

**Letter To My Family About My Death**

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MFT 603: Individual and Family Development

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May 2nd, 2023

**Dated: May 1st, 2023**

**To my precious husband Anil and children Ash + Dan, and Avish,**

Of the many roles God gave me on this earth, my biggest honor and joy was the role of your wife- my precious Anil, and to be your mother -Ash, Dan, and Avish. You may miss my physical presence with you, but, we have the joy of knowing this is just our goodbye on earth. I will be waiting for you in heaven, with my loved ones who have gone before me, and Jesus. You too, will be on my journey when God decides you have finished His work on earth and it is time for you to return to our permanent home in Heaven.

I hope this letter makes it easy and takes some pressure off you as you prepare to bury my earthly body as you knew it. However, I do not want you to feel burdened that you must accomplish everything I have written. If you need to modify my requests, please do so and I will still feel loved by you. I am putting down some answers to practical questions you might have.

**Burial:** As you are aware, the word of God was important to me and the fact that it is written in the word from dust you were created and to dust you shall return (Gen 3:19), plays a significant role for me. Burial is what I prefer. Having been raised in India where cremation was a very Hindu culture, my Christian identity meant putting me back into the earth just like my Christian ancestors who departed before me. If we do not have our family burial site, it would be nice to now invest in our own family grave or plot at a place that is convenient for the children, so our future generations have a physical place to visit if they choose to. Having a graveside to go to visit my grandparents always gave me closure and comfort in knowing that I can honor their memory even after their physical presence is no more. I would hope that you have the joy of closure and comfort when I die. I think this is one of the reasons I was not afraid of death.

**Embalming:** I prefer not to embalm as I would like to get back to dust as a natural course. This would mean not being able to keep my dead body too long after I am dead. If any one of you is far and unable to make it to bury me, I am fine with being buried with whoever is around and you can always meet together at a time convenient to all of you after the burial. If, for any reason, you need to see my physical body one last time so you can have closure, you may keep me in the morgue and may need to do the minimal embalming required till you are ready to bury me. But please do not feel pressured to come to bury me. I believe I will be able to watch and be with all of you once I am in Heaven.

**Church Service:** I would like to have a church service before being buried. As you know my soul would already have left my body but I like that as you get ready to say your final goodbye we can glorify God with worship music together and more importantly help you reflect on your life ahead as you witness God's Holy presence even in my death.

**Flowers:** I would suggest one or two bouquets of white flowers with purple orchids and some pink magnolias to decorate the altar. The significance of the flowers chosen is because Anil -the purple orchids were the flowers you always gave me when we were dating and it was my first experience of flowers blooming in my care. It took me by surprise as it was also the first time in my life that flowers in a vase did not die on me for weeks. Our love continues to bloom and stay beautiful till this day as it was what God had planned for us in marriage. White is a color I love as it feels peaceful and calm and I want you all to feel peace and calm even when I am dead. The pink magnolias were like the timekeepers for our family while raising you. The trees in our front yard bloomed faithfully every Easter bringing beauty and joy to our home. If the flowers of my choice are not available, any available flowers would do to adorn the altar. I do not need flowers over the grave leave them at the church for the congregation to enjoy.

**Music:** Below are my choices and reasons for the playlist. You can pick what you like.

1)  Never Walk Alone (Lyric Video) - Hillsong Worship This my children is your inheritance and the legacy I leave with you as you continue your journey.  
<https://www.youtube.com/watch?v=M9hnT21Y0Uc>

2)  Tori Kelly "Soul's Anthem (It Is Well)" ft. Solevoci Gospel Choir From "The...  
 I was able to live my life on earth knowing that it was well with my soul in all circumstances.  
[https://www.youtube.com/watch?v=aAZ5IAOg\\_Ec](https://www.youtube.com/watch?v=aAZ5IAOg_Ec).

3)  Carrie Underwood - Great Is Thy Faithfulness ft. CeCe Winans (Official Perf...  
 This is our family's anthem song over the years. May we continue to worship God in our lives even at this time as He calls me home. <https://www.youtube.com/watch?v=NT0HcAr9aeI>.

4)  CeCe Winans - Goodness of God (Official Video) I leave you with my favorite hymn. <https://www.youtube.com/watch?v=9sE5kEnitqE>.

**Coffin:** Please arrange a simple coffin of regular wood to bury me. I would not want you to spend money on a casket as my body will be decomposing soon and the coffin is just a tool to help lay me in the ground easily.

**Food:** Our family has always shown our hospitality through food. If there is anyone who will be joining you to surround you with their love let there be food for those who come to the service. Costco wraps and cookies are the easiest to arrange so I would choose that instead of trying to get crazy over food arrangements. You need to take time for yourselves as you grieve too so do not bother about going crazy over the extensive food arrangements. People who love you will always be there for you irrespective of the food.

**40 days of remembrance:** This my family would be the hardest request from me. As you know your mother believed in fasting and prayer as a discipline. I would like you to keep a fast for 40 days and pray together. You can choose what you would like to give up, it might help if you can agree to the same so you can help each other through it. If you are close by meet together for a meal and pray together. If you are far pray together via Zoom or call. But pray together as I believe this will give you the strength and power as you readjust to your life without my physical presence.

**Jewelry and personal belongings:** It is my wish that Ash, Dan, and Avish, all of you share equally among you whatever I owned in my life on earth. Please do share in the burden of dispersing my things to charity, or a few items to be held as a memento if you want, and help each other in the process so you do not cling to the materialistic things. I will always be with you in the memories that we have shared.

**Death anniversary celebration in one year:** My hope is by God's grace all of you will have moved on from grieving my absence and continue to live your legacy of faith and love. Celebrate each other together as a family with a meal. If any of our extended family and friends insist on doing something to honor me you can ask them to donate to a fund that we can give as a donation to a cause close to my heart. Two charities of my interest are a) a charity that works with the juvenile justice system and helps with the mental health of children, and b) a church that can bless young couples with funds for couples counseling, date night, and babysitting. You could do this as a tribute in remembrance of me a year after my death.

I have been blessed to have many with who I share the warmth of love and friendship in the various roles and relationships that strengthened me. However, Anil, Ash+Dan, and Avish have always had an overflowing of my love as my own life was intertwined with yours. Thank you for making my life on earth a joyful experience. My blessings are with you always.

