

**tellyourstory.**

- **Obituary**
- **Ethical will/Legacy letter**
- **Memoir/Autobiography**
- **Life interview**
- **Social media**
- **Oral life stories**

# Good reasons to write your own story.

- It's YOUR story to tell, nobody else has your perspective
- You don't need to be a "writer"
- It's important to reflect on your accomplishments and experiences
- Your family/community will thank you
- You just might inspire someone

Consider your audience.



# Obituary

(public)

- Newspaper
- Online
- Funeral program

ObitKit®

A Guide to Celebrating  
Your Life

*How to personalize the obituary  
process and create your written legacy*

By Susan Soper

# Journal-World obit prices

Up to 1.5 Column Inches  
Free – Choose "Death Notice" Option

Up to 5 Column Inches  
\$150 Per Insertion

Up to 10 Column Inches  
\$250 Per Insertion

Up to 15 Column Inches  
\$325 Per Insertion

More Than 15 Column Inches  
\$325 + \$12 Per Column Inch

Photo – \$20 Each

***Hint: Edit and prioritize different versions***

# Traditional obit components

- Birthplace, Birth date, parents' names
- Spouse/partner, children, grandchildren, nieces/nephews, pets, companions, caregivers
- Military service
- Education
- Career, awards
- Memberships, affiliations
- Favorite charities
- Color, character

## **J. Samuel Sherer, 81, was farmer**

*Jan 1*  
J. Samuel Sherer, 81, of 2 Kettering Court, Palmyra, died of natural causes Thursday at Lebanon Valley Brethren Home, Palmyra.

A retired farmer, he also worked in the sales and service departments of Star Line and Jamesway.

He attended Florin Church of the Brethren, J. Samuel Sherer Mount Joy.

Born in Lancaster County, he was the son of the late Simon F. and Bertha B. Bricker Sherer.

He was married to Verna M. Schwenk Sherer.

Surviving besides his wife are a daughter, Joanne M., married to Gerald Nolt of Lititz; two grandchildren; and two great-grandchildren.



# Thought starters for “color”

He was a devoted student of \_\_\_\_\_.

She never met a \_\_\_\_\_ she didn't like.

She counted \_\_\_\_\_ among her many friends.

He was especially proud of \_\_\_\_\_.

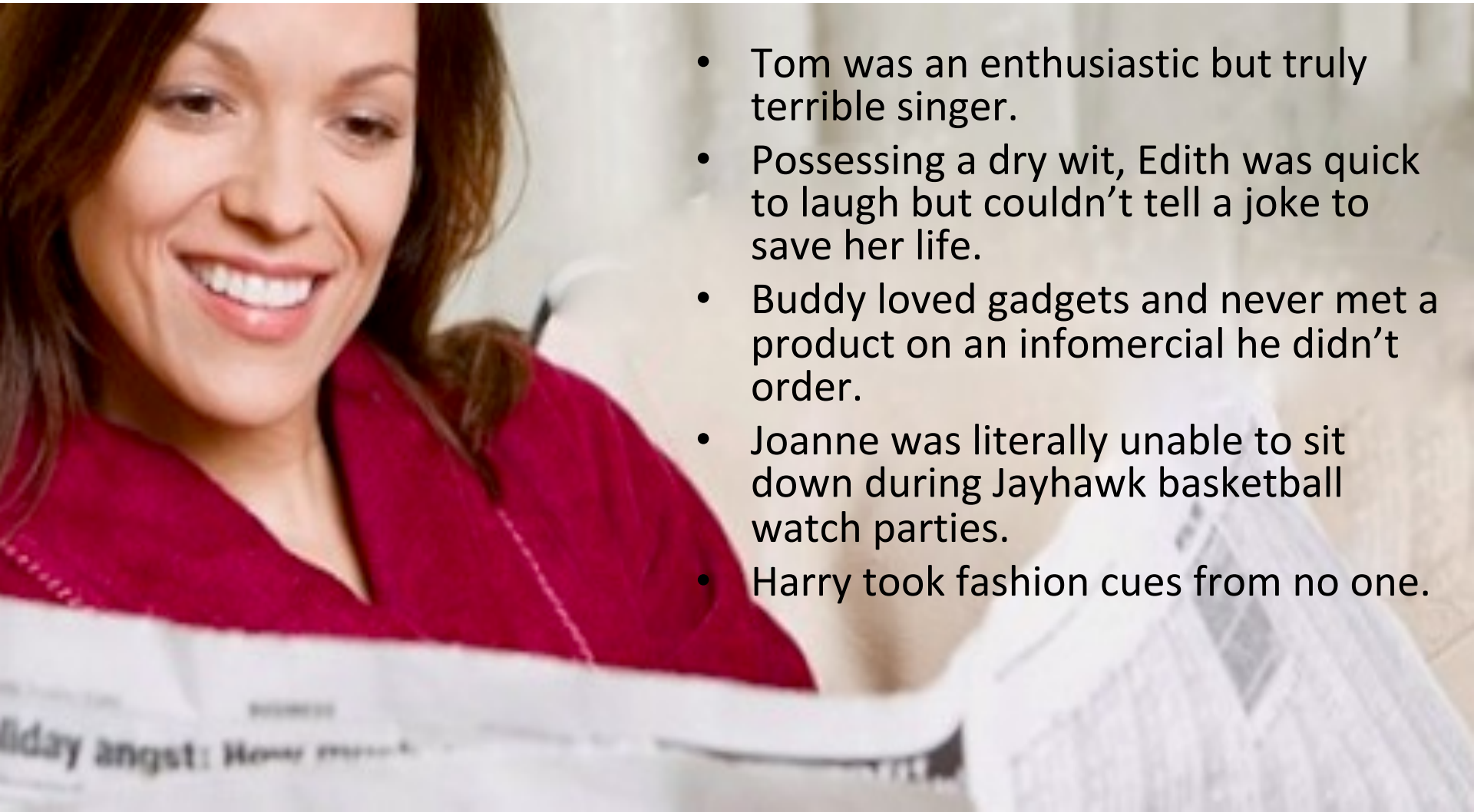
Saturdays in the fall would find him at \_\_\_\_\_.

