

Saint Simon Stock Parish

Honoring the Life of Your Loved One

As you prepare for the Funeral Mass, this worksheet is offered to help you reflect prayerfully on the life of your loved one. Your responses will help us honor their life and memory with reverence, gratitude, and faith. Please answer as many questions as you wish.

Name of the Deceased: _____

1. Describing Your Loved One

How would you describe your loved one?
(List words or phrases that best express who they were.)

2. Work, Vocation, and Hobbies

- What kind of work did your loved one do (professionally or within the family)?
- Were there hobbies, interests, or activities they particularly enjoyed?

3. The Little Things That Brought Joy

Please share any favorite things you remember about your loved one:

- Favorite foods or meals: _____
- Favorite places to visit: _____
- Favorite music, songs, singers, or genres: _____
- Favorite movies, actors, hobbies, or pastimes: _____

Other special details you wish to share:

4. Cherished Family Moments

- What family gatherings, holidays, or traditions with your loved one stand out most?
- Are there moments you will always treasure?

5. Lessons Learned

- What did your loved one teach you through their life, example, or words?

6. What You Will Miss Most

- What qualities, habits, or ways of being will you miss most about your loved one?

7. Additional Reflections

Please share anything else you would like us to know or remember.

"Indeed, for your faithful, Lord, life is changed, not ended."

— Preface for the Dead, Roman Missal

Please know that the Church walks with you in prayer and compassion during this time of loss. Your reflections help us honor your loved one's life with reverence, gratitude, and hope in the Resurrection.