

The Importance of Ceremony

Did you know celebrating the life of a loved one is an essential part of the healing process after a loss? These events hold great importance, offering a meaningful opportunity for the bereaved to come together and find comfort in one another's company while sharing similar emotions. Numerous studies by grief experts have shown the act of ceremony positively benefits the family, friends and even coworkers who have connections with the loved one.

Having a ceremony:

1. Helps the bereaved acknowledge the reality of their loved one's passing, which can initiate the first steps of converting an ongoing relationship into cherished memories.
2. Provides a central gathering place for family and friends, enabling them to come together and share their grief, finding comfort in each other's presence.
3. Creates a safe environment that fosters a sense of community and social support, encouraging individuals to be vulnerable and express their emotions freely.
4. Offers a sense of continuity and hope by allowing others to come to terms with their own grief and initiating their own unique healing process.

Every person deserves to be honored and celebrated, regardless of the scale or simplicity of the occasion. Gathering during times of loss is an instinctual human response. **Coming together not only provides emotional support but also helps establish a supportive network for family, friends, and coworkers.** It is through this shared experience of grief, as well as the opportunity to reminisce about stories and memories, that the healing journey can commence.

We are here to support you and provide gentle guidance as we work together to create a ceremony that holds deep meaning and significance. This ceremony will play a vital role in embarking on the path to healing, fostering a sense of closure and remembrance.

Portland

172 State St.
Portland, ME 04101
(207) 773-6511

COMING SOON

300 Allen Avenue,
Portland, ME 04103

South Portland

1024 Broadway
South Portland, ME 04106
(207) 773-6511

Sanford/Springvale

580 Main Street, P.O. Box 175
Springvale, ME 04083
(207) 324-4104

