

Candlelight Memorial Day



Candlelight Memorial Day is a day to think back on all the friends, family, or co-workers you have lost to HIV & AIDS. What can you do? Where do you start? Begin by thinking about what HIV & AIDS means to you.

Candlelight Memorial Day is an opportunity to acknowledge how HIV & AIDS has affected your life. This Candlelight Memorial Day, share a message of prevention, treatment, and support. If you are struggling to cope with the loss of a loved one, get help.

Remembering

Choose something that feels right for you. Here are some ideas:

- **Light a candle.** A candle represents light and hope. In many cultures and traditions, lighting a candle is a ritual of remembrance for those who have died. Light a candle for someone you love who has been affected by HIV & AIDS.
- **Say a poem or a prayer.** On your own (or as a family) write, read, or say a poem or prayer for those you have lost.
- **A moment of silence.** Silence is a sign of respect for those who you have loved and lost. Take a moment before your family meal, before bed, or upon waking.
- **Visit a special place.** If there's a garden, park, or place of worship that the person loved, make an effort to go there.
- **Help someone in need.** You may feel that the only way to move forward is by taking positive action today. Take a trip to a children's home; donate old clothes to homes helping those with HIV. A little bit of your time and effort will help those in need.

Get the community involved

Candlelight Memorial Day is also a day of reminding ourselves of the way forward. It is a wonderful opportunity to involve your community in learning more about HIV & AIDS.

- **Community service.** Organise a community Candlelight Memorial Day Service. You don't need to light a candle for someone who has died – light a candle as a sign of your commitment to fighting HIV & AIDS.
- **Silent march.** Hold a silent march in honour of Candlelight Memorial Day, allowing each person to support one another and reflect.
- **Sharing.** Organise a community sharing of experiences. Encourage talk and discussion about HIV & AIDS.
- **Distribute information.** Distribute posters and pamphlets about HIV & AIDS. Teaching people about HIV & AIDS is the only way to prevent its spread and lay the groundwork for a future without AIDS.
- **Distribute condoms.** Encourage people to use condoms by distributing them on days like Candlelight Memorial Day. Think of innovative ways to get condoms into the community.
- **Organise fundraising.** Organising community fundraising is a great way to support organisations dealing with HIV & AIDS and to teach people more about it. Get a community drive to collect clothing, blankets, food, or nappies.