She was known for her legendary \_\_\_\_\_.

Mary was known as “the Mayor of \_\_\_\_\_.”

His life took an abrupt turn when \_\_\_\_\_.

# Don't be afraid to make 'em smile!



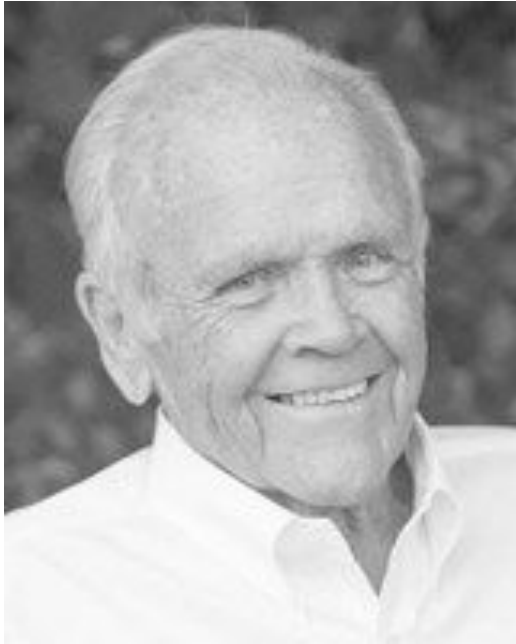
- Tom was an enthusiastic but truly terrible singer.
- Possessing a dry wit, Edith was quick to laugh but couldn't tell a joke to save her life.
- Buddy loved gadgets and never met a product on an infomercial he didn't order.
- Joanne was literally unable to sit down during Jayhawk basketball watch parties.
- Harry took fashion cues from no one.



***TELL US  
SOMETHING  
WE DIDN'T  
KNOW!***

- A highlight of her waitressing career was serving Paul Newman a breakfast of two poached eggs on dry rye toast in 1976.
- She entertained as a Care Bear at golfer Tom Watson's birthday party for his son.
- She played Cathy Hamilton #3 on the "To Tell the Truth" show and, along with imposters #1 and #2, fooled the celebrity panel.

Choose a pic showing YOU being you...



or doing what you love.



