

VIGIL
OF THE
HEART







Group Sharing Guidelines

- Honoring Confidentiality
- Listening with Respect
- Speaking from our own experience in first person
- Choosing what we share
- Equal Sharing time

"Social Art offers us invitations to develop interest, empathy, and ultimately, acts of compassion." Chris Schaeffer

"Listening provides the soul of the listener the practice of self-overcoming...We dethrone ourselves from the center of our world and put the other there"- Karen Armstrong

You are held by holy angels
Holy angels all around you
Hush now, sleep child, sing the holy angels
We are holding you. You can rest.
Morning will come child
The dawn will break through the darkness
We are holding you through the light of the newborn day



Vigil of the Heart Session

Resources

- Linda Bergh,
hellolindabergh@gmail.com
612-325-2775
- Ellen Hufschmidt,
www.ritesofchange.org,
ritesofchange@gmail.com
612-729-6817

With Our Hands: A Guidebook to Ritual
Blessings of the Dead,
go to Ellen's website or Amazon.com
Available May 1,2020

- 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.
- Document VERY HELPFUL During time of CO-VID-19
[Loving, Living, and Dying during COVID-19](#)
- NEW: THE MOST EXCELLENT DYING OF THEODORE JACK HECKELMAN :
vimeo: <https://vimeo.com/406704934>, YouTube: <https://youtu.be/Y8Qdufh53Ao>

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

Song by Sara Thomsen : Holy Angels
<https://sarathomsen.com/track/1916933/holy-angels>

ARTWORK :
Guidelines Background : Iris Sullivan
<iris@movingthesoulwithcolor.com>
Rose & Landscape: Linda Bergh
Moon over water: Bernadette Miller

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.

