love*. The specialness that we shared with you can never be replaced. Our love for you will shine as brightly as this candle. We will pass that love on to others, and as we do, our hearts will smile because of you. We want you to know that we will always love you.

And we light this last candle for our *hope*. The hope that we will feel better and be restored to balance; that we will find ourselves whole again, not without you, but with you remaining in our hearts. We know that life goes on, forever changed, but we place our hope that the pain of losing you will turn to renewed happiness and joy.

And so, when we open to the light of healing, we honor our grief by expressing our sadness, feeling comfort in our memories, trusting our courage to experience all grief brings, knowing that the love in our hearts will forever stay, and holding on to the hope that the fullness of life and love and joy will return; that we will be restored to oneness and be even more loving and compassionate because of what we have endured.

And that is the grace of grief.