# Ethical will/Legacy letter (private)

- A heartfelt expression of what matters most in your life
- Your life lessons and values
- Blessings, gratitude
- Hopes and dreams for the future
- Expressions of love and forgiveness
- For family, friends, community
- NOT a legal document

# Ethical will/Legacy letter

CelebrationsOfLife.net



## Ethical Wills / Legacy Letters

### *Your Legacy of Values*

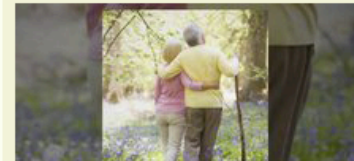
An ethical will, or legacy letter, is a way to share your values, blessings, life's lessons, hopes and dreams for the future, love, and forgiveness with your family, friends, and community.

An ethical will is not a legal document; it does not distribute your material wealth. It is a heartfelt expression of what truly matters most in your life.

### Ethical Wills / Legacy Letters

- What is an Ethical Will?
- Ethical Will Examples  
*Written by people at different stages of life*
- How to Write an Ethical Will
- Our Team of Independent Facilitators
- Preserving your Ethical Will

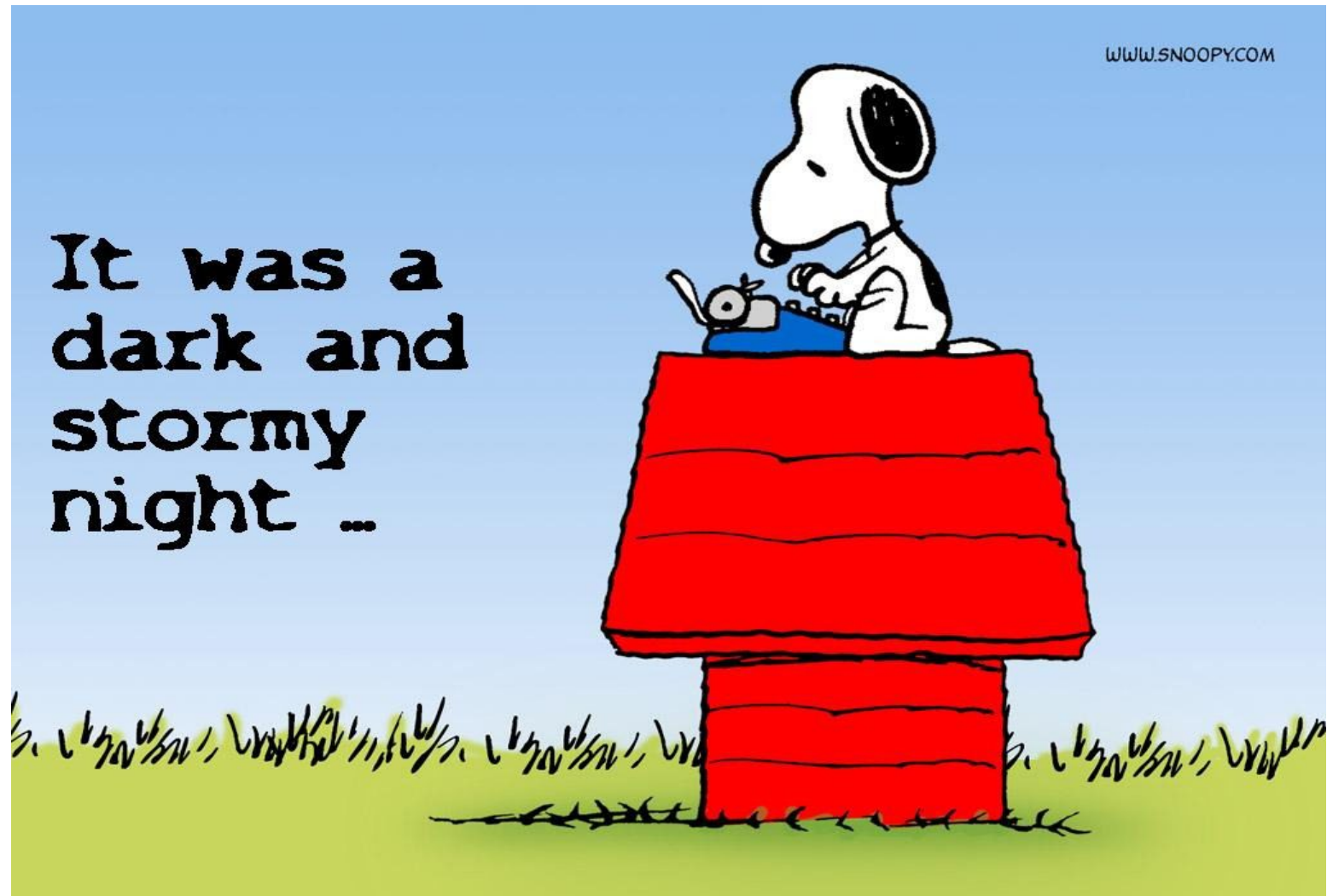
### How will you be remembered?



