

Memories from the life of

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*“Our hearts were made  
for You O Lord and  
they are restless until  
they rest in You.”*

*St Augustine of Hippo*

This book was created to help you reflect on people, places, and events that are important to you. It was designed to help you and your family celebrate your life. Please take this opportunity to share your memories.

We hope this memory book will allow you to express your unique life experience. This may be a powerful way to share your thoughts on paper so those stories may be retold.

Let your life shine!

# Childhood

*“Jesus, help me to  
simplify my life by  
learning what You  
want me to be—and  
becoming that  
person.”*

*St Therese of Lisieux*

Where you grew up

Date born \_\_\_\_\_

Place \_\_\_\_\_

Town \_\_\_\_\_

Memories \_\_\_\_\_

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Friends \_\_\_\_\_

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Family and Friends

Grandparents \_\_\_\_\_

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Father \_\_\_\_\_

Mother \_\_\_\_\_

Siblings \_\_\_\_\_

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Pets \_\_\_\_\_

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# School Years & Family Life

*“Pray, Hope, and  
Don't Worry.”*

*St Pio of Pietrelcino*











Entertainment

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Sports

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Photos, drawings and mementos



# Adulthood

*“If you are what  
you should be, you  
will set the world  
ablaze!”*

*St Catherine of Siena*

First home and family traditions

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Marriage, children, grandchildren, great grandchildren

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Career/Work

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# Important Relationships

*“The nation  
doesn't simply  
need what we  
have. It needs,  
what we are.”*

*St Theresia Benedicta  
(Edith Stein)*

# Family photos







# Reflections

*“There are more  
tears shed over  
answered prayers  
than over  
unanswered  
prayers”*

*St Teresa of Avila*

If there were one thing you could change about your life, what would it be?

If there were one event that you would like to relive in your life, what would that event be?

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What in your life are you most proud of?

Who in your life are you proud of?

Would you like to share something about your spiritual life or your philosophy of life?

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*“Apart from the cross,  
there is no other ladder  
by which we may get  
to heaven.”*

*St Rose of Lima*