



The Power
of
Togetherhness

THE PSYCHOLOGICAL BENEFITS
OF FOOD AND EVENTS



Nothing soothes the soul better than sharing friendship, memories, and food. In fact, healing craves it. It's the power of togetherness.

Healing starts with sharing

When Someone We Love Dies, We Don't Want to Talk About It

Psychologists tell us it's a natural inclination to avoid difficult situations such as death. We don't want to focus on it. We want it to go away. But the healthier response, experts say, is to celebrate and lean into your connection with the one who has died. That is when true closure begins. And there's a natural way to get started.

Food is the Centerpiece to Any Major Life Event

We gather around food during meaningful times in life. Birthdays. Weddings. Anniversaries. Graduations. Reunions. And funerals are no different. That's because sharing a meal is mood changing. Like opening a curtain and letting the light spill in. A way of acknowledging, accepting, and advancing beyond our loss.





*Maybe she taught you how to bake.
Honor her memory by sharing her
cookie recipe at the service.*

Make it *Personal*

... it was, and still is

Share Memories of Your Loved One with Friends and Family

By seeking a sense of continued connectivity with the person who has died, we will begin to experience emotional healing. Holding an event such as a funeral with a meal is a wonderful way to stay connected with the loved one you've lost. Suddenly, all the things you've grown to cherish about them can be shared with others who knew and cared about them as well.



The Tastes and Smells of Favorite Dishes Become an Invisible Bond

While you can't be physically near your family member or friend any longer, you can certainly be near them in spirit. This is why a meal can become such an important gesture. When you serve his favorite sherbert ice cream or her famous peanut butter cookies, you help everyone remain connected to the life you're celebrating. It will do more than break the ice. It will melt the heart.





Whether it's choosing photos or blowing up balloons, you can be a part of the tribute. Being productive will help you on your way to recovering from your loss.

Productivity is empowering

Get Active. Get Involved. It Helps.

It's been shown that planning an event is part of the healing process. Even if it's just making suggestions as to what to include. The event staff can take it from there. You may be as involved as you wish. It's understood that "doing" something gives us all a sense of involvement, and that can be very helpful to your well-being. Children really benefit from focusing their attention on making things for a loved one who has just died because it helps them process what has happened in a healthy way.

It Will Benefit You and Your Family Tremendously

While the event itself will undoubtedly be a meaningful tribute, don't underestimate the restorative benefits that can come from actually contributing to the planning and execution of the event. It may provide a rewarding feeling of accomplishment and self-worth.





Sharing a meal gives people a reason to prioritize your event over anything else, and it encourages the whole family to come. When a meal follows the service, it is not only convenient, it offers fellowship.

Making *Meaning* out of feelings

Know That You're Not Alone

A shared meal is an important counterpart to the funeral service. That's because it leads to shared feelings. And research shows that interacting with others is a crucial component to healing.

An event can relieve anxious distress and is likely the key time when people begin to build a lasting understanding of how to make sense of the loss. The notion of "we're all in this together" is not only comforting, it actually enables us to thrive individually when we inevitably head our separate ways.



An Important Time to Share

It's been said that food is the universal gift. What a beautiful thought at a time of loss. A gift, to others and to yourself.

Sharing a meal gives people a reason to prioritize your event over anything else on their calendar. Sure they want to pay their respects, but when a meal follows the service, it is not only convenient, it offers levity and fellowship. Food is a common denominator in healing, and the social support that you and everyone else draws from it is both invaluable and welcoming.



Bringing people together to heal is why we're here. We've added reception services because nothing makes healing more profound than food, family and friends.

We do “*Togetherness*” better than anyone.

Big or Small, We'll Help You Create the Perfect Experience

Bringing people together to heal is why we're here. And the reason we've added reception services is because nothing makes healing more profound than food, family, and friends. From appetizers to desserts, or the full meal in between, we can customize the service to be a tribute to anyone's personality.

Appetizers, Luncheons, or Dessert Buffet Created and Catered For Your Wishes

Or how about a luncheon in July with a Christmas theme because that was the favorite holiday of the departed? Imagine a wine and cheese event that celebrates a loved one's hobby. The entire room filled with their handiwork and brimming with a new appreciation for the talent most didn't realize they had.

These are the ways to make saying goodbye special. And these are the ways that make Cypress Lawn stand apart. Together, we can show you the real power of togetherness.





Eat *Together*. Heal *Together*.



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