Recipients:  
Children (together or indiv.)  
Grandchildren  
(make age appropriate  
unless saving for certain age)  
Friends  
Colleagues  
Special relationships



# Memoir or Autobiography (public or private)



# Memoir vs. Autobiography

*Autobiography* is your entire life story.

- “I was born in a Cottonwood Falls cabin during a raging snowstorm ....
- “After elementary school, our family moved to the Texas-Mexico border and life would never be the same.
- “With diploma in hand, I set out for my personal Mecca, New York City.”

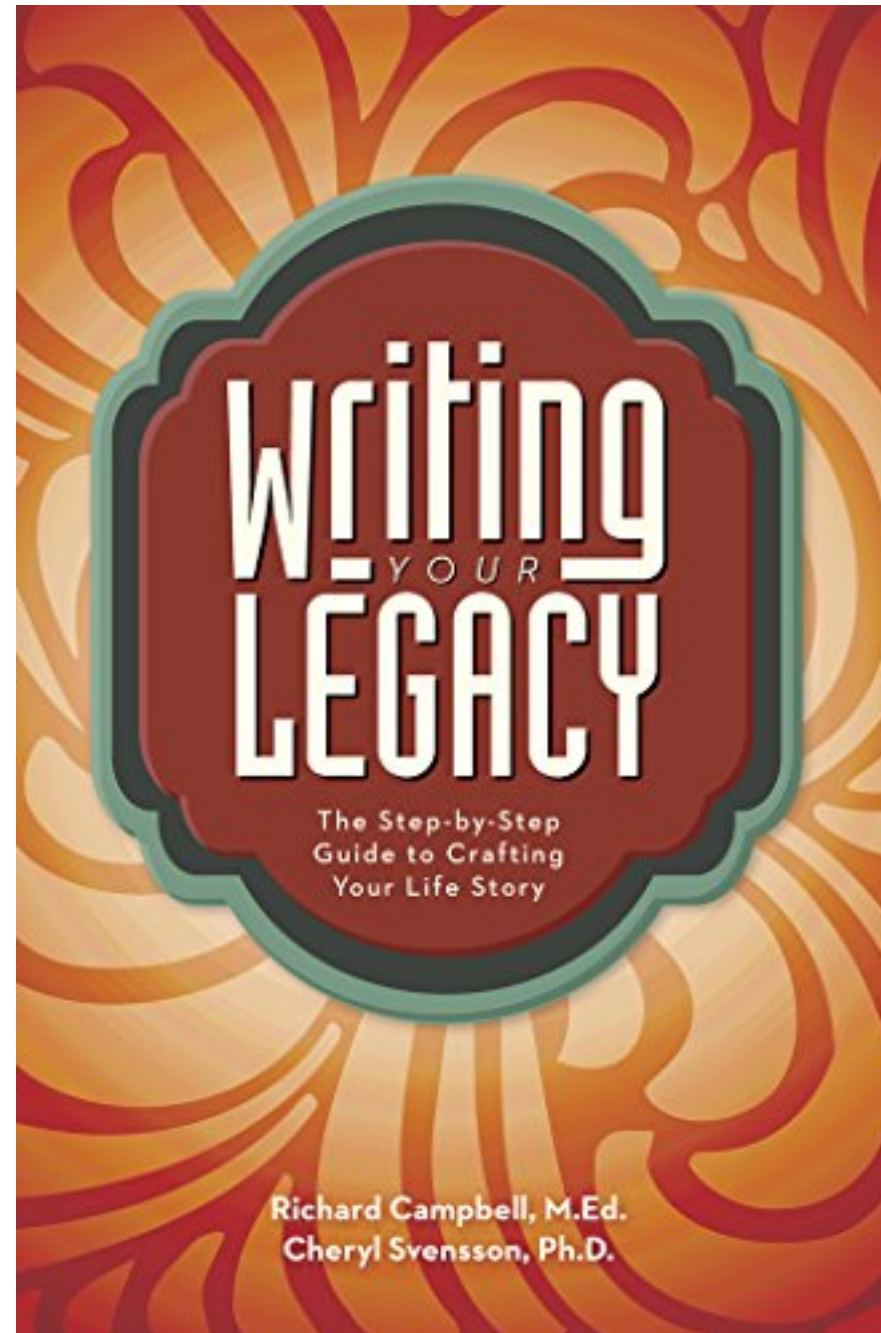
*(Ambitious, time-consuming, worthwhile)*

*Memoir* is one story from that life.

