

Giving a Eulogy or Reflections at a Memorial

A eulogy is a speech that praises the life of the person who has passed away. This speech is usually given at a funeral or memorial ceremony. Sometimes more than one person will speak about, or eulogize, the deceased. In some religious and secular settings, only one person will be allowed to speak, this depends on the church. Also, there may be a certain amount of time given within the funeral service for a eulogy, usually about 3-5 minutes. And please don't be afraid or embarrassed to cry. Crying is a normal part of life, especially when we are trying to come up with a speech about someone we love; thinking of fond memories, warm thoughts and happy times.

What a eulogy is:

A eulogy gives us an opportunity to praise and honor the person who has passed, looking at his or her best qualities.

What was most lovable and what was most unique about the person

Who the person was in terms of character and relationships

Remember, a meaningful eulogy comes from the heart.

The use of good words helps signify the importance of your loved one: (Honor, love, blessed, appreciation, respect, influential)

What a Eulogy is not:

A eulogy is not an opportunity to speak about our loved one's faults. Everyone has their own faults but there is an appropriate time to discuss them.

It is not about you, while you may reflect on your relationship with them, don't spend too much time saying "me" or "I"

Also, a eulogy is not a time to reread the person's obituary.

5 tips to give you the confidence to deliver a meaningful eulogy

- prepare
- write it down
- keep it short
- practice
- breathe

Another good resources is the H.A.M. technique (Highlights-Attributes-Memories) learn more about this here: <https://www.funeralwise.com/celebration-of-life/ceremony/eulogy/ham/>