

ONE IS SILVER AND THE OTHER GOLD

weighing the value of holiday traditions after loss

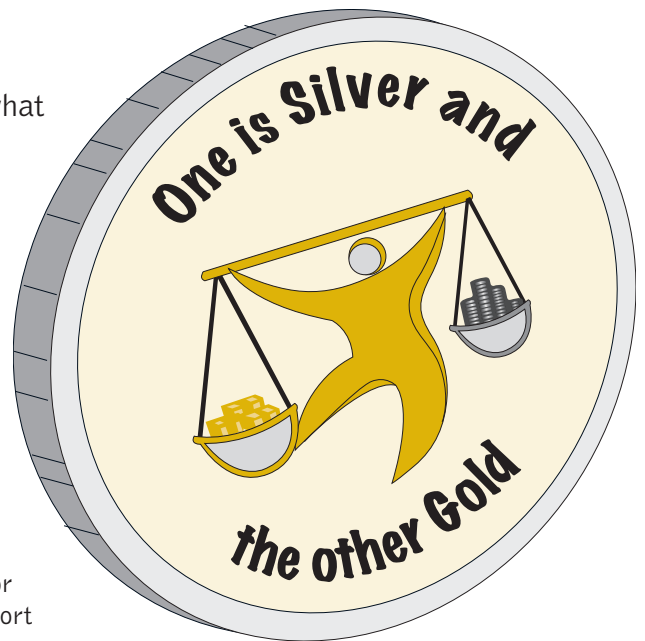
A HOLIDAY REMEMBRANCE PROGRAM by Nan Zastrow

The feelings of grief and sorrow are magnified when family traditions are threatened by change. Which traditions should remain the same? Which ones should you change? How do you decide what to do? There is a way to determine the value of each—One is Silver and the other Gold.

In this program you will help your group to:

1. Relieve HGA (holiday grief anxiety) by understanding what you can do to deal with your emotions.
2. Determine which traditions are silver, which are gold, and weigh the value of both.
3. Learn why "all that glitters is not gold".
4. Find out how to create a silver lining to help you through this holiday and those to come.
5. Learn how to invest in both silver and gold traditions and manage the expectations of family and friends.

This complete program includes: Facilitator script, program handouts, a fun activity to determine what you value most: silver or gold, a memory ritual, an original Silver/Gold prayer—all created and written by Nan Zastrow. For over a decade, Nan has created original holiday programs for bereaved families. The programs are used by hospice, funeral homes, support groups, and in the community. For more information on the content of this program, read Nan's article "One Is Silver and the Other Gold" (published in Grief Digest, October 2007) at her website: www.wingsgrief.org. Programs are suitable for groups of 10-200 people. \$15.00 (U.S. currency).



How to order: (\$15 includes postage and handling)

Download a PDF format at our website: www.wingsgrief.org using Pay Pal to purchase.
By mail: Send check or money order to: Wings, P.O. Box 1051, Wausau, WI 54402-1051
Questions or for direct bill: email: wings1@charter.net

"I believe that we are here for a reason,
I believe that as each day unfolds,
We see less of the shadow
And more of the sun.
Less of the tarnish
And more of the gold."

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