### Themes:

- Forks in the Road
- My Family, My Self
- The Meaning of Wealth
- My Life's Work
- Self-Image and Well-Being
- The Male-Female Equation
- The End of Life
- From Secular to Spirit

*(Manageable, less threatening.)*



# Thinking About Memoir



*Abigail Thomas*

## Writing exercises

*(from "Thinking about Memoir" by Abigail Thomas)*

Write two pages about...

- Something you can't deny.
- What got left behind.
- Apologizing for something you didn't do.
- A physical characteristic you are proud to have inherited passed on.
- What you had to have.
- Humiliating exposure.
- A time when you felt compassion unexpectedly.
- What you have too much of.
- When you knew you were in trouble.

# The Interview (print, video, audio)



# Interview options:

- Hire a professional to interview you  
(Association of Personal Historians)
- Choose a family member or friend to interview you
- Interview yourself reading questions solicited from family/friends

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- Formal (LPL's Sound+Vision Studio)
- Informal with a smart phone (home, family gatherings, "on location")

# Preserve and Protect

## Audio-Video

- Flash drive
- On the Cloud
- YouTube
- Social media

## Print

- Digital files (Word, PDF)
- Paper (laminates)
- Bound in booklet form  
(Kinko's, online at  
[IngramSpark.com](http://IngramSpark.com), etc.)



# Facebook Group Page (as private as you want it to be)

## Hamilton Family Stories

🔒 Closed Group

About

Discussion

Members

Events

Photos

Manage Group

Search this group

### Shortcuts

👤 Ch6 Alum

👤 Brushes: A Comedy ... 2

👤 Former Lawrence Jour...

👤 Shop Agnes & Dora ... 4

👤 Wright/Laird Casting 4

👤 SHARING AND PA... 20+

👤 Lawrence KS Buy, ... 20+

👤 Lawrence Creates 4

👤 The Official Playw... 20+

▼ See more



Joined ▼

✓ Notifications

➦ Share

⋮ More



Write Post



Add Photo/Vid...



Live Video



More



Write something...



Photo/Video



Poll



Feeling/Acti...



**Cathy Johnston Hamilton**

Just now · Lawrence

Cathy Johnston Hamilton was born in Kansas City, MO on Dec. 9, 1955.

### ADD MEMBERS

+ Enter name or email address...

### MEMBERS

2 Members



You have 1 new member this week. Write a post to welcome them.

✎ Write Post

### SUGGESTED MEMBERS

Hide

#### Friends



Cynthia Bailey

Add Member



Ralph D. Gage Jr.

Add Member

# Instagram (public or set to private)



Instagram

Search



boomergirluno

Edit Profile



209 posts

221 followers

234 following

**Cathy Hamilton** Working writer and family woman who can't remember to drink enough water on any given day.


[cathyhamilton.com](http://cathyhamilton.com)




POSTS

SAVED




# Pinterest (public or private)

 Search


Home Explore  Cathy  

## Cathy Hamilton




144 Followers 57 Following



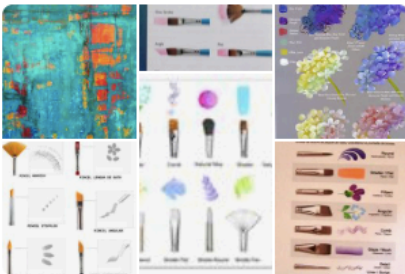
Boards Pins Tries




Create board






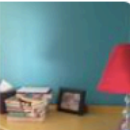




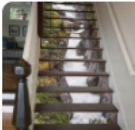
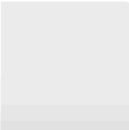
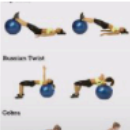


