

November Remembrance Prayer Space

Create a sacred space in your home this November to help you with daily prayer. It creates an opportunity to remember your loved ones throughout the month.

Here's how to create your space:

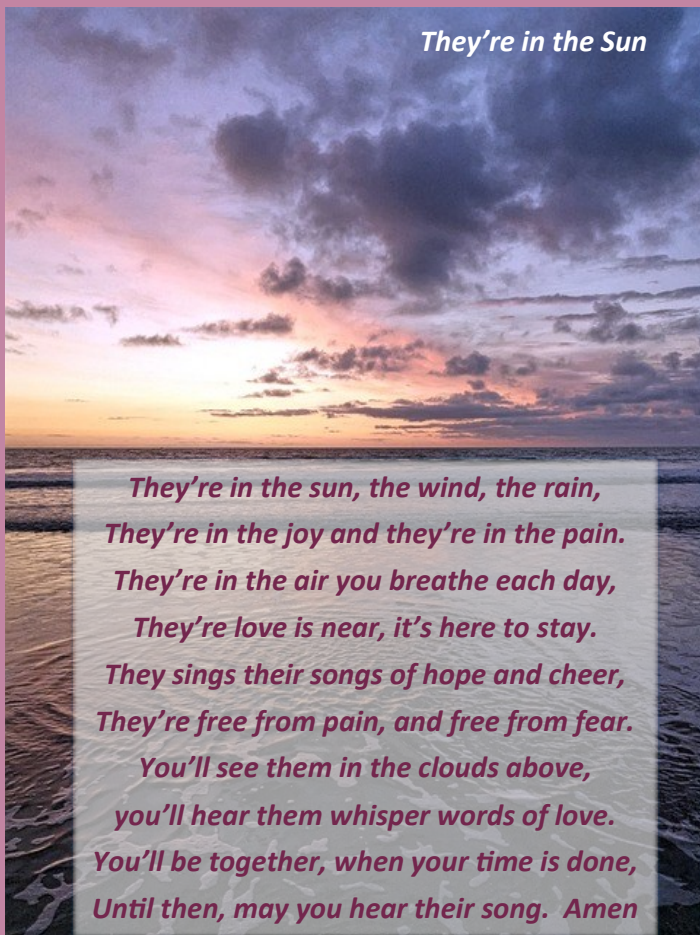
- ◆ Choose any surface or space for your altar; a shelf, a mantelpiece, a side board, a table or a shelf that hangs on the wall. It doesn't have to be perfect. Place a **cloth** on it if you wish.
- ◆ On the altar place some **religious items** which represent your faith: a crucifix, some candles, rosary beads, statues or pictures of your favourite saints, holy medals etc.
- ◆ Put a memory **candle** in the space.
- ◆ Place a bowl containing the memorial cards or photos of those you wish to remember. Place a candle in front of the bowl.
- ◆ Decorate further with some winter flowers; a heather, a vase of branches and dead leaves, or some dried Autumnal leaves (representing death and renewal).
- ◆ Buy incense and burn some in a small bowl in front of your bowl of memorial cards. Burning incense is an ancient church ritual and its smell can invoke powerful feelings of closeness to God. Include prayers at the time of burning.



Reflect and Discern

Explore the bigger picture, our journey to eternal Life. Read some teachings in the church on eternity and the end of time.

They're in the Sun



Use a Symbol to remember your loved ones.

Dry some Autumnal leaves and with a felt pen write the names of the loved ones you wish to remember on the leaves and place a light beside them. Use a leafless branch, a memento of your departed one, a cup of grief, a candle.

Saint of the Day

Each day in your sacred space, focus on the Saint of the Day, their lives and their reason for Sainthood. Ask yourself and others what can we learn from this person? See <https://catholicireland.net/saint-day>

'The Lord is my
Shepherd, I shall
not want''

Psalm 23

