

LEGACIES OF LOVE | DESIGNING TRIBUTES

Writing a Thoughtful Eulogy?

Writing a eulogy is one of the most personal — and often daunting — tasks someone may be asked to do.

It's an opportunity to celebrate a loved one's life, share stories and offer comfort to those gathered in grief. Whether speaking for a large crowd or a small group, a thoughtful eulogy can provide connection, laughter and healing.

START WITH REFLECTION

Before writing, take time to reflect on the person's life. Consider their passions, personality, quirks and values. Think about how they made people feel, what brought them joy and what made them unique.

Talking to family members and friends can bring out stories you may not have known or remembered. Jot down a few anecdotes or traits that paint a vivid picture, not just a list of accomplishments, but moments that made them who they were.

Aim to focus on one or two key themes. Were they



known for kindness? Humor? Quiet strength? Organizing your thoughts around a central thread can help keep the eulogy cohesive and meaningful.

KEEP IT PERSONAL AND HONEST

A eulogy doesn't need to be formal or poetic. Speak in your own voice. Share a story that reveals something true about the person, even if it's small. Sometimes the most

powerful moments come from everyday memories such as a shared cup of tea, a favorite saying, the way they always showed up when it mattered.

It's okay to include humor if it fits the person's spirit. A well-timed laugh can be a welcome release at a time of sorrow. But try to avoid overly private or potentially hurtful topics. A eulogy should be honest, but also generous.

If the relationship was

complicated, focus on what you can sincerely say. Gratitude for lessons learned, appreciation for time shared, or hope for peace can all be grounding messages.

SPEAK FROM THE HEART

Most eulogies last between five and ten minutes. It's helpful to write it out and practice reading aloud, even if you don't intend to memorize it.

Bring a printed copy or note cards with you.

It's OK to show emotion. Take pauses if needed.

Your presence and sincerity matter more than perfect delivery.

At its core, a eulogy is a gift to the person being remembered and to the community gathered in mourning. With thought, care and authenticity, it becomes a final offering of love and a reminder of the life that touched so many.