Memories  
3 Pins





paint  
43 Pins



Cook  
44 Pins





Privacy



Organize

# Memories

3 Pins  
140 followers



+ Add section



# Oral life stories (private)



# Oral life stories (public)

Story Slam at Lawrence Arts Center

2<sup>nd</sup> Friday of each month @ 7 pm

Upcoming themes:

March – Karma

April – Culture Shock

May – Grand Slam

# Antonia Larroux

## Obituary



Antonia W. "Toni" Larroux

Bay St. Louis, MS

Waffle House lost a loyal customer on April 30, 2013. Antonia W. "Toni" Larroux died after a battle with multiple illnesses: lupus, rickets, scurvy, kidney disease and feline leukemia. She had previously conquered polio as a child

contributing to her unusually petite ankles and the nickname "polio legs" given to her by her ex-husband, Jean F. Larroux, Jr. It should not be difficult to imagine the multiple reasons for their divorce 35+ years ago. Two children resulted from that marriage: Hayden Hoffman and Jean F. Larroux, III. Due to multiple, anonymous Mother's Day cards which arrived each May, the children suspect there were other siblings but that has never been verified.

She is survived by the two confirmed, aforementioned children. Her favorite child, Jean III, eloped in college and married Kim Fulford who dearly loved Toni. They gave Toni three grandchildren: Jean IV, Ann Elizabeth and Hannah Grace. Toni often remarked that her son, Jean III, was "just like his father," her ex-husband, Jean Jr., a statement that haunts her son to this day.

## Guest Book

*"I am so glad this guest book and memorial will never be..."*

**- Marlene Boulis**

[View](#)

[Sign](#)

## More Photos



[View all 28 photos](#)

# Brevity is the soul of wit.

o, in his home.  
te services will be held.  
gements by Hanson-  
ld Funeral Home in

## BIRTHS

### ospitals

n Anderson and Connor  
oth Fargo, son, Sanford  
Center, Friday, June 26  
y and Donald Arneson,  
y, N.D., daughter, Sanford  
center, Sunday, June 7  
and Brad Beiseker,  
ughter, Sanford Medical  
ednesday, June 24



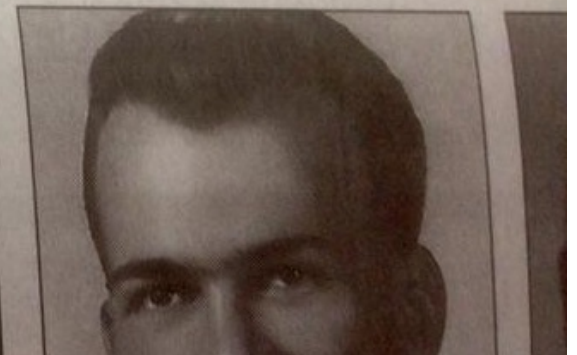
**Douglas Legler**  
Doug Died.

and many nieces, nephews and great  
She was preceded in death by her h  
Steven; parents, Walter and Marian C  
ald Otto.

Visitation: Wednesday, July 1, from  
Wright Funeral Home, Moorhead, MN

Funeral: Thursday, July 2, at 11:00  
Lutheran Church, Moorhead, MN.

Interment: Riverside Cemetery, Far  
Video Tribute and online guestbook  
com



Ohio man (pall) bears all.

a song each year and sent it to the Cleveland Browns as well as offering other advice on how to run the team. He respectfully requests six Cleveland Browns pall bearers so the Browns can let him down one last time.

NBC Nightly News/B. Williams

6:30p

4 WDIV

6:53p



8:30p

NBCNEWS.COM

NBCNIGHTLYNEWS

# Dad jokes are forever.

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## Obituary

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**Richard Norton (Rick) Bacon** | [Visit Guest Book](#)



LUMBERTON — Richard Norton Bacon (Rick) of Lumberton has left the building. His friends will tell you he's in a better place. The rest will say they can smell the Bacon burning. He is stress-free and at peace.

The curtain came down on Thursday night at Southeastern Regional Medical Center.

He is survived by his loving wife of 29 years, Candace Smith Bacon. He is also survived by his son Jonathan Bacon and wife Beth of High Point; daughter Melody Kearse of Rock Hill, S.C., and son Bryan

Kearse and wife Liz of Raleigh. Five grandchildren made his life better with their visits.

Legacy

Bring it home, Bacon.