

## Living Your Legacy

When we think of the word “legacy,” we often think that it is something grand or powerful. We rarely think of it as being the things we do each day, the way we treat others and the values by which we live. Yet, when we think of those we loved and who have died, these are exactly the things we remember. It is the routine moments that become treasured. It is the stories of their lives that create a lasting legacy to be passed down to subsequent generations.

We think of their travels from another country and passing through Ellis Island to build a new life in America. We recall the way they made a living, the hobbies they enjoyed, their humor, their cooking, their love of golf or bowling or a thousand other small things that made up their life. The essence of who they were remains and we can continue to be inspired by the way they handled adversity, treated others and made the most they could out of life.

As Robert Frost said, “*I can sum up everything I know about life in three words...it goes on.*” And it does. When we are grieving or feeling overwhelmed, it may feel like we will never again find the energy to embrace each day, yet we must. We are still here and each day we have the opportunity to create our own personal legacy. We can live in a way that inspires those around us. We can learn new things and take up new activities. We can love our family and friends and conduct ourselves in a compassionate manner towards all who come our way. Mother Teresa said, “*Spread love everywhere you go. Let no one ever come to you without leaving happier.*” There can be no greater legacy that you can leave than that.

*This article is offered as part of our funeral home’s grief support program. The author, Nancy Weil, serves on the staff at the International Order of the Golden Rule (OGR) of which our funeral home is a proud member. She is a Certified Grief Management Specialist who has run grief support programs for over 13 years. You are invited to join our monthly telephone grief support group that Nancy facilitates. Please call our funeral home for more information.*