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# PLANNING THE FUNERAL OR MEMORIAL SERVICE

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TIPS TO BEGIN THE PROCESS

AWAKEN & RENEW GRIEF COACHING LLC

[AwakenRenewCoaching.com](http://AwakenRenewCoaching.com)

## Planning a Memorial or Funeral for Your Spouse

One of the most difficult parts of losing your spouse or life partner is having to plan the memorial or funeral service. Some widows question if a memorial or funeral is necessary. Studies show that having a memorial for a spouse holds significant importance in the grieving process, as it provides a platform to honor their life, share memories, and find solace in grieving with others who were impacted by them. It can aid in acknowledging the reality of the loss and finding closure. Bringing together friends, family, and community members offers crucial support and solidarity during this incredibly challenging time. It fosters connections and preserves the legacy of your spouse, allowing their memory to live on in the hearts and minds of those who knew and loved them.

**Here are some tips as you begin the process to plan the memorial:**

1. **Seek Support:** Identify trusted friends and family members and ask for their support with planning. There is no reason to take on this task by yourself and most people want to help you during this time. In addition, having a support system can provide emotional support and help ease the burden of planning.
2. **Communicate Your Wishes:** Express your preferences and those of your late spouse for the memorial or funeral. Ensure to share any cultural or religious considerations that are important to you and that you want to have as part of the memorial.
3. **Select Date and Venue:** Choose a date that feels right to you, keeping in mind that having a memorial within the immediate aftermath of your loss (within one month) is most impactful on acknowledging your loss and bringing together friends and family to remember them. Pick a venue that is appropriate for you and your loved ones. Consider factors such as accessibility, capacity, and sentimental significance when making your decision.
4. **Plan the Ceremony:** Collaborate with your support system to plan the details of the ceremony, such as the order of events, music, readings, and speakers. Incorporate elements that honor your spouse's memory and reflect your relationship.
5. **Manage Practical Matters:** Delegate practical tasks, such as arranging transportation and coordinating with the funeral home or venue, to members of your support system. Allow others to handle logistics so you can focus on your emotional needs.
6. **Seek Emotional Support:** Surround yourself with individuals who can offer emotional support throughout the planning process, as it is very emotionally taxing. Allow yourself to express your feelings and accept comfort from those who care about you.
7. **Access Support Services:** Take advantage of additional support services, such as grief counseling or meal delivery, to help you cope with your loss. Prioritize self-care in the days and weeks leading up to the memorial to best manage your energy and mental capacity. Don't be ashamed to seek professional help if needed.
8. **Set Boundaries:** Establish boundaries with others regarding your grieving process and the memorial or funeral arrangements. Advocate for your needs and preferences, and don't hesitate to say no to anything that doesn't feel right to you or you believe would not be the wishes of your late spouse.

9. **Stay Connected:** Stay connected with your support system before, during and after the memorial or funeral. People care about you and want to support you. Do not suffer in silence. Accept offers of assistance and continue to seek emotional support as you navigate the grieving process.
10. **Celebrate Your Spouse's Life:** Most importantly, focus on honoring and celebrating the life of your spouse. Create a meaningful tribute that reflects his personality, values, and impact on the lives of others.



## *Awaken & Renew Grief Coaching*

Understanding and overcoming myths around grief are part of the journey to heal from your loss and to live the life you want. You deserve to be happy, to create a life after your loss AND you deserve to be supported in your grief. I am here to help and support you, one on one, as you seek to move forward in your grief journey.

I'm Emily Curtis. I am a widow who understands the impact of loss and enduring the agony of grief. I offer grief coaching with compassion and empathy to help you move forward in your grief journey and to live the life you want to live. Every journey is unique and personal, so each program I offer is tailored to you with the goal of getting you to the other side of grief and to find joy again.

Ready to begin?

[Schedule a free 30-minute consultation](#) so we may discuss your loss and explore a program that will support you best in your grief journey.