

# Remember Honor Celebrate

Various cultures have created holidays to recognize the time of full harvest at the end of October and the beginning of November – All Hallows' Eve, Halloween, All Saints' Day, All Souls' Day, and Dia de los Muertos to name a few. As nature enters the "dying" and dark season of winter, these holidays remember and honor loved ones who have died. Some cultures believe this is a liminal time of year, a time when the veil between the living and the dead is thin. Whatever your beliefs, you too can stop to remember, honor and celebrate your deceased loved ones.

Borrowed from these holidays, below are some ways to do so:

- Visit their graves
- Clean up around their graves
- Decorate their graves with flowers
- Create altars in your homes with their photographs, flowers, and candles
- Decorate ceramic skulls
- Eat their favorite foods, share stories about them and sing songs that meant something to them
- Attend a religious service honoring the deceased



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