

CLOSING ACTIVITY: CANDLE CEREMONY*

▶ ABOUT THIS ACTIVITY

🕒 **Time:** 15 minutes

➔ **Objectives:** By the end of this session, participants will be able to:

- Acknowledge some current grief.
- Let go of past grief.

✓ **In This Activity You Will...**

- Lead the group in a circle activity (15 minutes).

✂ **Materials:**

- 2 long candles
- Matches

🔪 **Preparation:** None

Instructions

1. State to participants that we covered a lot of information and topics today, and some were very difficult to talk about.
2. Commend everyone for their participation and sharing. Many wounds may resurface for many of you tonight as you think about everything we talked about in regards to grief and loss. So, we want to do a very special healing ceremony.
3. Ask group to get into one big circle and hold hands.
4. Explain to the group the purpose of the activity. *This activity is to help us acknowledge our grief. In this candle activity we are going to light a candle (bringing light, courage and strengthen) to our life. And we are going to be blowing out one candle symbolizing our grief (which can be our fears, sadness, pain, a particular type of loss) that we have been carrying around.*
5. Facilitator will start activity by lighting one candle. Hold one candle in one hand and the other in the other hand. Light the unlit candle and while you light it, say that you are lighting the candle for yourself and for your life. After the candle is lit, blow out the other candle. As you are blowing it out, say that you are blowing it out for your grief (either you can say the particular loss you have dealt with or state your fear). Then pass the candles (1 lit and 1 unlit) to the person next to you.
6. Go all the way around the circle until everyone has done the candle ceremony.
7. End by thanking everyone for sharing this experience with you.

Summary

Acknowledge that it is a very difficult activity but by sharing our grief, we can take comfort from one another, which helps everyone in moving forward through their grief.

* This module is part of the online toolkit Building Blocks to Peer Success. For more information, visit http://www.hdwg.org/peer_center/training_toolkit. This module comes from the Lotus Women's Peer Education Training Manual, Center for Health Training and Women Organized to Respond to Life Threatening Diseases (WORLD), 2008.