

Freedom's Feast **THANKSGIVING**

resources to get the most out of your **THANKSGIVING** celebration.

A MEMORY HARVEST GUIDE FOR LEADERS

Gathering the Stories That Connect Us

The concept: Use a Memory Harvest to recall loved ones no longer with us at Thanksgiving and express gratitude for the gifts they gave us. Celebrate their memory through stories. You may also choose to include stories about family members or others unable to join you for Thanksgiving this year.



GETTING READY

- 1 Contact storytellers before Thanksgiving to share the concept (see Step 2, "Memory Harvest Tips"). Invite them to participate and prepare in advance. Invite between 3 and 5 storytellers. This will keep the experience to under 30 minutes. Encourage storytellers to limit their stories to 3 minutes or less. Short stories will hold the interest of your group and keep the experience moving at a good pace.
- 2 If gathering in person, designate a special place to hold objects that people may bring to help tell their stories. This is your *memory corcucopia*.

OR

If meeting virtually, ask storytellers to show their objects while speaking and to do again when "A Memory Harvest" is completed.

SHARING "A MEMORY HARVEST" AT THANKSGIVING

- 1 Set aside a maximum of 30 minutes for "A Memory Harvest."
- 2 Do "A Memory Harvest" before the meal. Serve appetizers while gathered virtually, informally, or at your dining table.

OR

- 3 Take a break between the main meal and dessert and do "A Memory Harvest" then.