



# **Candle Lighting Guide**

**Welcome Those Who Have Gathered**

**Name the Person/People Being Recognized**

**Share Music that Connects You to your Loved One(s)  
(ShineAlabama.org has a special collection of music)**

**Light the Candle**

**Pray/Sit Still**

**Share Stories about Your Loved One(s)  
Invite Those Gathered to Share Stories**

**Activity for Children Who Are Present**

**Music, Poem, or other Expression**

**Final Expression of Thanks**

**Close**

## Involving young people and children in a Candle Lighting

Teens and children are experiencing the grief of loss of family members, neighbors and community members, too. Even young children know there is a new sickness and a need to protect people. Most children and teens are aware of the large numbers of deaths from COVID-19, even if it didn't affect their family directly. It may seem very challenging to engage young people in difficult conversations, but there are creative and healthy ways to include them.

The Candle Lightings that families or groups choose to do can include young people in appropriate ways—so they can express grief, feel empathy, and show compassion themselves.

### Here are some ideas:

- Ask older children or teens to be the official photographer or videographer and social media specialist for your family or group's Candle Lighting. This is their lane!
- Teens can create a playlist of favorite music of a lost loved one or a playlist of music that expresses their sadness or brings them comfort. These are perfect to include in a Candle Lighting.
- Teens can also help a family create a slide show of important photos and children can help make selections.
- Children can draw pictures or make cards for people who are grieving, giving them a specific way they can show compassion.
- The activities in the back of this booklet can engage young people and adults.
- Visit the **Dougy Center** ([dougy.org](http://dougy.org)) to find resources to help families with children and teens who have experienced grief.



# How to Safely Participate in Shine a Light Alabama

## COVID-19 Safety



### If you've been fully vaccinated, you can

- Gather in a home or private setting without a mask with other fully vaccinated people of any age.
- Visit inside a home or private setting without a mask with one household of unvaccinated people who are not at risk for severe illness.



### Small Gatherings

Small gatherings are informal in nature and may occur with family and friends you regularly socialize with, often at someone's residence.

#### Steps Everyone Can Take to Make Small Gatherings Safer

- Wear a mask that has two or more layers over your mouth and nose.
- Stay at least 6 feet away from others who do not live with you.
- Avoid crowded, poorly ventilated indoor spaces.
- Wash your hands.



### Large Gatherings

Large gatherings bring together many people from multiple households in a private or public space.

#### Steps Everyone Can Take to Make Large Gatherings Safer

- Try to host memorial events in outdoor settings. Avoid crowded, poorly ventilated indoor spaces
- Stay at least 6 feet away from others who do not live with you
- Wear a mask that has two or more layers over your mouth and nose



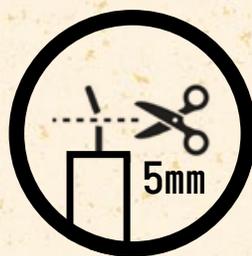
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## Fire Safety



### **Warning!**

To prevent fire and serious injury, burn candle within sight. Keep away from drafts and vibrations. Keep out of reach of children and pets. Never burn candle on or near anything that can catch fire.



### **Burn Instructions**

Make sure wick is no longer than 5mm before lighting. Keep candle free of any foreign materials, including matches and wick trimmings. Only burn the candle on a level, fire resistant surface. Do not burn the candle for more than 4 hours at a time.