

RESOURCES
VIGIL OF THE HEART
Sacred Gateway Conference, April 17-19, 2020

Presenters:

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With Our Hands: A Guidebook to Ritual Blessings of the Dead

go to Ellen's website or Amazon.com
Available May 1, 2020 Ellen Hufschmidt

- **MN Threshold Network (MFN)**, www.mnthresholdnetwork.com
Supports communities and families caring for their own dead. This website has detailed information to help you create a meaningful experience, and a personally enriching process to honor and say good-bye to your dead. The basic information is useful wherever you live, but specific questions of legalities may need to be dealt with locally.
- **National Home Funeral Alliance (NHFA)**
www.homefuneralalliance.org We educate all who seek to know more about this time honored tradition of caring for our dead supporting home vigils and funerals. This includes practical guidance, personal stories, state laws, lists of recommended books and videos, and identifies local and regional groups around the country who also hold these values.
- **NEW: THE MOST EXCELLENT DYING OF THEODORE JACK HECKELMAN** : vimeo: <https://vimeo.com/406704934>,
YouTube: <https://youtu.be/Y8Qdufh53Ao>

RITUALS AND ALTARS : REMEMBRANCE AND CONNECTION

We are doing rituals in our lives all the time. We can notice the altars in our home or create one. Bringing consciousness to these moments and places deepens our connection, and can bring us and others comfort and peace. During a death, it is a special time to help the soul in crossing. But always they are meaningful.

Rituals and Altars mean even more during this time of physical distancing.

- A simple gesture, picking a special stone, placing a flower,
- An altar outside that people can walk by, come to or add to
- A handprint or card sent in the mail, to let someone feel our presence
- A song left on an answering machine in time of need
- A ritual of remembering on death days, birth days
- A time set aside weekly, to remember, to say a prayer
- A Breathing in of suffering or isolation; breathing out of peace

We will each find our own rituals, and through this world-challenging time, gain strength and connection to ourselves, each other, and our beloveds who have crossed. And with this, we ray out our love to support others who are suffering and into the cosmos. Linda Bergh April 2020



I wish you courage for the next step
and the next
I wish you peace in the middle of the storm
I wish you unexpected joy
Strength to see you through
And a heart wide open
to all the love surrounding you
It is surrounding you

Barbara McAfee: www.barbaramcafee.com



POEM TO OUR BELOVED

Thank you for your mind and all the thoughts and dreams you had.

Thank you for your eyes for all the beauty and ugliness you witnessed.
Thank you for your ears and all you have heard, the peaceful and the
harsh.

Thank you for the words you spoke, and those you couldn't speak but
wanted to.

Thank you for the breath that gave you life.

Thank you for your heart that bore your sweetness.

Thank you for your back and shoulders for bearing the responsibilities you
accepted.

Thank you for the love you shared.

Thank you for your hands for all they held.

Thank you for your reproductive organs and all the creativity you gave

Thank you for your legs that carried your humanness.

Thank you for your feet that stood you on the ground.

Thank you for your life that touched us deeply.

You are blessed. You will be missed.

You will be with us in our hearts.

by *Ellen Hufschmidt*



ARTWORK :

Guidelines Background : Iris Sullivan <iris@movingthesoulwithcolor.com>

Rose & Landscape: Linda Bergh

Moon over water: Bernadette Miller