

Freedom's Feast **THANKSGIVING**

Ceremonies to get the most out of your THANKSGIVING celebration.

A MEMORY HARVEST

Gathering the Stories That Connect Us

GETTING READY

- 1 Contact storytellers before Thanksgiving to share the concept (see "A Memory Harvest Tips"). Invite them to participate and prepare in advance. It is helpful if storytellers limit their stories to 3 minutes or less. Long stories may lose the attention of the group.
- 2 Locate a small table to hold pictures or symbolic objects that people may bring to represent loved ones who aren't present at your gathering.

OR

Set your dining table so that shared objects become the decorative centerpiece.

PERFORMING THE CEREMONY

- 1 Set aside a maximum of 30 minutes for "A Memory Harvest."
- 2 Conduct the ceremony before the meal and serve appetizers while gathered informally or at your dining table.

OR

Take a break between the main meal and dessert. It's never a good idea to stand between hungry diners and their food.



Visit us again for Martin Luther King, Jr. Day at www.freedomsfeast.us



MLK DAY



PRESIDENTS' DAY



MEMORIAL DAY