



Peace of Mind Planning Sharing Family Stories

Sponsored by:
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SHARING FAMILY STORIES - TRICIA SANDERS (PARAPHRASED)

Each generation has a lifetime of stories that should be shared with future generations. Memoir writing ensures your children and grandchildren have a link to their family's past.

Writing should be fun as you get to choose the stories to include or leave out. It is the wisdom and insight you've gained and the legacy of your own life that you want to leave for posterity.

Kickstarting ideas: Choose 10 photos and write details and memories it evokes, create a family tree and describe what you know about each person listed, create a timeline and choose two memories from each decade, include pictures if possible. Google talk to text sites and record family members before it's too late.

ETHICAL WILLS

Ethical wills express values, life's lessons, love, hopes, and blessings for future generations. It offers us an opportunity to harvest our life experiences and allows the author to put into writing emotions they may not be able to express face to face.

Common themes include personal and spiritual values, love, hopes and forgiveness of others or asking for forgiveness. Ethical wills should be a love letter to your family. Settling scores and negative comments are a no-no.

TREE OF LIFE HEALTH WILLS

Family health history from both parents is so important. Include shared environments and lifestyles to help explain risks of chronic illnesses such as high blood pressure, type 2 diabetes, heart disease, cancers, etc...

There are many websites available to assist you in researching your family history. Here is one example on the CDC website, but please research independently to see what is out there.

https://www.cdc.gov/genomics/famhistory/knowning_not_enough.htm