

Opening and Closing Ritual for Each Group Session

Opening Ritual:

Light Candle for all to see.

Invite all to pause and in their hearts bring a loved one in their memories to this session.

Welcome everyone individually and have each say a few words about themselves.

Invite all to talk in their hearts to their loved one and tell them how much they love them.

Closing Ritual:

Invite all present to say goodbye for now to their loved one.

Invite all present to tell their loved one “peace and joy to you!”

Close session with a favorite song of one of the participants (UTUBE)

Blow out the candle.