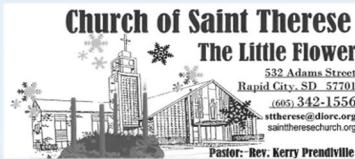


Five Ways to Care for Yourself as You are Grieving During the Holidays

1. Prioritize Rest – Allow yourself the sleep and downtime your body and mind need. Grief can be exhausting, and rest is essential for healing and processing heavy feelings.
2. Nourish Your Body – Be mindful of what you eat and drink. Fueling your body with nutritious foods and staying hydrated can help you feel more balanced and grounded as you work through your grief.
3. Honor Your Limits – It's okay to say no to events, traditions, or tasks that feel too overwhelming. Focus on what truly feels manageable and meaningful.
4. Allow Your Feelings – Grief is not linear, and emotions may come and go. Give yourself grace to feel whatever arises, without judgement. Whether it's sadness, anger, numbness, or even joy – you deserve the space to feel your feelings.
5. Find Moments of Peace – Carve out quiet moments to reflect, honor your loved one, or simply breathe. Whether through prayer, meditation, or a peaceful walk, these moments can provide comfort.

Big Thank You to all those who made tonight possible!



Michelle Skoog



An Evening to Honor & Remember at Osheim & Schmidt Funeral Home



Thursday, December 12, 2024 - 6:00 PM

Merry Christmas From Heaven

I still hear the song
I still see the lights
I still feel your love
on cold wintery nights

I still share your hopes
and all of your cares
I'll even remind you
to please say your prayers

I just want to tell you
you still make me proud
You stand head and shoulders
above all the crowd

Keep trying each moment
to stay in His grace
I came here before you
to help set your place

You don't have to be
perfect all the time
He forgives you the slip
If you continue the climb

To my family and friends
please be thankful today
I'm still close beside you
In a new special way

I love you all dearly
now don't shed a tear
Cause I'm spending my
Christmas with Jesus this year

Order of Service

Prelude Music - Michelle Skoog

Welcome – Dwight Edstrom

Opening Prayer & Scripture

Pastor Sonny Rosbrugh
Crossroads Wesleyan Church

Poem – Terry Gilbertson

Song – Michelle Skoog

Caring for Yourself While Grieving During the Holidays

Stephanie Dyck

Remembrance Video

Closing Prayer & Reflection

Fr. Kerry Prendiville
St. Therese Catholic Church

Invite to Place Ornaments on Tree

Jonathan "Buck" Dyck

Postlude Music - Michelle Skoog

Refreshments and Fellowship to Follow

*From all of us at Osheim & Schmidt Funeral Home,
we thank you for joining us tonight to honor and
remember the loved ones we have lost.*

Robb & Barbara Schmidt - Owners

Ozzie Osheim - Terry Gilbertson, CFSP - Jes Scott

Robert Broderick - Jonathan 'Buck' & Stephanie Dyck

Kirk Dennis - Dwight Edstrom - Lisa Wattenhofer - Myron Nelson