

Reflection #32
By Eugene Dufour

How Do I Grieve Without A Funeral?

Grief is not an event... it is a process... and often... a long process.

Funerals, Memorial Services or Celebrations of Life allow us to start the grieving journey. With today's restrictions concerning these events we may feel robbed of the comfort that they provide. Here are some suggestions if you are in the situation of having a loved one die and can not have the service that you had previously planned for or what is part of your family traditions.

1. If you decide to have a Funeral or Memorial Service immediately after the death and can only have 10 people attend, ask your Funeral Director about having a Webcast or other kind of social media event. There are many options. The Funeral Home Industry have quickly created many options to make this happen.
2. Have the Funeral Service recorded to allow you to have many individual viewings or additional public viewings.
3. If you chose to have a Memorial Service in the future, start planning it now. This will help with the grieving journey.
4. Create a team to help plan the Memorial Service to avoid isolation during the grief process.
5. At the same time, allow for private time to determine what your needs are and to grieve personally and privately. There needs to be a balance of private and public grieving.
6. Invite family and friends to participate. Grieving families are finding it helpful to have months to prepare for a Funeral instead of a few days.
7. Involve the grandchildren. It is good for all involved and helps children become comfortable with death.
8. Request that families and friends send pictures, write memories through direct mail, email, or social media. This will allow the grieving individual to feel supported and helps the community deal with the death.
9. Some families have created a Facebook page for individuals to contribute to leading up to the Memorial Service. It is like having a periodic 6-month funeral visitation.
10. Try not to be overwhelmed with the technology presently being used for Funerals and Memorial Services. There are many experienced family, friends and care providers that can take the lead.

Finally, remember that there is no right or wrong way to grieve... just your way. The way our community must do Funerals or memorial Services is not the ideal... but we can still make them real, supportive and help the grieving journey.

