

# Connection Activity



ACTIVITY

3

## Memorial Fire

### ★ Write a message to your lost loved one

Write a message on a piece of paper that you can later place in an open fire. Use the fire as a way to speak to your loved one.

### ★ Play some music in the background

If possible play some music in the background. Select music that helps evoke feelings to help you connect with your grief. Use the fire as a way to memorialise your loved one, remember them and allow yourself to release your emotions in a sacred way. Playlist suggestions are:

- Angel by Sarah McLachlan
- Fly High by Devon Mason
- I Wont Let You Go by James Morrison
- Supermarket Flowers by Ed Sheeran
- The Power of Love by Gabrielle Aplin

### ★ Prepare an open fire

Set the space so all family members can sit comfortably around the fire.

### ★ Place your message in the fire

You can do this one person at a time. If you feel like saying a few words as you place the message in the fire you can, silence is also ok. Whatever feels right for you.

### ★ Share Memories

It is always great to complete the fire by sharing fond memories of your loved one.