

CURIOUS ABOUT CREMATION?

Cremation Gives You Options

If you are interested in cremation, you may be wondering, what are my options? Can I have a ceremony if I choose cremation? The short answer is yes! Cremation is a versatile option that provides ample time for the family to gather, it allows for easy transportation of the remains, and it makes for a simple means of disposition.

Cremation Does Not Limit Your Choices

Many families do not realize that they have just as many options with cremation as they do with burial. Below are a few options to consider that will ensure loved ones are able to process their emotions following a loss and get on the road toward healing.

A public gathering or visitation.

A gathering or visitation allows family and friends to give and receive love, comfort, and support to one another. Opening this event to the public multiplies its effectiveness. A public gathering/visitation not only helps the family mark an important occasion and transition from life before the death to life after the death, it also allows friends and family to step in to offer support and care.

A service that is personalized and meaningful.

A ceremony helps us honor the person who has died and understand the reality of the person's death. We are all unique and special, so to honor a life well, we must add personal and meaningful elements to create a healing experience. You can use music, readings, the eulogy, photos, and other items to create a truly personal service. In addition to honoring a life, a thoughtfully planned service is the first step toward a healthy grief journey.

A service rich with symbols and actions.

Symbols and actions invite people to begin to outwardly express what they inwardly feel. A few common symbols, which act as a focal point during the service, are the body laid in a ceremonial casket, a cross, flowers, candles, the urn, or a portrait of the one who has died. Actions to consider might be a receiving line, a group reading, a procession to the place of final rest, or something as simple as lighting candles or writing down cherished memories.

As you plan ahead, your personal wishes are important, but the funeral or memorial service is primarily for the benefit of the living, so make sure to consider the needs of your family as well as our own preferences and desires. Here are a few considerations when it comes to choosing cremation:

- Cremation may be carried out before or after the memorial service.
- A visitation with the body present allows family and friends to say their final goodbyes.
- The service may be a simple, informal gathering or a public honoring of the deceased.
- A focal point, such as the urn or a memorial portrait, can be a symbol of the deceased during a memorial service.
- An alternative container made of combustible materials is required for cremation.
- The cremated body can be kept at home in an urn, scattered, buried, placed in a niche, or added to memorial jewelry.
- Remember to arrange for permanent placement or memorial so that family and friends have a place to visit for generations to come.

When we lose someone we love, the funeral or memorial helps us face the pain of our loss, acknowledge the reality of the death, receive the support of our loved ones, and remember and honor a life that we have cherished.

With cremation, there can be more options available to families than there are with traditional in-ground burial. The key is to plan ahead and put all wishes in writing so that when a death occurs the family doesn't have to worry about which options to choose.



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