

Continuing Bonds, Faith, and Staying Connected Through Love

Honoring an enduring relationship after death

Death changes a relationship, but it does not erase the love, memories, values, and influence that remain. Many grieving people find comfort in continuing bonds - meaningful ways of staying connected to the person who died while continuing to live.

LOVE CONTINUES IN MEMORY

Remembering stories, traditions, expressions, and lessons can keep a person's influence present in everyday life.

- Say their name.
- Tell stories about them.
- Keep photographs or meaningful objects where they bring comfort.

FAITH MAY SHAPE CONNECTION

Beliefs about heaven, eternal life, prayer, or spiritual connection may influence how you understand the continuing bond.

- Honor your own beliefs without pressure to feel certainty.
- Create rituals that reflect your faith and relationship.
- Let remembrance evolve as your grief changes.

LIVING FORWARD DOES NOT END THE BOND

New experiences and future joy do not replace the person who died.

- Carry forward a value they taught you.
- Do an act of kindness in their memory.
- Allow both remembrance and new life to have a place.

A GENTLE REMINDER

Moving forward does not mean leaving your loved one behind. Love can remain part of who you are becoming.

