



5 Ideas for a Meaningful Memorial Day Celebration

1. **Set a white table.** Read the book [America's White Table](#) by Margot Theis Raven as a family. And then set your own white table in honor of all our fallen heroes. Allow children to place each item on the table as you read the book aloud together. And then pray as a family for all our fallen service members and the families they left behind. (Our family sets this table every Veterans Day and Memorial Day.)
2. **Pledge miles with *wear blue: run to remember*.** Each Memorial Day, *wear blue: run to remember* creates a living memorial by asking men and women across the country to pledge miles in honor of fallen service members. On Memorial Day, pledgers wear blue and run their pledged miles in honor of those who gave the ultimate sacrifice for our country. Collectively, they run one mile for every service member killed in the Global War on Terror. Check for *wear blue* gatherings, including circles of remembrance, in your area by going to their website at www.wearblueruntoremember.org.
3. **Attend Memorial Day remembrance services in your area.** Check your local cemetery, military installation or VFW chapter for information on Memorial Day events. Many will host a wreath laying or other remembrance ceremony. If you live near Washington, D.C., consider attending the Rolling Thunder rally parade, walking through Arlington National Cemetery or visiting any of the national war memorials on this day. Take the entire family.
4. **Place flags on gravestones.** Contact your local VFW or military installation and ask how your family can help place flags or flowers on the gravestones of fallen service members this Memorial Day.
5. **Reach out to the families left behind.** While the rest of the country celebrates a day off with barbecues and pool openings, families of fallen service members are left to grapple with the losses they feel deeply, even years later. Love on them. Invite them to dinner. Call them to honor their service member on this day. And write to them. Children can draw pictures, adults can write words of encouragement. **EVERYONE** can say **THANK YOU** to these precious families who have sacrificed so much.