

CEREMONY OF REMEMBRANCE

Opening The Ceremony

(3 Big Bells)

Guided Sitting Meditation

(2 Big Bells to end-small bell to unfold)

Walking Meditation

(Small bell to end walking – remain standing for incense offering)

Incense Offering

(3 Big Bells)

In gratitude, we offer this incense throughout space and time to all Buddhas and Bodhisattvas.

May it be as fragrant as Earth herself, reflecting careful efforts, wholehearted awareness, and the fruit of understanding slowly ripening.

May we and all beings be companions of Buddhas and Bodhisattvas.

May we awaken from forgetfulness and realize our true home.

(Big Bell)

All the Dharma realms are as fragrant as the Earth.

With the incense that has just been lit, a cloud of good omen goes to the Four Directions.

The Buddhas are here in body, speech and mind.

(Big Bell- small Bell to sit)

Introductory Words/Mindfulness of Loved Ones

Dear Thay, Dear Beloved Sangha, today the community has gathered to honor and remember our friends and family members who have transitioned beyond this life. Friends and family, whether they are still alive or have left this life, are present in their friends and families. According to the teachings of the Buddha, the peace and joy of children and grandchildren are the peace and joy of the parents, grandparents, and all ancestors. So too, the peace and joy of our friends and loved ones are our peace and joy. Let us listen with a calm and serene mind in order to make possible the calmness, clarity, and serenity of those who have left this life.

Together, let us recite the Five Awarenesses and pause for three full breaths to reflect upon these teachings.

The Five Awarenesses (All reading aloud together)

- We are aware that all generations of ancestors, including our spiritual ancestors, and all future generations are present in us. *(Bell, followed by three breaths and wake sound.)*

- We are aware of the expectations that our ancestors, including our spiritual ancestors, our children, and their children have of us. *(Bell, followed by three breaths and wake sound.)*

- We are aware that our joy, peace, freedom, and harmony are the joy, peace, freedom, and harmony of our ancestors, including our spiritual ancestors, our children, and their children. *(Bell, followed by three breaths and wake sound.)*

- We are aware that understanding is the very foundation of love. *(Bell, followed by three breaths and wake sound.)*

- We are aware that blaming and arguing can never help us and only create a wider gap between us; that only understanding, trust, and love can help us change and grow. *(Bell, followed by three breaths-2 Bells to conclude)*

Mindfulness of the Deceased/Placing Remembrances at the Altar & Dharma Sharing

Dear family, it is time to send the energy of loving kindness, understanding, and compassion to our deceased loved ones and to our teacher, Thich Nhat Hanh. Let us sit and enjoy our breathing for a moment, allowing them to be with us now.

(Bell) 10 breaths (Bell)

This is our time for remembrances and Dharma sharing. If you brought an item, please bow in, place your item at the altar and, share with the Sangha about your loved one. If you did not bring an item, please feel free to simply bow in and share.

For those joining on Zoom, please bow in, share your remembrance item on the screen if you have one.

(The community enjoys breathing and deep listening together as others participate.)

(2 Bells)

Prayer for the Deceased (All reading aloud together)

May the Earth, blessed and purified with great understanding and deep compassion, protect and nurture the virtue and wholesome seeds that our deceased loved ones have transmitted to children, relatives, friends, and countless other beings. May these seeds grow to fruition in each of us, so that our loved ones may rest peacefully in the garden of awakening.

No Coming, No Going (song), by Thich Nhat Hanh

No coming, no going, no after, no before.

I hold you close to me

I release you to be so free,

Because I am in you and you are in me.