

## CREATING MEMORIES

*It has been said that our memories are our most important possessions, for they are all that we truly own. Unlike other possessions, we constantly carry our memories with us; no one can take them away. These enduring marks are comprised of the many people, places, events, and situations which have shaped our lives.*

*Building and creating memories of our loved one is an important task. Making a scrapbook of their life, keeping sympathy cards, preserving flowers, saving special possessions, or searching deep in our hearts for buried recollections are all ways to create memories of the one we loved. These memories give us the strength we need to survive. They are the vital link with our past and the fuel for our future. It is important to build memories with care.*

Taken from Remembering with Love by Elizabeth Levang, Ph. D.

