

## Christmas Remembrance Service

*“Sharing tales of those we’ve lost is how we keep from really losing them.”*

*- Mitch Albom*

### SOME SUGGESTIONS FOR MAKING LIFE EASIER THIS CHRISTMAS

*Keep Christmas Simple.*

*Pick your four favourite things about Christmas and do those.*

*Anything else try to delegate, delete or do different.*

#### HOW TO AVOID GOING OUT TO THE SHOPS:

- Have food delivered: order online or join a food delivery service.
- Organise a pot luck, where everyone brings a plate.
- If you feel overwhelmed ask a friend/s to drop off a meal.
- Eat out or order in.
- Shop for Christmas gifts online.
- Buy gift vouchers.

#### HAVING HELP AT HOME:

- If you can afford to do so, engage the services of a cleaner or gardener on a part time or regular basis.
- Just do the basics.
- Ask others for help.

#### CHANGING CHRISTMAS EXPECTATIONS:

- Send one email to everyone instead of cards.
- Decorate to match how you feel:  
No decorations, one candle, or the whole lot – it’s all okay.
- Go away somewhere different.
- Keep everything the same.
- Spend the day in nature.

#### CREATING NEW RITUALS FOR CHRISTMAS:

- Light a memorial candle.
- Plant a tree or bush or flower.
- Place a favourite flower or object on the table as a centrepiece.
- Observe a time of reflection or silence or prayer.
- Go to the cemetery or significant place.
- Play a special piece of music or watch a favourite show.



*Not everyone will want to do the same things.  
Try to make space to honour all ways of celebrating  
your loved one & Christmas at the same time.*

- If you can, plan ahead then let others know what you have arranged.
- When you feel tired and drained take a break: give yourself permission to sit down or sit back.
- You may prefer to go away to somewhere quiet, or miss Christmas at home all together.
- Remember that sadness and happiness don't cancel each other out and can live along side one another.

You may wish to:

- Hang special mementoes on the tree, or display them on a table.
- Create a special piece of art or photo tribute.
- Purchase a gift to give to someone in need or a charity organisation.
- Prepare a special Christmas card in which people can write memory statements.
- Have a memory box or book to spend time with alone or with others on the day.
- Write a journal or notebook.
- Write a poem or story or letter.
- Play music.
- Have everyone share one way the person contributed to the quality of their life.
- Tell a favourite story about the person, at the meal table or at another suitable time.

#### **MY PLAN FOR CHRISTMAS: (WHAT WILL HELP ME).**

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#### **FOR SUPPORT**

- Lifeline: 13 1114
- Grief Line: 03 9935 7400
- Australian Centre for Grief and Bereavement: 1300 664 786
- Men's Line: 1300 78 99 78
- Support After Suicide: 03 9427 9899
- Compassionate Friends: 1800 641 091
- Sids and Kids: 1800 240 400
- Road Trauma Support Team: 1300 367 797
- Gather My Crew: <https://gathermycrew.org.au>

