

## **January 7, 14, 28 - A Gift of Legacy Workshop**

In a three part **Gift of Legacy** workshop **January 7, 14 and 28**, Elizabeth Giffin, hospice bereavement counselor, music therapist and certified legacy navigator will lead us in crafting a Legacy Letter which will bequeath your values, faith, beliefs, hopes for the future, life lessons, gratitude and forgiveness with your family, friends and community.

Each session will involve a guided writing experience with the option to reflect and share in small groups (5-7). It is your opportunity to articulate your perspective of what really matters in life, so that your next generations can appreciate your wisdom and guidance. Workshop printed materials used throughout are available for \$10, but it is not necessary to purchase them.

**January 7 – Sample Legacy Letters/Ideas** We will review sample legacy letters and note what stayed with us. Groups will then utilize a structured writing that explores the essence of identity through memories (storytelling), generational connection, personal values and spiritual foundations.

**January 14 – Legacy Letter Outline Topics** This approach consists of a complete outline of common themes frequently found in Legacy Letters. Participants will consider topics such as: Respect for Life, Regrets/Learning from Mistakes, Being Honest, Giving and Receiving, Doing Good, The Importance of Knowledge, The Importance of Humor, Lessons about Life, Reflections about Life, Hopes for the Future, Love, Forgiveness, and Requests. Share with your group as you wish.

**January 28 – Creating Your First Legacy Letter Draft – compiling, reviewing and celebrating** all of the materials you have generated to date. The last 20 minutes, Judy Schuck from the St. Luke Legacy Focus Group will talk to us about remembering St. Luke in our wills and internment in our Columbarium.